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THURSDAY, JUNE 3, 2021

THE CHANGING FACE OF AMERICA'S VETERAN POPULATION, ACCORDING TO RESEARCH STUDY

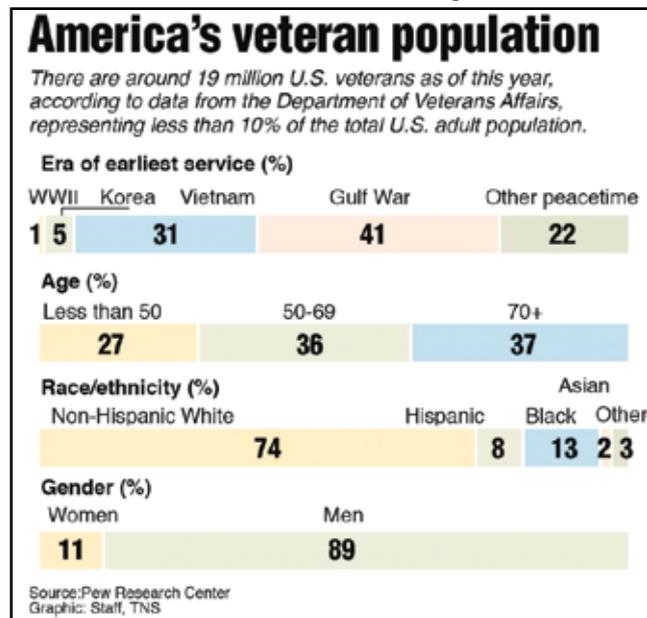
by Katherine Schaeffer
Pew Research Center

There are around 19 million U.S. veterans as of this year, according to data from the Department of Veterans Affairs, representing less than 10 percent of the total U.S. adult population. Here are key facts from the VA, the U.S. Census Bureau and other sources about those who have served in the military and how this population is changing.

As U.S. demographics continue to shift, so does the makeup of the American veteran population. Pew Research Center has analyzed some of these changes using data from the Department of Veterans Affairs, the U.S. Census Bureau, the Department of Defense, Center surveys and other news reports. The 2021 and 2046 estimates of the veteran population come from projections published by the VA in 2018.

Looking forward at the changing profile of veterans

1. Gulf War-era veterans now account for the largest share of all veterans, having surpassed Vietnam-era veterans in 2016, according to the VA's 2018 population model estimates. VA estimates for 2021 indicate



there are 5.9 million American veterans who served during the Vietnam era and 7.8 million who served in the Gulf War era, which spans from August 1990 through the present.

There are also around 240,000 World War II veterans and about 933,000 who served during the Korean conflict, the VA estimates. Some veterans served through multiple eras but are counted only in their earliest era. Roughly three-quarters (78 percent) of veterans in 2021

served during wartime, and 22 percent served during peacetime. (Veterans with wartime and peacetime service are only counted in wartime.)

2. The share of the U.S. population with military experience is declining. In 2018, about 7 percent of U.S. adults were veterans, down from 18 percent in 1980, according to the Census Bureau. This drop coincides with decreases in active-duty personnel. Over the past half-century, the number of people on active

duty has dropped significantly, from 3.5 million in 1968, during the military draft era, to about 1.4 million (or less than 1 percent of all U.S. adults) in today's all-volunteer force. The draft ended in 1973.

3. VA projections suggest the number of living veterans will continue to decline over the next 25 years. By 2046, the department estimates there will be around 12.5 million veterans, a decrease of about 35 percent from current numbers. By that time, Gulf War-era veterans are projected to make up a majority of those who served, and most veterans who served in the Vietnam era or earlier will have died.

4. The demographic profile of veterans is expected to change in the next quarter century. Currently, about nine-in-ten veterans (89 percent) are men, while about one-in-ten (11 percent) are women, according to the VA's 2021 population model estimates. By 2046, the share of female veterans is expected to increase to about 18 percent. The number of female veterans is also projected to increase slightly, from around 2 million in 2021 to approximately 2.2 million in 2046. The number of male veterans, on the other hand,

is projected to drop from about 17 million in 2021 to around 10.3 million in 2046.

As with trends in the U.S. population overall, the veteran population is expected to become more racially and ethnically diverse. Between 2021 and 2046, the share of veterans who are non-Hispanic White is expected to drop from 74 percent to 62 percent. The share of veterans who are Hispanic is expected to double from 8 percent to 16 percent, while the share who are Black is expected to increase slightly from 13 percent to 15 percent.

Projections also indicate that the veteran population will become slightly younger, with 33 percent of veterans being younger than 50 in 2046 compared with 27 percent in 2021, even as the overall U.S. population continues to age.

The share of veterans ages 50 to 69 is expected to shrink from 36 percent to 33 percent, while the share of those 70 and older is predicted to be around a third of the total (34 percent) by 2046, slightly lower than the current share (37 percent).

Army turns 246 on June 14, local birthday party planned

by Teddy C. Datuin, U.S. Army (Ret.)

The Association of the U.S. Army San Diego Chapter will host an in-person luncheon to celebrate the service's 246th birthday on June 16 at Marine Corps Air Station Miramar Officers' Club. The San Diego Chapter has hosted the Army birthday event for decades, but was interrupted by the coronavirus pandemic. "This isn't just an 'Army only' event," said Dean Mallires, AUSA San Diego Chapter president. "Invited are members of our veteran and military communities, business leaders, community leaders and others who support our Army and military in general." To honor military personnel, the chapter will allow E-6 and below, cadets, and military in uniform, regardless of rank, to attend the luncheon for free. All other attendees will pay \$10 per person for the menu selection. Reservations are required and must RSVP by no later than June 7. For RSVP details and more information, call (619) 971-7753 or e-mail robiejr1@gmail.com.

