Past Council President, Dave Grundies, introduced his friend, Chief Shelley Zimmerman, Chief of Police for the city of San Diego to the smiling council packed audience. Chief Zimmerman began her remarks by thanking the Navy League for inviting her to speak to the council regarding the state of one of America’s safest large cities.

More than 1.3 million people in nine neighborhoods – Central, Northern, Northeastern, Northwester, Southern, Southeastern, Eastern, Western and Mid City - work together in community partnership with their police officers making a model of excellence in fostering the highest level of public trust and safety.

The office’s badge is a symbol of service to the community where they strive to be the best that they can be by educating the community of all services offered. The men and women are America’s finest and they want to continue to participate in raising the quality of life in San Diego.

The Police Officer’s code of ethics maintains high expectations of its men and women both on and off duty.

Continued on page 4

MASTER CHIEF SEAL RET. LU LASTRA
NAVAL SPECIAL WARFARE CENTER

Master Chief Lastra grew up in Orange County, CA. He enlisted in the Navy June 1981, and graduated SEAL Training Class 118 in July, 1982.

He reported to his first duty assignment with UDT Twelve, Naval Amphibious Base Coronado, CA from 1982 to 1983. His subsequent assignments include SDVT-1 from 1983 to 1985, SEAL Team SIX, Little Creek, VA from 1985 to 1988, Naval Special Warfare Development Group, Damneck, VA from 1988 to 2001, Team Master Chief, Navy Parachute Team Naval Special Warfare Command, San Diego, CA 2001 to 2004, Senior Enlisted Advisor SEAL Team ONE Baghdad, Iraq 2005 to 2006, Command Master Chief, Naval Special Warfare Advanced Training Command, San Diego, CA 2004 to 2008, Command Master Chief, Naval Special Warfare Training Detachment, San Diego, CA 2008 to 2009. In 2009, Master Chief Lastra was selected and assigned as the Command Master Chief of Naval Special Warfare Unit Three/Joint Special Operations Task Force Gulf Cooperation Council, Bahrain. In August 2011, he completed his 30-year SEAL career. He has now returned to work as the Naval Special Warfare Director of Mentorship and Basic Orientation Physical Training Rehabilitation and Recovery AOIC. His daily activities include the mentoring, counseling and mental toughness.
RECOGNITIONS

Council President Ed Riley; CDR Todd Hofstedt, NRD Commanding Officer; San Diego Chief of Police Chief Shelley Zimmerman; Recruiter of the Quarter, BM1 (SW) LORA COSS; LT Shipma (Div 4 Division Officer), LT Dodson (Div 8 Division Officer), NCCS Cabral (Div 4 Division Leading Chief Petty Officer); and Ray Robeson, VP Sea Services.

The second Sunday of August was named by the congress and the senate as Spirit of ’45 Day, a day of remembrance of the greatest generation. Representatives from the Military Order of the Purple Heart and the Navy League gathered for a TAPS tribute at the Homecoming statue.

1st VP Jon Berg-Johnsen, Naval Medical Center San Diego Blue Jacket of the Quarter HN James Robinson and awards sponsor San Diego Medical Credit Union representative Brenna Young.

1st VP Jon Berg-Johnsen, Naval Medical Center San Diego Junior Sailor of the Quarter HM2(IDW) Ankhesha Shepherd and awards sponsor San Diego Medical Credit Union representative Brenna Young.

Continued on page 5
PRESIDENT’S MESSAGE

Ed Riley

Navy Leaguers of San Diego Council

In past President’s messages to the Council, I have stressed the importance of getting involved: “A call to action - A call for more Volunteerism - The needs of the Council to do more for our stakeholders - Support for the mission of Navy League.” Generally, this comes down to me asking our members to “Give More”. It strikes me that while this is always the call from any organization that is a Non-Profit, Charity, or Service Organization, we seldom talk about what we get back as members. The basic question of “Why did I join Navy League?” in the first place, and am I getting what I wanted from this decision now?

This message is not meant to be a self centered answer to “What has Navy League done for me lately?” kind of question, but rather I want us to examine our core values that brought us to the Navy League in the first place. I am sure that many of you (including myself) saw the Navy League as a conduit to GIVE BACK a little something to those who are out there “standing the watch” and protecting our liberty and freedom today. While a significant percentage of our membership did actually serve in the military - we all know it was not a requirement to be a member. Many of you have told me of relatives or close associates who served our nation in uniform and in some cases gave their lives for our nation - and that has motivated you to give back to those currently serving by using the Navy League as the vessel to do so. Still others of you have expressed the desire to “make a difference” in our community, and with the large population of uniformed personnel in our community - the Navy League gives you that opportunity. What ever your reasons or motivations, are you getting back from the Navy League what you thought you would??? Have you given (or taken) the opportunity to fulfill your goals that brought you to the Navy League?

