

ARMED FORCES DISPATCH



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

SIXTY-THIRD YEAR NO. 1
 THURSDAY, MAY 25, 2023



Bulit, 88th Security Forces Squadron military working dog, waits outside of a CH-47 Chinook helicopter May 2, 2023, at Camp Atterbury, Ind. The flight was part of Guardian Response 23, a joint service military and multi-component exercise focused on domestic disaster response. US Air Force photo by Hannah Carranza



Fort Rosecrans Memorial Day celebration planned for Monday, May 29, 10 a.m.

The Fort Rosecrans Memorial Day celebration is one of San Diego's largest and most celebrated memorials dedicated to our fighting men and women. On this day we honor all of our fallen soldiers and remember them for their ultimate sacrifice to our country.

The Fort Rosecrans National Cemetery Support Foundation is comprised of War Veterans Organizations, their Auxiliaries and patriotic groups that have conducted the Memorial Services at Fort Rosecrans National Cemetery in San Diego for over 100 years.

A burial ground before 1847, this graveyard became an Army Post cemetery in the 1860s. It is the final resting place for most who fell at San Pasqual in 1846, and for USS Bennington victims of 1905. At one time, it had become known as Bennington National Cemetery. It became Fort Rosecrans National Cemetery in 1934 and was placed under the Veterans Administration National Cemetery System in 1973. This cemetery is also a California registered historical landmark, #55, first registered on December 6, 1932.

Fort Rosecrans National Cemetery is closed to new interments. The only interments that are being accepted are subsequent interments for veterans or eligible family members in an existing gravesite. Miramar National Cemetery, considered a 313-acre annex of Fort Rosecrans, was dedicated in January 2010 and opened for burials the following November.

Miramar National Cemetery hosts Memorial Day event Sunday, May 28

You're invited to the Memorial Day Ceremony at Miramar National Cemetery on Sunday, May 28 at 1 p.m. The ceremony is free to attend, open to the public, there will be seating in the outdoor amphitheater, and there will be plenty of free parking and shuttles to the Flag Assembly Area.

The theme will commemorate the 50th Anniversary of Women in Naval Aviation with keynote speaker, Capt. Tamara Graham. Capt. Graham, a Navy combat helicopter pilot who has served over 30 years in various positions including command, will share some of her experiences as a naval aviator as well as help pay tribute to the brave women whose shoulders we stand upon. Additionally, the 2022 San Diego Veteran of the Year, Joshua Prado, Navy vet, will share what Memorial Day means to him and our veteran community.

Mt. Soledad National Veterans Memorial hosts May 29 observance

A Memorial Day ceremony is planned for Mt. Soledad National Veterans Memorial Monday, 11 a.m. to noon. Keynote speaker is Vice Adm. Kenneth Whitesell, commander, Naval Air Forces/Commander, Naval Air Force, Pacific Fleet. Special guest speaker is Dr. Pat Scannon, Project Recover founder. Project Recover is a collaborative effort to enlist 21st century science and technology in a quest to find and repatriate Americans mission in action since WWII. Free parking and shuttle services at the Mt. Soledad Presbyterian Church and French American School. www.soledadmemorial.org.

NOT JUST ONE, BUT TWO, FOR CAMP PENDLETON

On May 22, the Department of Defense announced the recipients of the 2022 DOD Fire and Emergency Services 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 a total of 41 nominations. Camp Pendleton was honored twice - Fire Department of the Year, Large Category, and Civilian Firefighter of the Year.

"The Department of Defense Fire and Emergency Services community supports the Department in safeguarding and advancing vital U.S. national interests," said Brendan Owens, assistant secretary of defense for energy,

installations, and environment. "With increasing climate-related threats, there is a heightened demand on the DOD F&ES community to assure DOD can carry out its mission."

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, effectiveness, 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.

Highlights of Camp Pendleton's honor are below:

Fire Department of the Year, Large Category: Camp Pendleton - Responded to 3,818 emergencies, 2,016 emergency medical services, 223 hazard-

ous material incidents, 1,576 structural fires, 117 wildland fires and 167 mutual aid cases. The department obtained three California Incident Command Certification System wildland qualifications and holds the only DOD-qualified Type 3 Incident Commander, Type 3 Operations Section Chief, and Type 3 Logistics Section Chief.

Civilian Firefighter of the Year: Clinton Goepf, Camp Pendleton - Provided expertise in a residential structure fire by performing the primary search, containing the fire to two rooms, and averting the flames from spreading to adjacent structures. Goepf also completed 280 hours of advanced California Specialized Training Institute Hazardous Materials Technician/Specialist/Weapons of Mass Destruction training.

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LANPAC 2023: Army faces most 'disruptive' period since World War II

See page 5

Base Movie Schedule

The Covenant, The Super Mario Bros. Movie, Are You There God? It's Me, Margaret, Evil Dead Rise

See page 10

For the ones who gave all,
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The poppy is a symbol of remembrance for all who made the ultimate sacrifice in military service to our nation.

On Memorial Day, we join you in honoring each individual this red flower represents.



usaa.com/memorialday

U.S. official looks to deter Russia in Black Sea region

by Jim Garamone
DOD News

The Black Sea is a crucial crossroads for the world and one that is critically challenged, said Mara Karlin, assistant secretary of defense for strategy, plans and capabilities.

Karlin, who spoke at the Black Sea and Balkans Security Forum in Bucharest, Romania, knows well how crucial the region is and spoke of how it fits into the U.S. National Defense Strategy.

“First and foremost, the Black Sea region is an area of critical geostrategic importance,” Karlin said in her videotaped presentation. “It links Europe to the Middle East and beyond, and it is a key node for transit infrastructure and energy resources.”