JUNE IS FULL OF OBSERVANCES: PTSD, AVOCADO, BALLOONS, SURF MUSIC

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Celibacy Awareness Month
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Dementia Care Professionals Effective Communications
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LGBTQIA Pride Month
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Nat'l Accordion Awareness
Nat'l Aphasia Awareness
Nat'l Bathroom Reading
Nat'l Camping Month
Nat'l Candy Month
Nat'l Congenital Cytomegalovirus Awareness
Nat'l DJ Month
Nat'l Foster A Pet Month
Nat'l Home Ownership
Nat'l Ice Tea Month
Nat'l Migraine and Headache Awareness Month

Nat'l Oceans Month
Nat'l Papaya Month
Nat'l Pet Preparedness
Nat'l Pollinator Month
Nat'l Rivers Month
Nat'l Rose Month
Nat'l Safety Month
Nat'l Scoliosis Awareness
Nat'l Smile Month
Nat'l Soul Food Month
Nat'l Steakhouse Month
Nat'l Zoo and Aquarium Oral Health Month
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Perennial Gardening Month
Pharmacists Declare War on Alcoholism Month

Potty Training Awareness
Professional Wellness Month
PTSD Awareness Month
Rainbow Book Month
Rebuild Your Life Month
Scleroderma Awareness
Skyscraper Month
Sorghum Month
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Vision Research Month
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Women's Golf Month
World Infertility Month
World Roller Coaster Appreciation Month
World Sponge Month

Some Weekly Holidays
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Nat'l Lemonade Days (5-13)
Bedbug Awareness (6-12)
Black Single Parents (6-12)
Nat'l Automotive Service Professionals (6-12)
Nat'l Business Etiquette (6-12)
Nat'l Headache Awareness (6-12)
Duct Tape Days (10-12)
American Brass Band (11-12)
Westminster Dog (12-13)
Nat'l Flag Week (13-19)
Nat'l Hermit Week (13-20)
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Budget request boosts research, nuclear modernization and includes 2.7% pay raise

by David Vergun,
DOD News

The fiscal year 2022 Defense Department budget request includes the largest-ever research, development, test and evaluation request - \$112 billion, which is a 5.1 percent increase over fiscal 2021. It also includes \$27.7 billion for nuclear triad modernization.

The budget totals \$752.9 billion. It includes \$37.9 billion for the Department of Energy and other agencies. It reflects a 1.6 percent increase from the fiscal 2021 enacted budget.

The budget provides a 2.7 percent pay raise for both military and civilians, while investing nearly \$9 billion in family support programs.

In a statement May 28, Secretary of Defense Lloyd J. Austin III said the budget invests in people, supports readiness and modernization, combats threats posed by climate change and provides capabilities needed to meet the pacing threat from Beijing.

Deputy Secretary of Defense Kathleen H. Hicks briefed the media May 28 on the fiscal

2022 Defense Department budget. She reiterated Austin's comments and said the budget also addresses the COVID-19 pandemic and drawing down U.S. forces from Afghanistan with an exit date of Sept. 11, adding that the department will provide over-the-horizon capability for counterterrorism and Afghan National Security Forces support.

"The budget also documents some of the tough choices we had to make, as we lessen our reliance on vulnerable systems that are no longer suited for today's advanced threat environment, or are too costly to sustain," she said.

Those resource reallocations, she said, are going to fund advanced technologies like microelectronics, hypersonic missiles, artificial intelligence, cyberspace capabilities and a 5G network.

DOD also has invested in its workforce, particularly in billets where there are critical needs, she said.

"The request also looks to build an increasingly resilient force, one that recognizes and embraces its diversity as a strength."



Marines with Echo Company, 2nd Recruit Training Battalion march during a graduation ceremony at Marine Corps Recruit Depot San Diego, May 20. The Defense Department's fiscal year 2022 budget calls for a 2.7 percent pay raise for both military and civilians. Photo by Marine Corps Lance Cpl. Grace J. Kindred

The budget also provides funding to strengthen the department's ability to identify and address insider threats in its ranks and to combat sexual assault and harassment, she said.

The budget request slightly lowers total military active and reserve component end strength from FY21 authorized 2,150,375 to 2,145,900. The only service to get an end strength increase is the Space Force, which had 6,434

guardians authorized in FY21, with a request to bump that up to 8,400.

Anne McAndrew, performing the duties of under secretary of defense (comptroller) and chief financial officer, said that the budget also reflects capabilities for managing threats from Russia, Iran, North Korea and violent extremist organizations, in addition to China.

The budget also invests in

taking care of people. "Their physical, mental and emotional health is among the department's highest priorities," she said.

Navy Vice Adm. Ron Boxall, the director of Force Structure, Resources and Assessment, Joint Staff, said the department will work with Congress to divest legacy platforms that overburden readiness accounts.

Budget request highlights in-

clude: •\$20.4 billion for missile defense; •\$6.6 billion to develop and field long-range fires; •\$52.4 billion for fourth- and fifth-generation fighter aircraft; •\$34.6 billion for a hybrid fleet of manned and unmanned naval platforms; •\$12.3 billion for ground force weapons and next generation combat vehicles; •\$20.6 billion for space capabilities; •\$10.4 billion for cyberspace activities; and •\$122.1 billion for training, installation support, and support to allies and partners.

Navy reaches a million vaccinations

by Angela Staedman

FALLS CHURCH, Va. - As of May 26, Navy Medicine providers administered more than 1,000,000 COVID-19 vaccines to Sailors, Marines, DoD civilians and beneficiaries at 65 medical and 13 operational Navy sites around the world. Over half of active-duty Navy personnel have been fully immunized and vaccinations continue to occur rapidly.

"We have a clear path to winning this war, but only if everyone gets vaccinated. Thanks to the scientific research and medical advancements we have made over the past decade - we now have three safe and effective vaccines in our arsenal to protect ourselves, our fellow Sailors and Marines, and our loved ones against a disease which has killed more than 580,000 Americans," said Rear Adm. Bruce Gillingham, Navy surgeon general, chief, bureau of medicine and surgery.

Since the start of the COVID-19 pandemic, Navy Medicine has been at the forefront of the latest scientific research and findings in the fight against this deadly virus and its variants. Scientists, researchers and medical personnel from all over the world have worked tirelessly to ensure the safety and readiness of our Sailors, Marines, DoD civilians and beneficiaries.

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Japan-based carrier *Ronald Reagan* to support Afghanistan troop withdrawal



Aircraft carrier USS Ronald Reagan sails near Iwo Jima, known in Japan as Iwo To, in the Philippine Sea, May 22. Navy photo by Jason Tarleton

by Wyatt Olson, Stars and Stripes

The Navy is expected to send its only Indo-Pacific-based aircraft carrier to the Middle East this summer to support the planned withdrawal of U.S. troops from Afghanistan, multiple media outlets reported last Wednesday.

President Joe Biden earlier this year set a deadline of Sept. 11 – the 20th anniversary of the terrorist attacks on the World Trade Center and Pentagon that set in motion U.S. military action in Afghanistan – for bringing home the remaining troops from the war-torn country.

to operate in the Middle East for up to four months, according to the report. The Navy will go without an aircraft carrier in the Indo-Pacific for at least part of that time, the officials said.

Pacific Fleet referred a Stars and Stripes query on the move to the Pentagon.

coming deployment with two unnamed defense officials.

The last time a Yokosuka-based carrier deployed to the Middle East was in 2003 when USS *Kitty Hawk* supported the U.S. invasion of Iraq, according to the report.

Meanwhile, carrier USS *Theodore Roosevelt* returned to its homeport in San Diego last Tuesday after completing a five-month deployment that included the Gulf of Alaska and the contested South China Sea.

While the 7th Fleet has roughly 50 to 70 ships and submarines, *Ronald Reagan* and its strike force are the Navy's most visible projection of maritime power in the Indo-Pacific.

The Navy has used the carrier and other warships to push back on China's aggressive

claims of sovereignty over most of the South China Sea.

In February, carriers *Nimitz* and *Theodore Roosevelt* moved to the Indo-Pacific to exercise together in the South China Sea while the *Ronald Reagan* was in port for regular maintenance.

On Saturday, the Royal Navy carrier HMS *Queen Elizabeth*, with 10 U.S. Marine Corps F-35B Lightning II stealth fighters aboard and its strike group alongside, left the U.K., bound for an Indo-Pacific patrol with stops in Japan, India, South Korea and Singapore, according to *The Associated Press*.

Ships of the 7th Fleet routinely transit the Taiwan Strait, another hotspot where Chinese military aircraft have been flying into Taiwan's air defense zone.

Japan-based USS *Ronald Reagan* will relieve USS *Dwight D. Eisenhower* and its strike group in the North Arabian Sea, according to the *Wall Street Journal*, which first reported the planned deployment and cited unnamed defense officials.

Eisenhower is slated to return to its Norfolk, Va., homeport in July. The carrier has deployed twice in the past 36 months and can't safely extend beyond summer, the officials told the newspaper.

Ronald Reagan is expected

"We don't talk about potential ship movements in advance," Pentagon press secretary John Kirby told reporters during a news conference May 26 when asked about *Ronald Reagan*.

The carrier is permanently deployed at Yokosuka Naval Base and normally spends about half the year at sea patrolling the Indo-Pacific. The ship left Yokosuka on patrol May 19.

USNI News reported last Wednesday that it had confirmed *Ronald Reagan*'s up-

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DoD launches enhanced website for military spouses

The Department of Defense launched its newly-enhanced MySECO website, putting career and education resources at the fingertips of military spouses easier and faster than ever.



MySECO is part of the DOD's Spouse Education and Career Opportunities program, which provides career and education guidance to military spouses worldwide. The MySECO enhancements create a more personalized and improved experience for military spouses as they navigate career

and education opportunities on the website.

"SECO connects military spouses with benefits and support that help them overcome barriers to employment, such as frequent relocation," said Patricia "Patty" Montes

Barron, deputy assistant secretary of defense for military community and family policy. "MySECO is an important tool for spouses and we are excited to offer them an easier, faster and more intuitive way to explore their interests, research occupations, and search for

scholarships, look for schools and find jobs."

With the enhancements, spouses can more easily access all that SECO has to offer, including the My Career Advancement Account Scholarship, which provides eligible spouses with up to \$4,000 for education and training; the Military Spouse Employment Partnership Job Search tool, which searches career openings among the 500 companies and organizations that have committed to recruit, hire, promote and retain military spouses;

the Military Spouse Transition Program; resume reviews; specialized career coaching packages; and more.

"We're all one military community and each of us is unique, said Lee Kelley, director for military community support programs.

"That's why SECO offers a wide variety of tools, resources and information to meet the needs of each and every military spouse."

Learn more about SECO

and visit the newly-enhanced MySECO website at <https://myseco.militaryonesource.mil/portal/>.

Spouse Education and Career Opportunities. The DOD established the SECO program to provide education and career guidance to military spouses worldwide, offering free, comprehensive resources and tools related to career exploration, education, training and licensing, employment readiness and career connections. This program also offers free career coaching services six days a week.

Interpersonal Edge: Managing an office know-it-all

by Dr. Dancien Skube,
Tribune Content Agency

Q: I work with arrogant people who are constantly pointing out flaws. If I correct their criticism, I end up in an intense argument. How can I avoid power struggles with arrogant know-it-alls?

A: You'll avoid power struggles if you realize that you can respond from either your ego or your soul. The ego cares about having its glory reflected and fights to the death if offended. The soul is interested in peace, growth and effectiveness. For instance, if your co-worker says, "You disrespected me by not inviting me to that meeting," your ego

would retort, "Well, you're a jerk and disrespect me so I didn't invite you," and you then create conflict. Your soul might say, "I can ask my boss if she'd like to include you, and I'll let her know you were upset." Using the "soul" as a term isn't religious or metaphysical but practical. Carl Jung, the famous Swiss psychiatrist and psychoanalyst, described two selves: a Self with a capitol S associated with deepest self/soul, and a self with a small s associated with ego.