The Black Sea was a key part of the Silk Road before the birth of Christ. It linked the Roman Empire to Asia. The sea was a bridge for the Byzantine Empire, the Ottoman Empire, and it has been an avenue of trade,



An Air Force F-22 Raptor aircraft approaches a KC-135 Stratotanker. US Air Force photo by Staff Sgt. Kevin Long

migration and war. “It is also a key front line for transatlantic security,” she said. “Today, it is the site of the largest conflict in Europe since World War II.”

Russia’s invasion of neighboring Ukraine has far-reaching impacts for the Black Sea region, and the United States is working with allies and partners to counter Russian President Vladimir Putin’s aggression.

Karlin said the world’s response to the invasion “is nothing short of extraordinary.” Allies and partners have stood together and have imposed costs

on Russia for its awful war.

She noted that Putin did not expect the robust U.S. and NATO response across the front-line states. Rather than busting NATO apart, the alliance has grown stronger and grown bigger with the accession of Finland and Sweden to the alliance. He also discounted Germany — feeling the country would accept a fait accompli, Karlin said.

Soon after the Russian invasion, Secretary of Defense Lloyd J. Austin III created the Ukraine Defense Contact Group. It has

grown to around 50 nations and has garnered international support for Ukraine, resulting in more than \$55 billion in lethal assistance, Karlin said. “This ‘community of action’ has facilitated an unprecedented level of cooperation to meet Ukraine’s immediate and longer-term needs,” she said.

Karlin said the NATO alliance is also ensuring Russia does not get any ideas about attacking an alliance state. The allies have doubled the number of NATO’s battlegroups on the Eastern front with Russia to eight. There are more than 100,000 U.S. troops in Europe.

Army

- Battalion commander relieved after holiday ball faces court-martial
- An Army M1 Abrams tank named ‘Belligerent’ is currently training for war in Europe
- Commander of Army chemical weapons depot suspended
- Nearly 1 in 3 female recruits were injured in Army basic training last year
- 100 Soldiers awarded recruiting ribbon for getting others to enlist



Navy

- How to retire a radioactive ship
- Navy vows quality of life reforms for carrier Sailors in shipyards
- Alkonis supporters make G-7 push to get Navy officer released from Japanese prison

Marine Corps

- Marine who embraced Boogaloo beliefs pleads guilty in Jan. 6 case
- Marine helicopters drop supplies to ballistic missile submarine in the Pacific, a first
- Lawmakers rev up support for Marine Corps’ Force Design 2030 in letter to appropriators

Air Force

- Air Force offers recruiting medals for airmen and guardians, promotions for new troops
- New mission for Wright-Patterson: Air Force says base to get new ISR mission
- USAF sees ‘100 roles’ for its robot wingmen—and firms are lining up to make them
- New ICBM cancer study to examine ‘everyone possible’
- Air Force cadets help fifth graders build model rockets

Space Force

- Space Force may seek new bidders for future deep-space radars

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U.S. Marines out for a meal in Estonia save life of suffocating man at nearby table



From left, Lance Cpl. Aiden Morey, Lance Cpl. Christopher Butemeyer and Lance Cpl. Colton Allen in Tallinn, Estonia, on May 8. The trio saved a man's life in Tallinn when they found him unconscious and not breathing in a restaurant on May 7. Official US Marine Corps photo

Stars and Stripes - Three U.S. Marines are being credited with saving the life of a restaurant patron in Estonia earlier this month who was unconscious and not breathing.

Lance Cpl. Colton Allen, Lance Cpl. Christopher Butemeyer and Lance Cpl. Aiden Morey were dining in the capital Tallinn May 7 when they noticed an unconscious man in a nearby booth, Task Force 61/2 said in a statement.

The three are assigned to a reconnaissance company that has been training Estonian allies for more than a month. The task force is deployed to the U.S. Naval Forces Europe-Africa/U.S. 6th Fleet area of operations.

Seeing that the man's lips were blue and his skin also was beginning to turn color, Allen and Butemeyer cleared his airway while Morey called emergency services, the statement said.

"I felt confident in our abilities to do the job," Butemeyer said in the statement. "We all knew what needed to be done and we all did our own individual tasks to help."

While Butemeyer rubbed the

man's sternum to force him into consciousness, Allen monitored his pulse.

He still didn't awaken, so the Marines moved him to the floor, placed him on his side

and kept his airway clear until professional help arrived, the statement said.

Medical workers later helped the man regain consciousness. They said that without the inter-

vention of the Marines, he would have suffocated, according to the statement.

"It feels good and surprising that we showed up at the right time and the right place," Morey said.

African Lion 23; 'The centerpiece of the AFRICOM exercise strategy'

by Maj. Chris Bradley

VICENZA, Italy - Eighteen nations and approximately 8,000 personnel will participate in African Lion 2023, U.S. Africa Command's largest annual combined, joint exercise taking place in Ghana, Morocco, Senegal and Tunisia now until June 18.

"Our collective ability to bring like-minded nations together for an exercise like this is truly impressive," said Maj. Gen. Joel Tyler, United States Africa Command chief of staff. "African Lion is the centerpiece of the AFRICOM exercise strategy, and one of the greatest U.S. exercises across the globe."

AL23 provides an opportunity to conduct realistic, dynamic and collaborative readiness training in an austere environment that intersects multiple geographic and functional combatant commands including U.S. Africa Command, U.S. European Command, and U.S. Central Command; as well as strategic maritime choke points and global shipping lanes.