Even if we believe there's no higher power, the idea we may have a spark of divinity inspires us to more than our fragile ego. The ego thinks in terms of good/bad,

smart/dumb and perfect/imperfect. The ego only cares about how it looks to the outside world. The Self, or soul, cares about effective/ineffective, learning/no learning and skillful/unskillful. The Self/soul only cares about how you're doing in your inner world and is indifferent to others' opinions. If you react out of your soul, then your self-esteem is no longer a democracy, but a kingdom defined by you. To start responding from your soul, notice how badly you want to defend, explain and get validation from those office know-it-alls. If you learn to pause and use these strategies, you'll have peace and effectiveness.

A good response from the soul is to simply say, "That may be so," when someone insults you. If you want to practice this phrase with a friend, ask your friend to insult you. Every time your friend criticizes you, say, "That may be so," and fall silent.

Realize a power struggle requires two. The soul seeks peace and results. The ego seeks drama and being right. Imagine that your office know-it-all tries to play football with you by insulting you. If you're smart, you may change the game and play chess. After a while, your co-worker will move on to people with larger egos.

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Medal of Honor Spotlight: Marine Corps Pfc. Whitt Moreland

by Katie Lange,
DOD News

Most service members would do whatever they could to keep their comrades out of harm's way. Marine Corps Pfc. Whitt L. Moreland was no different. When his initial plan to save his fellow Marines during battle went awry, he had only seconds to react; he chose to give his life for theirs. That decision earned him the Medal of Honor.

Moreland was born March 7, 1930, to Lloyd and Patsy in Waco, Texas. The family eventually moved to Austin, Texas, where Moreland became a de-

vout Methodist. He also joined the Boy Scouts when he was 12, the same time his sister, Elizabeth, was born.

As a teen, Moreland was friendly and easygoing, but he also liked to compete. He played high school football for two years. According to the Austin American-Statesman newspaper, he also lettered twice in track, with his specialty being the 440-yard relay. The newspaper's July 29, 1952, edition said Moreland also took part in local rodeo contests.

Moreland graduated from Junction High School in 1948.



Marine Corps Pfc. Whitt L. Moreland, Medal of Honor recipient. Marine Corps photo

He joined the Marine Corps the following September and was discharged after only a year of service. He enlisted in the Marine Corps Reserve, and when the Korean War began in the summer of 1950, he was reinstated to active duty later that year. As a private first class, he was assigned as an intelligence scout for Company C, 1st Battalion, 5th Marines, 1st Marine Division. Soon after he was reinstated, his unit deployed to Korea.

On May 29, 1951, a 21-year-old Moreland volunteered to go

with a rifle platoon on a mission to assault a strongly defended enemy position on a hillside near Kwagch'i-Dong, Korea. They succeeded in taking over the enemy emplacement.

Afterward, Moreland led a party to neutralize another enemy bunker he'd seen about 400 meters ahead. He and his fellow Marines pushed through a fire-swept area and were almost at the bunker when the enemy launched a volley of hand grenades at them.

Moreland immediately started kicking several of the grenades off the ridgeline so they exploded out of harm's way. But then he slipped while trying to kick another.

Statement by VA Secretary McDonough on FY 2022 budget

The Biden-Harris administration today submitted to Congress the president's budget for fiscal year 2022.

As the administration continues to make progress defeating the pandemic and getting our economy back on track, the budget makes historic investments that will help the country build back better and lay the foundation for shared growth and prosperity for decades to come.

This bold budget request by President Biden to Congress will ensure VA is moving swiftly

There are only a few seconds between pulling the pin on a grenade and it going off, so Moreland had very little time to react. As if knowing he wouldn't have time to get back on his feet before the ordnance blew, he did the one thing he could think of to save his comrades: He shouted a warning and then threw himself on top of the exploding grenade. To save his fellow Marines, Moreland gave his own life.

When Moreland's body was returned home, he was buried at Whittington Cemetery in Mount Ida, Arkansas. It was his mother's family cemetery, and his parents would later be buried beside him.

For Moreland's immense

and smartly into the future, with much-needed monetary investments in our most successful and vital programs. To fulfill VA's sacred promise to care for our nation's Veterans, families, caregivers and survivors, we must return the investment Veterans have made in America through their service.

The budget includes the two historic plans the president has already put forward — the American Jobs Plan and the American Families Plan — and reinvests in education, research, public health and other founda-

tion and sacrifice, it was announced shortly after he died that he would receive the Medal of Honor. He became the 17th Marine to earn the medal for actions taken in Korea.

On Aug. 4, 1952, the nation's highest honor was presented to Moreland's parents during a ceremony at the state capitol building in Austin. Hundreds attended the ceremony, including dozens of Boy Scouts and Girl Scouts in their uniforms.

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

tions of our country's strength.

The total 2022 request for VA is \$269.9 billion (with medical care collections), a 10% increase above 2021. This includes a discretionary budget request of \$117.2 billion (with medical care collections), a 9% increase above 2021. The 2022 mandatory funding request totals \$152.7 billion, an increase of \$14.9 billion or 10.8% above 2021. VA's 2022 request is in addition to the substantial resources provided in the American Rescue Plan Act of 2021.

Additionally, the President's FY 2022 Budget includes \$18 billion as part of the American Jobs Plan to address VA health care infrastructure needs in the short- and long-term, together with \$260 million for the American Families Plan to support the administration's commitment to provide supplementary support to Veterans who are parents, in order to offer a holistic, family-friendly approach to care.

At the Department of Veterans Affairs, the \$117.2 billion discretionary request would:

- Work to eliminate Veteran
- Continued, next page**

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Local Military

Navy littoral combat ship hosts German defense minister

by Lt. Lauren Chatmas

The crew of Independence-variant littoral combat ship USS *Charleston* (LCS 18) hosted Germany's Defense Minister, who toured the ship while moored at Naval Base Guam, May 28

German Defense Minister Annegret Kramp-Karrenbauer spent the afternoon meeting with *Charleston*'s crew, discussing the shared U.S.-German interest of a free and open Indo-Pacific.