This year's exercise features multiple combined arms live-fire exercises; a maritime exercise; an air exercise with U.S. C-130J Super Hercules, KC-135 Stratotanker, F-16 Fighting Falcons and bomber aircraft; a joint forcible entry with paratroopers into a field training exercise; two chemical, biological, radiological, nuclear response exercises; and three



This file photo from African Lion 22 shows a tank assigned to the Idaho Army National Guard. This year, 18 nations with approximately 8,000 personnel will participate in African Lion 2023, U.S. Africa Command's largest annual combined, joint exercise taking place until June 18. Official US Army photo

humanitarian civic assistance program events. SETAF-AF establishes the exercise's combined joint task force headquarters, integrating AFRICOM components and international partners to provide mission command across the training enterprise. U.S. participants come from across the joint force including the Reserves and National Guard.

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LANPAC 2023: Army faces most 'disruptive' period since World War II

by Joe Lacdan
Army News

HONOLULU - As the world's militaries modernize and upgrade their capabilities in multiple domains, Army Future Command's top leader said that U.S. forces must continually adapt to keep pace with constant change.

Speaking during the 2023 Land Forces Pacific Symposium May 18, Gen. Jim Rainey, AFC commander, said the Army and partner land forces face a pivotal time in military history unlike any since the years between World War I and World War II.

"I think this is probably the most disruptive period of time in terms of the character of war — the most rapid and fastest change," said Rainey who has led AFC from its headquarters in Austin, Texas, since October 2022.

Speaking to an audience that included military representatives from 30 nations, Rainey said that in order for militaries to prepare for future operations they must first identify what remains constant.

He said that war at its core remains the same; a test of will between human beings. He added that land is a decisive element of war because it harbors the most

assets and it is where populations live. Rainey said that land serves as the foundation for most multi-domain capabilities.

Next, Rainey said that the U.S. Army's people and the quality of its non-commissioned officer corps gives American forces an edge over adversaries. The Army has continually prioritized its people since introducing its People Strategy in 2019 which changed the way the service acquires, develops and retains talent.

Additionally, the Army must be "ruthless" in its training, Rainey said. The Army, particularly in U.S. Army Pacific Command, has continually challenged Soldiers and partner nations in its training including the recent creation of the Joint Pacific Multinational Readiness Center in Hawaii and Alaska.

"I've been blessed, I've never lost a fight in combat, but I've got my butt kicked [at] every training center we have," Rainey said.

Next, Rainey said that armies must win the "pre-conflict conflict," by focusing on deterrence. The Army must shape long distance weapons by consolidating offensive and defensive fires into one system. Rainey said that delivery of cross-domain fires will be integral to a defensive approach

to deterrence.

"Nobody's going to win a war between nuclear-equipped superpowers, somebody will prevail, I'm confident that it would be us," Rainey said. "But at a cost; it'll just be horrific and change our ways of life fundamentally. So this is ultimately about deterring people deciding that it is not in their interest to fight."

Rainey said that systems warfare and developing one that operates at a speed faster than the enemy will be key to gain leverage over adversaries.

"So not only have we got to be better, but 10-12 times faster," Rainey said.

Rainey, who leads the Army's modernization efforts, said while upgrading the force with cutting edge technologies remains important, the service should not lose sight of technological capabilities already available.

"The technology that exists today, combined the right combination of human beings and machines — not replacing humans with machines, but we should be optimizing our men and women for decision-making, values-based behavior on the battlefield — the things that machines are never going to do."

USS John Finn commanding officer relieved of duties

YOKOSUKA, Japan - Vice Adm. Karl Thomas, Commander, 7th Fleet, relieved Cmdr. Angela Gonzales as the commanding officer of destroyer USS *John Finn* (DDG 113) forward deployed here, on May 19, due to a loss of confidence in her ability to fulfill her responsibilities in leading the ship. The Navy holds commanding officers to a very high standard and holds them accountable when those standards are not met. These leaders are entrusted with significant responsibilities to their Sailors and their ships. They are expected to maintain the Navy's high standards for leadership, demonstrating competence in their duties at all times. Cmdr. Matthew Hays will assume duties as interim skipper on board *John Finn*. Gonzales has been administratively reassigned to Commander, Naval Surface Force, Pacific Fleet. *John Finn* was commissioned in 2017, and homeported in San Diego for six years before moving to its new homeport in March of this year.

FLETA grants accreditation for LES 'C' School

by Darryl Orrell

The Federal Law Enforcement Training Accreditation board accredited the Navy's Law Enforcement Specialist "C" School on May 11. This achievement culminates months of preparation, planning, and extensive review to ensure the training complies with federal law enforcement criteria. The LES "C" School encompasses 30 days or 240 hours of journeyman-level instruction. The training provides Navy Master-at-Arms personnel with the knowledge and skill sets to execute law enforcement duties for shore-based and afloat units. "Accreditation enhances public confidence in integrity, professionalism, and accountability, provides assurance that an academy or program has voluntarily submitted to a self-regulation process, and demonstrates compliance with a set of standards established by the law enforcement community," according to FLETA's website. The Center for Security Forces provides specialized training to more than 20,000 students annually. It has 14 training locations across the United States and worldwide, carrying the motto: "Where Training Breeds Confidence."

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Naval Oceanography handles space business at California Summit

by Jonathan Holloway
Naval Meteorology and Oceanography

EL SEGUNDO - Naval Oceanography attended the DoD space-based Environmental Monitoring Summit at the near the Los Angeles Air Force Base earlier this month.

The SBEM summit is a critical engagement for DoD agencies, like Naval Oceanography, and its subject-matter experts who rely on assets and capa-

bilities in space to execute its mission.

"Intelligence enabled by satellites has been a critical component of battlespace awareness for decades," said Danielle Carpenter, Naval Oceanographic Office physical scientist.

"Particularly in data-sparse and access-denied areas, space based SBEM capabilities often provide the only actionable information as to the environ-



Environmental specialists sit it on a summit panel. Official US Navy photo

mental conditions within the operational domain."

Predicting weather and collecting data necessary to model environments real-time, requires

SBEM as part of Naval Oceanography's mission.

"DoD partnership is needed as we craft future SBEM architecture, and Navy operational

entities with knowledge in mission requirements that were requested to attend the event to drive the acquisition strategy going forward," Carpenter said.

The two-day summit also focused on a Navy priority of rapid transition of capability from acquisition to operation.

"The goal of the event was to synchronize efforts between the acquisitions and operational communities to ensure relevant capabilities are delivered to the field," Carpenter said.

With Naval Oceanography participation, six panels discussed service; centers; operations; space; research; and acquisition.

"Each panelist was introduced to the meeting, which was attended by over 100 members of a variety of DoD communities, and got 5 minutes and 2 slides to kick off each summarization of their organization's SBEM roles and responsibilities," Carpenter continued.

Naval Meteorology and Oceanography Command directs and oversees more than 2,500 globally-distributed military and civilian personnel who collect, process, and exploit environmental information to assist Fleet and Joint Commanders in all warfare areas to make better decisions faster than the adversary.

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June's monthlong observances: Rivers, mango, Jurassic

African-American Music Appreciation Month	Alzheimer's & Brain Awareness	Jurassic June	Junesploitation	Cancer from the Sun Month	Nat'l Aphasia Awareness
Nat'l Safety Month	Turkey Lovers Month	Child Vision Awareness	Nat'l Mango Month	Cataract Awareness Month	Nat'l Bathroom Reading
Nat'l Steakhouse Month	Nat'l Papaya Month	Life Month	Nat'l Pluot and Aprrium	Effective Communications	Nat'l Camping Month
Nat'l Fireworks Safety	Pelvic Organ Prolapse Awareness Month	Nat'l Child Safety Awareness	Lesbian, Gay, Bisexual and Transgender Pride Month	Entrepreneurs Do It Yourself Marketing Month	Nat'l Caribbean-American Heritage Month
Nat'l Rose Month	Nat'l Dairy Alternative Month	PTSD Awareness Month	Sorghum Month	Equine Colic Awareness	Nat'l Celibacy Awareness
Nat'l Dairy Month	Nat'l Homeownership Month	Nat'l Scoliosis Awareness	Nat'l Sun Safety Month	Fight the Filthy Fly Month	Nat'l Congenital
Nat'l Candy Month	Nat'l Ocean Month	Dravet Syndrome Awareness	CDKL5 Awareness Month	GLBT Book Month	Cytomegalovirus Awareness
Nat'l Iced Tea Month	Rebuild Your Life Month	Nat'l Adult Sex-Ed Month	XLH Awareness Month	Great Outdoors Month	Nat'l Disaster Preparedness
Country Cooking Month	Nat'l DJ Month	Wound Healing Awareness	Lane Courtesy Month	Int'l Surf Music Month	Month for Animals
Nat'l Soul Food Month	Christianity Month	Nat'l Scleroderma Awareness	Adopt a Shelter Cat Month	MND Awareness Month	National Rivers Month
Nat'l Frozen Yogurt Month	Nat'l Pet Preparedness	HHT Awareness Month	Antiphospholipid Antibody Syndrome Awareness Month	Men's Health Education and Awareness Month	Nat'l Student Safety Month
Nat'l Lemon Month	Women's Golf Month	Toon June	Audiobook Appreciation	NPE Awareness Month	National Zoo and Aquarium
Nat'l Fresh Fruit and Vegetable Month	Nat'l Migraine and Headache Awareness Month	Nat'l Corn and Cucumber	Beautiful in Your Skin Month	Nat'l Accordion Awareness	Perennial Gardening Month
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Abraham Lincoln conducts a change of command

SAN DIEGO (May 18, 2023) (photo, at right) Capt. Peter J. Riebe, right, relieves Capt. Amy N. Bauernschmidt, left, as commanding officer of Nimitz-class aircraft carrier **USS Abraham Lincoln (CVN 72)** during a change of command ceremony presided by Rear Adm. Kevin Lenox, commander, Carrier Strike Group 3, on the flight deck. *Abraham Lincoln* is currently moored pierside at Naval Air Station North Island. US Navy photo by MCC Raymond D. Diaz III



FACEBOOK POST FROM THE CREW OF ABRAHAM LINCOLN
 Today, #LincolnNation welcomed Capt. Pete Riebe as our new commanding officer and bid farewell to Capt. Amy Bauernschmidt following her steadfast leadership of Mighty Abe over the last twenty-one months. Fair winds and following seas, ma'am, and welcome aboard, sir!

COMMAND LEADERSHIP TURNS

USS Canberra (LCS 30) Blue Crew

NAVAL BASE SAN DIEGO (May 19, 2023) Cmdr. William Ashley relieved Cmdr. Michael G. Tyree as commanding officer of Independence-variant littoral combat ship *Canberra* (LCS 30) during a ceremony aboard the ship, pier side at Naval Base San Diego, May 19. A symbol of the deep partnership between the U.S. and Australia, *Canberra* is the second U.S. Navy vessel named for Australia's Capital Territory. It is scheduled to be ceremoniously commissioned in Sydney, Australia, on July 22.