Joined by Rear Adm. John Menoni, commander, Joint Region Marianas, *Charleston*'s commanding officer explained the ship's mission and role during their current rotational deployment to U.S. 7th Fleet.

"USS *Charleston* was honored to host Minister Kramp-Karrenbauer. This visit was a great opportunity to strengthen our bilateral relationship," said Cmdr. Joseph Burgon, commanding officer, *Charleston* Gold Crew. "My crew looks forward to the time we meet our German friends at sea, with the common goal of ensuring freedom of the seas."

While touring the ship, the crew signified German-designed



Lt j.g. Amber Mendez, left, gives German Defense Minister Annegret Kramp-Karrenbauer a tour of the pilot house aboard *Charleston* littoral combat ship May 28. Navy photo by MC3 Adam Butler

engineering equipment integrated into the LCS. The main propulsion diesel engines, ship's service diesel generator, and other engineer equipment are based on designs by German company MTU Aero Engines.

"It's a unique opportunity to discuss commonalities between LCS and our bilateral partners, both in ship design and in mission," said Capt. Tom Ogen, commander, Destroyer Squadron Seven (DESRON 7). "Visits like this with Germany's Minister of Defense help grow our partnership and cooperation, and emphasize shared responsibility of promoting maritime peace and security in the Indo-Pacific region."

Charleston recently completed a joint mission with U.S. Coast Guard in the Western and

Central Pacific under the Oceania Maritime Security Initiative (OMSI) to reduce and eliminate illegal, unregulated, unreported fishing, combat transnational crimes, and enhance regional security. *Charleston* embarked a Coast Guard law enforcement detachment from the Pacific Tactical Law Enforcement Team to support the OMSI, a Secretary of Defense program that leverages Defense Department assets to support regional stability and partnerships in Oceania.

Charleston's rotational deployment marks the seventh littoral combat ship presence in the Indo-Pacific, which includes USS *Freedom* (LCS 1), USS *Fort Worth* (LCS 3), USS *Coronado* (LCS 4), USS *Montgomery* (LCS 8), USS *Gabrielle Giffords* (LCS 10), and USS *Tulsa* (LCS 16).

Labor, and by \$3.6 million for the VA Disability Employment Pilot Project to assist eligible Veterans with service-connected disabilities seeking employment opportunities.

• Ensure VA welcomes all Veterans, and diversity, equity and inclusion are woven into the fabric of the department. The department is making a strong commitment to ensuring VA welcomes all our Veterans, to include women, those of color and whom are LGBTQ+. To support that commitment VA has created a new Office of Resolution Management, Diversity and Inclusion which will benefit from an increase of \$12.9 million to strengthen VA's diversity program.

• Keep faith with our families and caregivers. The budget provides approximately \$1.4 billion

for the Caregiver Support Program. Through this program the Veterans Health Administration provides support to individuals who act as caregivers for Veterans. The 2022 budget supports the phased expansion of the Program of Comprehensive Assistance for Family Caregivers to include all eligible Veterans, no matter when they served.

Enacting the budget policies into law this year would strengthen our nation's economy and lay the foundation for shared prosperity, while also improving our nation's long-term fiscal health.

For more information on the President's FY 2022 Budget visit: <https://www.whitehouse.gov/omb/budget/>.

VA & budget

continued from page 3

homelessness and prevent Veteran suicide. The budget includes \$2.2 billion in discretionary appropriations for Veteran homelessness programs, to include \$486 million in American Rescue Plan funding. This will support expanded case management services to help more Veterans gain permanent housing through housing vouchers and prevent homelessness among low-income Veteran families. Additionally, the budget includes \$598 million for Veteran suicide prevention outreach programs that address the risks for suicide, with the goal of intervening before a Veteran reaches a point of crisis. VA will also support the new Staff Sergeant Parker Gordon Fox Suicide Prevention Program.

• Help our Veterans build civilian lives of opportunity with the education and jobs worthy of their skills and talents. The budget supports the president's commitment to help Veterans with education and job training by making key investments in the Veterans Benefits Administration. This includes an increase of \$81.5 million for the Digital GI Bill Modernization Effort to better serve Veterans who are using their GI Bill benefits. Funding also increases by \$5 million for Veterans' Clean Energy Job Training in conjunction with the Department of

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Essex ARG, 11th MEU conduct integrated training

PACIFIC OCEAN - Sailors and Marines of the *Essex* Amphibious Ready Group and the 11th Marine Expeditionary Unit completed integrated training off the coast of Southern California, May 27.

The ARG/MEU team took part in a multi-week training evolution with nearly 5,000 Marines and Sailors, providing an opportunity to plan and conduct operations as an integrated amphibious force.

“Over the last few weeks, the *Essex* ARG has fully integrate with the 11th MEU team through the execution in the air, surface, and land domains,” said Capt. John Barnett, commander of Amphibious Squadron 1. “With our ability to sea base anywhere, integration of these areas alongside the Marine Corps provides unparalleled options for force projection and

combined military operations around the globe.”

The Blue-Green team developed their ability to rapidly plan, brief, execute, and debrief complex operations in unfamiliar environments during the training. The ARG/MEU conducted operations including the full embarkation of the MEU; defense of the amphibious task force; air and surface raids; crisis response operations; expeditionary advanced base operations; visit, board, search, and seizure; to name a few.

“We were challenged to adapt to various scenarios and mission requirements all while conducting sustained, multi-domain naval expeditionary operations,” said Col. James Lively, the 11th MEU boss. “We exercised the full range of ARG/MEU capabilities in a dynamic and realistic environment. Training events

like this are a critical part of building ready, lethal, integrated and responsive naval expeditionary forces - in our case, the combined capabilities of the Amphibious Squadron One, the *Essex* ARG, and the 11th Marine Expeditionary Unit.”

Naval Special Warfare SEAL, Boat and Reconnaissance units integrated with the ARG/MEU to practice and refine tactics that

integrate NSW capabilities with fleet operations.