Naval Surface and Mine Warfighting Development Center

NAVAL BASE SAN DIEGO (May 17, 2023) Capt. Wilson Marks assumed command of Naval Surface and Mine Warfighting Development Center (SMWDC) at a change of command ceremony. Marks relieved Rear Adm. Christopher Alexander, making him the sixth SMWDC Commander since the command's establishment in 2015. "I'm incredibly humbled and honored for the opportunity to continue the legacy and momentum Chris and his team developed at SMWDC over the past two years," said Marks. "There is nothing more exciting than assuming command of a high-functioning team and I look forward to leading these phenomenal warfighters."

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Torrance celebrates the long-awaited return of the Armed Forces Day Parade after 3-year hiatus

TORRANCE, Calif. - The city of Torrance came alive as residents and visitors gathered to commemorate the 61st annual Torrance Armed Forces Day Parade May 20. The event made its return after three years due to the global pandemic. It paid tribute to the brave men and women who have served or are currently serving in the United States Armed Forces and is the nation's longest-running military parade sponsored by any city. The parade dates back to 1960 and has become a cherished tradition within the community, drawing spectators from all walks of life. Families, veterans, and local organizations lined the streets of Torrance Boulevard to honor and observe our country's heritage. "It's been a few years," said Emmett Miller, the parade announcer from ABC News. "But we're back with flying colors." Historically, the parade is led by a prologue, which includes the Torrance Mounted Posse, followed by the Grand Marshall, the Official Reviewing Officer of the parade. This year's honorary branch was given to the U.S. Coast Guard, accompanied by Celebrity Grand Marshall Beau Bridges, a Coast Guard veteran.

Navy ships to participate in Los Angeles Fleet Week

LOS ANGELES – Sailors, Marines, Coast Guardsmen and Soldiers from several ships, squadrons and military units will be in Los Angeles for the fifth Los Angeles Fleet Week May 23-29. Three Navy ships - cruiser USS *Princeton*, dock landing ship USS *Ashland*, and littoral combat ship *Cincinnati* - and Coast Guard Cutter *Terrell Horne* are participating in Los Angeles Fleet Week, as well as Sailors, Marines, Soldiers, and Coast Guardsmen from military commands throughout Southern California. Forces and assets from Explosive Ordnance Group One and Maritime Expeditionary Security Squadron 11, to Space Force Space Systems Command and 5th Battalion, 11th Marines, will also be participating in. LAFW offers the public an opportunity to take a tour of the ships and meet service members as they showcase the ships' capabilities. It also gives the public a chance to gain a better understanding of how the sea services support the national defense of the United States and freedom of the seas. Throughout the week, service members will have an opportunity to interact with the local community, while participating in a number of community relations projects and a Science, Technology, Engineering and Mathematics (STEM) exposition.

Navy probes new allegations of drug use, sales among USS *Ronald Reagan* Sailors

YOKOSUKA NAVAL BASE, Japan - Five years after cracking an LSD ring aboard USS *Ronald Reagan*, Navy investigators are probing reports of new drug activity aboard the carrier, a spokeswoman for Naval Forces Japan said May 22. NCIS is investigating an undisclosed number of Sailors for "alleged drug use, possession and distribution," Cmdr. Katie Cerezo told *Stars and Stripes* by e-mail. "An investigation is presently ongoing," she said. "Possession, distribution and use of drugs is in violation of the Uniform Code of Military Justice and strictly prohibited." Cerezo declined to detail the allegations, including the extent of drug use aboard the ship, the substances involved or if anyone had been arrested. "The Navy takes this investigation seriously, and it would be inappropriate for us to comment on an active investigation," she said. In 2018, Navy investigators implicated 15 Sailors in a drug ring aboard the carrier that included the distribution and use of LSD and ecstasy. All but one of the Sailors were assigned to *Ronald Reagan's* nuclear reactor department.

LOCAL MILITARY VIEWS



MARINE FITNESS Marine Corps recruits with Delta Company, 1st Recruit Training Battalion, run during the Physical Fitness Test (PFT), at Marine Corps Recruit Depot San Diego, May 19, 2023. Recruits conducted the PFT to evaluate their level of physical fitness. US Marine Corps photo by Lance Cpl. Alexander O. Devereux



GUESTS ABOARD (from left) Commodore Philip Dennis, commander of United Kingdom Maritime Component Command; Vice Adm. Emmanuel Slaars, joint commander of the French Armed Forces deployed in the Indian Ocean; Vice Adm. Brad Cooper, commander of U.S. Naval Forces Central Command, U.S. 5th Fleet and Combined Maritime Forces; and Cmdr. Jake Ferrari, commanding officer destroyer USS *Paul Hamilton* (DDG 60), discuss maritime operations aboard *Paul Hamilton* while transiting the Strait of Hormuz, May 19, 2023. *Paul Hamilton* is deployed to the U.S. 5th Fleet area of operations to help ensure maritime security and stability in the Middle East region. US Navy photo by MC2 Elliot Schaudt



SPARKS SERVICE Marine Corps Cpl. Francisco Vasquez repairs a trailer during a readiness exercise at Fort Hunter Liggett, Calif., May 8, 2023. The exercise is designed to enhance combat and deployment readiness. Official US Marine Corps photo



MEDICAL TRAINING USS *Boxer* (LHD 4) Sailors respond to a simulated mass casualty in the hangar bay during a Fleet Support Operations-Medical assessment on May 17, 2023. This inspection evaluates the crew's performance in simulated medical casualties, stretcher-bearer drills, Battle Dressing Station (BDS) operations and a mass casualty drill. US Navy photo by MC3 Bradley Kaminski

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Foundation asks for help so more graves at Arlington will have flowers on Memorial Day

by Doug G. Ware
Stars and Stripes

WASHINGTON — A non-profit foundation in charge of annually placing flowers at headstones at Arlington National Cemetery for Memorial Day said donations are so low this year that almost half the graves might not receive the honor for the upcoming holiday.