“This training presents an opportunity for fleet and Marine leaders to appreciate NSW’s rapid transition to strategic competition to explore NSW’s unique capabilities to enhance fleet lethality, promote innovation, and test scalable options against emerging threats,” said Capt. Christopher Brown, com-

mander of Naval Special Warfare Group 1. “NSW is uniquely positioned to extend the fleet’s reach and reduce risk, delivering all-domain options for naval and joint force commanders.”

Complementing the Navy’s Distributed Maritime Operations call for improved integration and interoperability with the fleet, NSW supported the 11th MEU’s rehearsal of EABO, assisted with

over-the-horizon targeting and directed the 11th MEU aviation assets in providing close-air support from distributed locations.

NSW practiced a clandestine sea-to-shore movement, using the 11th MEU’s Quick Reaction Force during exfiltration with the SEAL Team sending an advisor aboard *Essex* and 11th MEU, an advisor to the shore-based NSW Task Group headquarters.

This week's snapshots



MIDWAY MUSEUM
May 28, 2021

Cmdr. (Ret.) Richard S. Beckhart presents his son, Lt. Col. Michael A. Beckhart, with a Meritorious Service Medal during a retirement ceremony. Photo by Sgt. Tessa Watts



CAMP PENDLETON
May 28, 2021

Capt. Sharon House speaks after assuming command of Navy Medicine Readiness and Training Command Camp Pendleton. Photo by Lance Cpl. Alison Dostie

Capt. (Ret.) Paul D. Stephenson awards Rear Adm. Timothy Kott, commander, Carrier Strike Group ONE, the Legion of Merit Award during a change of command ceremony. Navy photo by MCSN Emily Bennett

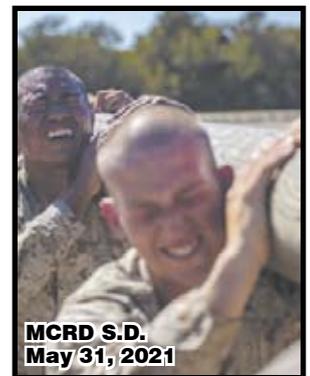


SAN DIEGO
May 28, 2021



CORONADO,
May 31, 2021

Vice Adm. Roy Kitchener, commander, Naval Surface Force, Pacific Fleet, speaks with World War II Army veteran Tom Rice, following the Coronado Memorial Day Celebration. Rice was part of the 101st Airborne Division, the famed “Screaming Eagles” on D-Day when he parachuted behind enemy lines. Photo by MC2 Kevin C. Leitner



MCRD S.D.
May 31, 2021

Marine recruits with 2nd Recruit Training Battalion execute log drills. Marine Corps photo by Lance Cpl. Grace J. Kindred



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Assault craft unit commemorates anniversary of attack on LCU 1500



A wreath-laying ceremony was held aboard Naval Amphibious Base Coronado May 27 by Assault Craft Unit 1 to commemorate the 52nd anniversary of the attacks on Landing Craft Utility (LCU) 1500 while operating in Vietnam.

Capt. Gary Leigh, commander, Naval Beach Group (NBG) 1, served as guest speaker for the event. comrades and shipmates within Naval Beach Group.”

The small ceremony recognized the lives of the 14 Sailors who perished and the 12 Sailors injured during the attacks.

“ACU 1 is ready and will be



The wreckage of LCU-1500 and YFU-78 after being sunk by a North Vietnamese rocket attack at the Da Nang Bridge Ramp on Feb. 27, 1969. Photo contributed by Tom Lanagan

ready to answer the call,” said Leigh. “It is right and proper on this most solemn of holiday weekends that we stop, pause, and pay tribute to our fallen an honor to serve at a command rooted in such greatness.”

While operating near Cua-Viet, Vietnam, on Feb. 28, 1968,

“ACU 1 has an incredibly long and proud history, one that we must remember how its roots were sowed and be the caretakers of going forward,” said Cmdr. Tiffany Checc, ACU 1 commanding officer. “It is

Sailors assigned to Assault Craft Unit 1 participate in a wreath-laying ceremony on board Naval Amphibious Base Coronado May 27, to commemorate the 52nd anniversary of the attacks on Landing Craft, Utility 1500 in Vietnam. Navy photo

LCU 1500 took a direct hit on the port side of the conning tower, killing one crew member instantly and injuring five others. Almost one year later, on Feb. 27, 1969, while loading ammunition at Bridge Ramp, Da Nang, Vietnam, an enemy rocket hit the nearly-loaded craft, killing 13 ACU 1 Sailors.

Seven sailors aboard Harbor Utility Craft YFU-78, located nearby, were also killed, as were three Sailors working on the ramp. LCU 1500 was severely damaged and was subsequently stricken from the Navy List.

Because of COVID-19 restrictions, the event was held with a limited number of guests, command, and crew. The event was livestreamed via Facebook for those unable to attend in person.

AutoMatters™ & More



by Jan Wagner

Many of us have not driven very much during COVID-19. In the U.S. that situation is changing, now that a large and growing percentage of our population is fully vaccinated (myself included). This has particular relevance as we are approaching the time when many of us take summer vacations by car.

Since purchasing my new ‘daily driver’ in August, 2020, I’ve barely put 2,000 miles on it. That extended lack of driving hurt my confidence behind the wheel. Fortunately, I’ve been doing more driving lately and that feeling of insecurity has begun to go away.

Short trips are one thing, but driving long distances is something else. Spending long periods of time behind the wheel on lightly travelled, relatively straight and featureless roads, and at a constant speed, is monotonous — especially at night and when driving alone. That can induce fatigue.

Driving while drowsy is impaired driving, much like driving while intoxicated is, and may be even worse, depending upon the degree of fatigue. Fatigue makes it difficult to stay alert. In a worst-case scenario, that can lead to falling asleep behind the wheel, with disastrous results.

A 2020 article by BMW reported that: “According to a study published in the British journal Occupational and Environmental Medicine, researchers in Australia and New Zealand found that drowsy driving has some of the same effects as drunk driving. They found that people who drive after being awake for 17 to 19 hours performed worse than those with a blood alcohol level of 0.05 percent, which is the legal limit for drunk driving in most western European countries.”