Officials for The Memorial Day Flowers Foundation said the group has been buying flowers and placing them on the graves at Arlington since 2011. The foundation relies on donations and partnerships to do so, and donations have trickled in slowly this year.

“It pains me to see our tribute so much smaller this year,” said Ramiro Penaherrera, executive director of the foundation. “Our goal is to honor every fallen service member and veteran headstone with a flower.”

The foundation initially secured 50,000 flowers for the Day of Remembrance at Arlington on Memorial Day weekend, leav-

ing another 250,000 needed to provide one at each grave at the cemetery. The group has since raised \$60,000, enough to buy another 100,000 flowers, but remains \$90,000 and 150,000 flowers short. The funding deadline is May 26.

Each year, a variety of flowers are given by the foundation to be placed on the graves, including roses, carnations, pompom blooms, sunflowers, tulips and camellias.

“We were preparing for a worst-case scenario, and trying to figure out what we could spend, and where, and how far that would get us,” said Bernardo Beate, director of operations at the foundation. “Today, we know we can place a flower [on] at least half the headstones at Arlington National Cemetery.”

Foundation officials said they buy the flowers wholesale on the global market and shipping costs are donated by industry partners. They also said they often receive last-minute donations of flowers unsold for Mother’s Day, but there’s no way to expect how

many that will be.

The foundation has never raised enough money to put flowers on all 300,000 graves at Arlington, but they have gotten close. In 2019, its best year, the group was able to put flowers on 260,000 headstones. The donations began to dry up a year later when the coronavirus pandemic struck.

Arlington is the most prominent U.S. military cemetery. Veterans and eligible dependents, such as spouses, can be buried

VA adds 300,000 vets, service members from 27 military cemeteries to Veterans Legacy Memorial

WASHINGTON - On May 22, the Department of Veterans Affairs, in collaboration with the Office of Army Cemeteries, announced that it has added 300,000 service members and veterans interred in 27 DoD-managed military cemeteries into the Veterans Legacy Memorial (VLM) website.

The Veterans Legacy Memorial is the nation’s first digital platform dedicated to the memory of veterans interred in VA’s national cemeteries, VA-grant funded cemeteries, two National Park Service national cemeteries,

and now, 27 Defense-managed military cemeteries. Each of these 300,000 veterans will now have individual pages on VLM where family, friends and others can post tributes, upload images, and share their veteran’s achievements, biographical information, and historical documents.

The cemetery was established in 1864 and is the final resting place for several major historical military figures, including former Army Gen. Creighton Abrams, Army Gen. Omar Bradley and General of the Armies John J. Pershing. Two former presidents – John F. Kennedy and William Howard Taft – are

at the cemetery, which occupies about 640 acres in Arlington, Va., and lies just across the Potomac River from the Abraham Lincoln Memorial and directly northwest of the Pentagon.

The additional vets and service members will join more than 4.5 million already memorialized on the VLM site at VA.gov/Remember. By far, the largest number of these additional Veterans and service members are interred in Arlington National Cemetery.



Volunteers on May 25, 2015, place roses on headstones in Section 60 of Arlington National Cemetery, Va. Official US Army photo

buried there, along with several justices of the U.S. Supreme Court.

To donate, visit <https://memorialdayflowers.org/>.

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

There was a time that I believed Hell was a fiery place where bad military spouses were condemned to perpetually raise teenagers. Having brought up three teens while my Navy husband was active duty, I look back with pride that I survived with only a few minor bumps and bruises.

As much as we think raising teenagers is tough, we often overlook our teens’ experiences. We buy into the adage, “Military children are resilient!” and carry on through multiple deployments and PCS moves. As long as we find an orthodontist, a soccer team, a clarinet teacher and a pizza joint at each duty station, they’ll be fine.

Until recently, there’s been a dearth of research about the effects military life has on adolescents. In the last few years, surveys and studies have begun to pose the question, “So, how are military teens, anyway?” The responses have prompted more questions that have yet to be answered, but at least someone is finally asking.

Three years ago, two military teenagers got tired of waiting and took the matter into their own hands. In April 2020, they launched BloomMilitaryTeens.org, a website run entirely by military teenagers as a forum for military teens to read, write, learn, express, connect and empower. Bloom’s content has been so successful, it even garnered the attention of the White House.

Interview with a military teen: ‘I’m resilient, but human’

I recently picked the brain one of the organization’s founding teen writers, Genevieve Oakley, who serves on Bloom’s Outreach Team. I met Genevieve through the non-profit I co-founded, Orion Military Scholarships, which provides military teens with opportunities to attend select boarding schools for stable, uninterrupted high school experiences.

Genevieve described her typical “Army brat” upbringing: “[B]orn at Fort Carson, moved nine times by age fourteen.” She became accustomed to changing schools every year or two. “[W]hen the house was filled with brown boxes, it meant summer had arrived and new fun was on the way.... I am in awe of the annual courage it took to so confidently walk into the unknown and make it my own.”

She relayed common annoyances like having to repeat academic testing at each school, having to prove herself on every soccer team, and being forced to buy different lesson books from each piano teacher. “There was very little consistency and it resulted in my ten years of piano lessons yielding what can only be described as pathetic results.”

But Genevieve’s affectionate and witty nostalgia about her unique upbringing came to a full stop when she described one PCS before seventh grade. “If I ever become famous and my autobiography hits the shelves, there will be many chapters dedicated to my move to Sanremo, Italy.” Five hours from the closest military base, Genevieve found herself being homeschooled online, deprived of

peanut butter, peers, teachers, the family’s dogs, and practical ways to meet Italian kids. “I was miserable, struggling to find things to do with no friends and no social structures to make me happy.”

“This move substantially changed who I am and my outlook on life,” Genevieve recalled, confiding that she struggled with anxiety, depression, OCD, misophonia, and an eating disorder for which she developed coping mechanisms that were both healthy and unhealthy. Seeking control, Genevieve found peace through letter writing and working out. However, she fell prey to “diet culture” at times, driven to “alter my body to make me appear more appealing so that I could fit in. This struggle is not unique to me or military teens, but is definitely highly associated with the constant moving and unstable conditions I grew up in.”

Despite it all, or perhaps because of it, Genevieve just finished her freshman year at Indiana University where she double-majors in Political Science and International Studies, minors in Spanish, and is earning a certificate in Political and Civil Engagement. Someday, she hopes to attend law school and work for the UN, “a career path undoubtedly influenced by my military background.”

“I am resilient and hardworking and strong,” Genevieve said. “But I will also never hide my previous struggles with mental health. No matter who you are, we are all human.... [R]esiliency is not a smooth road and sometimes we stumble and need assistance.”

Stunning EV revelations from Sandy Munro at Electrify Expo in Long Beach

Electrify Expo is North America’s largest electric vehicle festival filled with over 1 million square feet of the world’s top electric brands! Experience and drive electric cars & trucks, ride E-Bikes, E-Motorcycles, E-Scooters, E-Skateboards, & E-Watercraft. Enjoy great food, music, a huge kids zone, and learn about all things electric.

Electrify Expo visited Southern California last weekend, stopping in Long Beach on the first stop in its cross-country U.S. tour.

Friday was Industry Day at Electrify Expo, which added a full program of informative presentations for members of the industry and the press. An incredibly revealing and informative presentation by Sandy Munro made my road trip to Long Beach worthwhile all by itself.

Sandy Munro is an automotive expert. You may know of him from watching his meticulous vehicle teardowns on YouTube. Munro & Associates “is a world leader in reverse engineering and teardown benchmarking.”

Since joining YouTube in 2020, the Munro Live YouTube channel — with 470 videos to date — has 374,000 subscribers and over 53 million views. The Munro Live Podcast has 5.78K subscribers. Munro Live (<https://munrolive.com>) has over 30,000 Twitter followers. When Sandy speaks, people around the world listen.

Sandy told us that the charging infrastructure is the bottleneck for EV adoption. He cited his 11-day, 8,500-mile trip from Detroit to California to meet Elon Musk, and back. He never once had a charging problem thanks to Tesla’s widespread and reliable charging infrastructure — an accomplishment that is not yet possible in other manufacturers’ EVs.

He said Tesla’s electronics and software technologies are “anywhere from five to eight years ahead of anybody else.” Everybody on the planet now is going to try and catch them. Tesla’s castings combine basically 90 percent of the parts and almost 100 percent of the operations to fasten them in place. Furthermore, “Tesla moves faster than anybody.... They can probably get anything faster to market than everybody else.... 18 months and

AutoMatters™ & More
by Jan Wagner



they’ve got a complete change to their vehicle.” The only thing that Tesla is being beaten at right now is by Lucid’s power system: their electric motor, differential and their gearbox.”

He also discussed battery technologies and the greatly increased longevity and ease of maintenance of EVs versus ICE vehicles; recommended Ford’s F-150 Lightning electric pickup truck (he has one); and predicted that the U.S. will have to allow Chinese cars in (BYD is a leader). He said he’s spent a lot of time in China and that “I guarantee you their products are as good as anything that can be put out by BMW, Mercedes or whomever. They are just as good, and I am predicting that by about 2030 there’s going to be a giant amount of Chinese cars here in the United States, because they are well in advance of most of the OEMs here in the U.S.”

As reported by Dan Mihalascu in InsideEVs, what Sandy said about

heroes who served and sacrificed for our nation.”

“We’re honored to be part of this meaningful program that pays tribute to our nation’s heroes in such a personal way,” said Executive Director of the Office of Army Cemeteries and Army National Military Cemeteries Karen Durham-Aguilera. “We look forward to this continued partnership so that more people can discover the extraordinary stories of service and sacrifice that make up the fabric of our country.”

Tesla was acknowledged by Toyota’s own engineers, who “recently conducted a teardown study of the Tesla Model Y, according to a report from Automotive News. “Taking the skin off the (Tesla) Model Y, it was truly a work of art. It’s unbelievable,” said one Toyota executive who analyzed the Tesla part by part. Manufacturing breakthroughs like the use of giga casting to eliminate countless parts and brackets, and the structural battery pack that acts as the car’s floor itself were singled out by Toyota engineers. They reportedly identified four main areas where Tesla has a big advantage over Toyota: dedicated platform, advanced battery, designated EV production site, and software-defined architecture. Tesla has all four of those, Toyota has none — at least not yet. The teardown showed how far behind some old-guard automakers like Toyota really are when it comes to EVs.”

Dozens of companies exhibited at Electrify Expo. While I did not test-ride any of the many e-bikes, e-scooters and other personal mobility devices, I did take advantage of test drives in the Ford Mustang Mach-E GT and Toyota’s Mirai fuel cell car, which “generates power by combining hydrogen with oxygen from the outside air.”