Warning signs of getting tired are yawning over and over again, or having trouble keeping your eyes open. An absolute danger sign, that requires immediate corrective action, is if we catch ourselves dozing off for a few seconds — which the

Staying alert - and awake - while driving

BMW article tells us may be due to a condition known as “microsleep.” They warned that “a five-second failure to stay awake while driving at 55 mph (approx. 90 km/h) would mean you’ve traveled around 135 yards (120 meters) down the road when you were asleep, which is more than enough time to cause a crash.” Have you ever experienced microsleep while driving?

The safest solution is simply to not drive when tired. Do not exhaust yourself before attempting to drive long distances. Ideally, begin each drive after a good night’s sleep — not after a full day at an amusement park or after a hard day’s work.

Failing that, there are strategies to help drivers stay alert behind the wheel. If you are driving and beginning to feel drowsy, find somewhere safe, pull off the road and get some needed sleep. A short nap can often make a big difference.

You can also reinvigorate yourself by pulling off of the road and taking a walk or doing some activity: fill up with gas or recharge your EV, take some travel photos, or perhaps do a little shopping for souvenirs. However, stopping to eat a large meal is NOT advised. Eat lightly and keep hydrated.

I remember what my dad used to do when we were driving to British Columbia from Calgary for our annual summer vacation. From time to time, he’d pull over somewhere and go to sleep in the car. I particularly remember him snoring. Inevitably

we stopped at some rest stop where there was nothing to do besides watch dad sleep. As a kid eager to get to our destination, I hated dad’s snooze breaks.

Chatting with a passenger can keep the driver mentally engaged and alert. It is pretty hard to conduct a coherent conversation while dozing off. Your passenger would hopefully notice and urgently tell you to stop driving.

Additionally, modern cars increasingly have driver assistance features that may help you drive and also warn you about inattention.

What are some things that do not work? Things that I’ve tried with no lasting success are opening the windows during cold weather, turning up the volume on the audio system and even talking aloud to myself.

For more information, I recommend the BMW article that I referenced earlier. Entitled “How to stay awake while driving — what really helps,” it is about the dangers of driving while drowsy and what you can do about it. Read it at: <https://www.bmw.com/en/automotive-life/how-to-stay-awake-while-driving.html>.

To see additional photos, visit www.drivetribe.com, click on the magnifying glass, select “POSTS” and enter “AutoMatters & More #694” in their search bar. Please send your comments to AutoMatters@gmail.com.

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CLASSIFIEDS

Picking battles with the 'Mutilation Generation'

The Meat & Potatoes of Life



by
Lisa
Smith
Molinari

Our 26-year-old son hasn't trimmed his beard in three years and wears a brown Walmart sweat-shirt every day. Our 23-year-old daughter had her café au lait hair dyed orangey copper. Our 20-year-old daughter wears long, wildly-painted fingernails and a fake nose ring.

If I had my way, they'd be clean cut and all natural, but I encourage these semi-permanent fashion choices. Why? Because today's kids are under pressure to take risks to fit in, often in the form of permanent tattoos and body piercings.

My parents had it so easy. They never worried that I might come home with a tattoo on my thigh or a bolt through my cheek, because back then, only punk rockers and ne'er-do-wells did that kind of thing.

Well ... unless you count Navy sailors.

But today, it doesn't matter how well we raise our kids. It doesn't mean a hill of beans what socio-economic category your family falls into. It's irrelevant whether your kids are on the Dean's List or in detention, whether your kids want to be doctors or ditch diggers, whether they aspire to live in the White House or the Big House.

Today, behavior that was once reserved for the fringes of society has become mainstream. It's no longer a question of whether our kids will get tattoos or body piercings, but when.

In 1984, my college dorm mate shoved a needle through my left earlobe and into a raw potato, then inserted a tiny gold stud. That night while dancing to Duran Duran at the frat's, I sported my new asymmetrical ears with confidence. The third earring seemed to scream, "Look! I'm not the geek you thought I was!"

That was about as daring as we got back in the eighties. But being cool now requires elaborate tattoos and piercings on every body part imaginable: tongues, cheeks, eyebrows, lips, nostrils, and nipples, to name a few.

Roy's sudoku

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While we were stationed in Germany, I was at my daughter's indoor soccer tournament when the moms on either side of me struck up a conversation.

"When I turned 40, I got my lower back tattoo and . . ."

"Oh my God, me too!" the other mom interrupted, lifting her shirt to show an Asian symbol. "I'm not exactly sure what it means."

The moms went on to complain that their jeans irritated their belly button rings, and I began to worry.

With everyone (and their mother, literally) mutilating their bodies these days, to what extremes will our kids go to set themselves apart? And, what will happen when they age?

Does a lower back tattoo that says "Juicy" end up looking more like "Jeewillickers" after stretch marks, age spots and spider veins? Will Grandma look sexy when it peeks out of her elastic waistband during morning calisthenics at The Happy Acres Retirement Village? Maybe Grandpa will stop eating his rice pudding long enough to wheel his chair over and slap her on the tush. Grandma might wink at him, because only she knows that under all that half-chewed rice his dentures are hiding a tongue piercing he got when he was 18.

Wow, that's hot.

Should we give in and buy our kids gift cards from "Needles R Us?" Should we accompany them for their first bolt-fitting and take them out for ice cream afterwards? Should we pick out tattoo designs for ourselves to fit our parental lifestyles? (I might start with a nice frying pan on my hip, or maybe a laundry basket on my ankle.)

No, we shouldn't embrace body mutilation anymore than we should keep badgers as pets, but we should keep trying to talk sense to our kids.

Soon after that indoor soccer game, my husband and I made a family rule: If you want to get a permanent tattoo or body piercing, you must be a financially independent adult. In the meantime, you are welcome to let your semi-permanent freak flag fly as long as we are paying for your phone, car, college tuition, health insurance, room or board.