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 #791

Targeted Care Pilot aims to match demand for mental health care

by Christopher McCoy,
MHS Communications

The Defense Health Agency deployed a pilot program to connect service members with behavioral health resources they need for support.

The DHA Targeted Care Pilot deployed to 10 sites in April 2023. The pilot, lasting six months, aims to alleviate the strained mental health system by matching service members to the care they need—wherever they are on a spectrum of mental health issues. Following the pilot, DHA will review results for the purpose of further refinement, continuation, and potential expansion.

“For years, service members have been told to seek services from a behavioral health provider if they experienced any type of distress, but the use of specialty behavioral health care services for all distress can result in both long wait times for an initial assessment and a prolonged time in treatment because of the demand,” said U.S. Air Force Lt. Col. Aaron Tritch, chief of the U.S. Air Force Targeted Care initiative. “Both clinical and non-clinical concerns are being accepted indiscriminately into our resource- constrained mental health clinics.”

The program intends to connect service members with non-clinical and clinical resources, depending on their mental health experience.

“We’ve focused on specialty behavioral health as the only modality that can meet this demand,” said U.S. Public Health Services Captain Meghan Corso, chief of behavioral health clinical operations at DHA. “Targeted care is a unified/standardized workflow that connects an individual to the counseling/helping resource which best addresses their presenting concern.”

Targeted care improves the integration and synchronization of all mental health counseling or prevention resources available to



The DHA Targeted Care Pilot deployed to 10 sites in April 2023. The pilot, lasting six months, aims to alleviate the strained mental health system by matching service members to the care they need—wherever they are on a spectrum of mental health issues. Following the pilot, DHA will review results for the purpose of further refinement, continuation, and potential expansion.

address a service member’s needs quickly.

“Behavioral health concerns include normal reactions to challenging life circumstances that we expect to get better, either on their own or with a little support from friends, family, or even a non-medical counselor like a chaplain or military and family life counselor,” said Tritch.

At the hospital or clinic level, this means directing patients to the right resources.

“Clinics will standardize a process to ensure we quickly assess anyone walking in or calling in to inquire if specialty mental health care is right for them,” said Tritch. “When best for the active duty service member, this may mean recommending a counseling resource outside of the behavioral health clinic. We call this recommendation ‘vectoring.’ The behavioral health team will explain the recommended vector and assist in connecting to the resource.”

If specialty behavioral health care is needed, the active duty service member will be vectored into the clinic for a complete assessment.

“In many cases, this means a recommendation to engage in an evidence-based group therapy. Groups offer many benefits beyond what can be provided through other forms of therapy,” said Tritch.

This efficient care model helps ensure access to services and opens availability for those in need of more intensive, one-on-one support.

“Targeted care widens the aperture when it comes to options to address an individual’s need and improves access to care,” said Corso. “Individuals won’t have to wait as long to receive care since they’re connected with the appropriate resource in a timely manner. It focuses on short-term care, which enhances resilience and operational readiness.”

The targeted care model uses a team-based approach to deliver technician-level care to the patient.

“Patients will not be turned away, and will be given options to include specialty behavioral health if that individual chooses,” said Corso.

The U.S. Army installations involved in the Targeted Care Pilot include:

- Joint Readiness Training Center and Fort Polk
- Fort Leonard Wood
- Fort Leavenworth
- Fort Carson
- Tripler Army Medical Center

HJF names CPen Navy Lt. ‘Hero of Military Medicine’ honoree

Lieutenant Anna Rayne is a native of Clinton, New York. She earned her Bachelor of Science from Haverford College in 2012. Following her graduation, she worked for a public health non-profit organization in Cape Town, South Africa, solidifying her desire to pursue a career in medicine. She commissioned into the United States Navy through the Health Professions Scholarship Program in 2014

and attended medical school at Georgetown University in Washington, DC, graduating in 2018. She completed her internship and residency in Family Medicine at Fort Belvoir Community Hospital where she served as Chief Resident and developed a new medical curriculum in diversity, equity, and inclusion for medical students and residents. She earned multiple awards to include Resident of the Year twice and the Esprit de Corps Award.

Lt. Rayne reported to U.S. Navy Medicine Readiness and Training Command Guantanamo Bay, Cuba as a Staff Family Medicine Physician in July 2021 where she served a diverse population of



Congratulations to Naval Hospital Camp Pendleton’s Lt. Anna Rayne on being named a “Hero of Military Medicine” by the Henry M. Jackson Foundation for the Advancement of Military Medicine.

Active Duty service members, their families, contractors and Foreign Nationals. She established a multidisciplinary diabetes clinic and championed multiple public health initiatives.

She transferred to Naval Hospital Camp Pendleton in February 2023 where she currently serves as faculty at the NHCP Family Medicine Residency program.

In her four years of military service, Lt. Rayne has authored two peer reviewed publications and nine national presentations, receiving two research awards. Lt. Rayne’s military awards include the Navy and Marine Corps Commendation Medal and Joint Service Achievement Medal.

NIH offers free e-book on complementary health approaches for pain relief

Pain is the most common reason people seek medical care. Many also look to complementary health approaches. But how do you know if they’re safe and helpful?

To help you find answers, NIH has a free e-book called “Pain: Considering Complementary Approaches.” It summarizes the evidence behind different complementary approaches for pain relief. These include acupuncture, massage therapy, spinal manipulation, and more. There’s also a chapter on music-based interventions for pain relief.

Download the PDF of this free 50-page e-book at <https://www.nccih.nih.gov/health/pain-considering-complementary-approaches-ebook>.

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