And if you really want to take risks, leave your body unaltered and become a true non-conformist.

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It is nice to be important but it is more important to be nice

2	7	5	3	4	8	6	9	1
6	4	1	2	9	5	7	8	3
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Jet Boat Ride July 11

Who's ready for screams, speed and splashes on the Jet Boat ride?? Join us on Sunday, July 11, 2:15pm, \$19. (*must be 40in tall). Register: <https://runsignup.com/Race/CA/SanDiego/JetBoatRide71121> **Coronado Camp Out on Breakers Beach Aug. 6-7**

Naval Base Coronado is happy to host our annual Campout on Breaker's Beach Friday, August 6-7! All registered patrons will enjoy camping under the stars to the soothing sound of waves, and outdoor movie, a live hula class instruction and a morning boot camp type workout, sponsored by NBC Fitness! This event is free, with the option to add the Comfort Package of dinner & breakfast items to your experience for additional costs! All campers must supply their own camping gear and food is NOT included for free. Register now! <https://runsignup.com/Race/CA/Coronado/beachcampout>

MCCS MIRAMAR

The Paintball Park at Miramar
If you've been to the paintball parks in Camp Pendleton or 29 Palms, you'll love the Paintball Park on MCAS Miramar - they're created by the same teams! Check us out at <https://miramar.thepaintballpark.com/>
Miramar Travel Office here for you!

Are you excited to plan a road trip in the future or travel in general? Check out the Travel Office on base. You can reach them at (858) 307-6162 or miramartravel@usmc-mccs.org.

Pounds and Crush Fitness Challenge
From Tuesday, June 1 to Wednesday, June 30, participate in Semper Fit's Pounds & Crush Fitness Challenge. Attend 30 or more Zumba, Yoga, or Core classes in the month of June and record them to be entered to win a prize! Sign up now by contacting williamsep@usmc-mccs.org

FFSC SD CLASSES

If you are interested in attending one of these virtual classes, please call our Centralized Scheduling Center at 866-923-6478.

If you would like to connect with someone regarding a command-specific training, please email FFSCSDTrainingRequest@navy.mil.

Career Services

Finding Federal Employment. Get the latest information and resources to navigate the federal employment process. Learn tips from the experts on how to create the perfect federal employment resume.
Tues., June 8 | 0900 - 1100
Fri., June 11 | 0800 - 1000
Tues., June 22 | 0900 - 1100

Winning Interview techniques. Make your dream job a reality! Gain information and resources to develop expert interviewing skills.
Tues., June 15 | 1000 - 1200

Wed., June 9 | 1400 - 1600
Thurs., June 17 | 0900 - 1030

Spouse Employment, Empowerment, Development

Are you a military spouse looking for work in San Diego? Attend this workshop and gain insights about the San Diego job market as well as educational benefits, networking resume writing, and more!
Tues., June 29 | 1400 - 1600

Navy Spouse 101. Learn the basics of Navy life and how to thrive as a military spouse.
Tues., June 8 | 1200 - 1330

Sailors and Families on the Move. Ease the stress of relocation! Learn the processes, policies and resources available for planning a Permanent Change of Station (PCS) move. Workshop highlights include financial entitlements and secrets to reducing moving stress.
Tues., June 15 | 1000 - 1200

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CG rolling out new electronic health record

The Coast Guard's electronic health records solution, MHS GENESIS, is officially expanding from four pilot sites to 14 clinics and 17 sickbays as the Pacific Area rollout prepares to go live at the end of August 2021. The wave deployment is a six-month long effort to collaborate with and train clinical staff to adopt the MHS GENESIS system within their clinics and sickbays.

MHS GENESIS will provide a modern health record system for the Coast Guard's active duty personnel, reservists, and other beneficiaries who are eligible to receive care through the Coast Guard Health Service program. It will streamline accessing and sharing patient information and will enhance patient record retrieval accuracy and facilitate the seamless exchange of health care information between many providers.

A service member will have a single, comprehensive record shared and accessible between the Department of Defense, Veteran Affairs, and authorized commercial health care providers. Records are created at the time an individual becomes eligible for military healthcare (either as a dependent or newly accessed service member) and will extend through separation or retirement

into veteran status for receipt of care through the Veterans' Health Administration.

The MHS GENESIS rollout began August 29, 2020, when all four West Coast pilot sites successfully launched the new electronic health record system. Training Center Petaluma Clinic, Base Alameda Clinic, Air Station Sacramento Clinic, and the Maritime Safety and Security Team 91105 San Francisco Ashore Sickbay were chosen as the four pilot sites due to the wide array of services performed and their proximity to the DOD sites currently launching the system.

MHS GENESIS features more than 40 different medical, dental, and pharmacy-specific solutions. This includes applications, interfaces, and modules utilized by physicians, optometrists, nurses, physical therapists, and other provider types to document, track and coordinate health care. Additionally, pharmacies will electronically receive the necessary prescription and clinical information for efficient order entry, refill, and dispensing processes. Another application within MHS GENESIS, Dentrix, is an all-inclusive dental record, treatment plan and appointment book solution enhancing the delivery of dental care to eligible beneficiaries.

Patients will find that MHS GENESIS enables more self-service access to their healthcare information. Once members are registered within MHS GENESIS system, they will have 24/7 secure access to personal health information and lab results through Patient Portal. The portal allows for the exchange of messages with providers and medical staff, prescription renewal requests, review of clinical notes, and certain lab and test results. Users can even access patient health education materials related to health concerns and medications.

Patients should expect to get information on how to access the patient portal and prepare for MHS Genesis in summer 2021 for members assigned within the Pacific Area and fall 2021 for members assigned within the Atlantic Area.

The Coast Guard will continue to maintain paper records for a two to three-year period until all records are digitized. Sites with MHS GENESIS will transition to documenting within the system and new information will not be added to paper records. The eHRA team notes that leading up to deployment, there will be a period where appointment times may be longer as clinic staff build their familiarity with the system, new workflows, and processes.

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