Giving of any one of the 3 things I have mentioned in the past - Time / Talent / Treasure does come with certain rewards. Not all that we do is altruistic in nature. We do deserve to have our desires and goals met as well. Are you satisfied with your contributions, and your returns on that investment. If you have not reached the level of satisfaction you were searching when you joined, I challenge you to reach out to the EXCOM and let us know how YOUR “ time, talent and treasure” can best be utilized.

There are numerous programs that our Council is involved with and most of these programs would welcome your participation. We will soon be soliciting volunteers to become members of our Executive Committee (EXCOM). While I truly want there to be continuity on our EXCOM today which is made up of dedicated people who have a passion for their chosen jobs, I would welcome New Volunteers on our EXCOM in 2015. In some cases, this could mean taking that leadership role directly, but in others it could mean “mentoring” under the current EXCOM member to assume that role in the future. Regardless, there will be opportunity to take a more active role in our Council. Talk to me or any of our EXCOM members if you think this would be a way for you to reach that fulfillment in your Navy League experience.

Ed Riley

ON THIS DATE IN

September

Sept 1, 1942 – The first Seabee unit to serve in a combat area, 6th Naval Construction Battalion, arrives on Guadalcanal.

Sept 2, 1945 – Japanese officials signed articles of surrender aboard USS Missouri, officially ending World War II.

Sept 3, 1885 – USS Enterprise (CVN-65), is launched at Newport News, VA. Keel laying at Newport News, VA

Sept 3, 1944 – The invasion of Peleliu, Palau Islands begins after several days of intensive carrier aircraft bombing and ship bombardment.

Sept 3, 1850 – USS Enterprise (CVN-65), is launched at Newport News, VA. Keel laying at Newport News, VA

Sept 4, 1847 – A Marine brigade leads U.S. forces in Operation Summit, the first nuclear powered aircraft carrier landing in history takes place landing Marines in Korea.

Sept 5, 1940 – USS Acadia (AD-42) departs San Diego for the first war-time deployment of male-female crew on a combat vessel.

Sept 5, 2001 – CDR David G. Farragut takes command of USS Missouri (SSN-774), the world’s first nuclear-powered submarine is commissioned at Groton, CT.
off duty. With more than 1.2 million calls every year and 100,000 of them emergence calls, each officer has the opportunity to make a positive difference in someone’s life with every contact they make.

There are more than 140 community meetings per year which helps keep the communication lines open. These meetings improve the quality of life for all through the reduction of crime, the apprehension of criminal offenders and the response times. “These open dialogs with the community foster a better understanding and public trust,” Zimmerman said.

The Department strives for continuous improvement by identifying best practices in policing and pursues sources of new equipment and technology. The “body camera” is an example of new equipment to help not only the police officer, but the person being questioned. “These cameras are a must as they hold all actions on video for future use,” she said “and promote professional and ethical behavior on all sides.”

Other methods that are effective to gain public trust are the social media programs – Twitter and FaceBook. Headquarters is showing the public what calls are being answered and how they are handled in real time.

Retention is an ongoing problem. The department trains and educates its new recruits only to lose them to other agencies in the future. Zimmerman hopes to put a stop gap in the exodus of the officers.

The Chief’s vision is working together from the mayor down to the individual for the betterment of the community. She feels it should be one united department in one united city so that all feel secure in any of the neighborhoods. Retention of those quality police men and women will keep the city protected. And, by working all together they will make San Diego the safest, largest city in the United States.

After answering some questions President Ed Riley presented Chief Zimmerman with a copy of the Navy League History book and council challenge coin for being our guest speaker.
President Ed Riley is flanked by Kelly Piacenti, Assistant Vice President, MetLife Center for Special Needs Planning, MetLife Premier Client Group on the left and Lori Epstein, Vice President, MetLife Premier Client Group as they present him with a check for $1776.00 raised by the attendees of their convention here in San Diego. The council is deeply honored to have been considered by the MetLife Premier Client Group Family. BRAVO ZULU!!

Continued from Cover

MASTER CHIEF SEAL RET. LU LASTRA

coaching to over 600 SEAL students and instructors. Master Chief Lastra has provided mental toughness, team building and core values coaching to various high schools, NCAA colleges, Olympic athletes and professional organizations.

His personal awards include the Defense Superior Service Medal, Bronze Star Medal, Defense Meritorious Service Medal, Navy Meritorious Service Medal, Joint Service Commendation Medal, Navy and Marine Corps Commendation Medal, Joint Service Achievement Medal, Navy Achievement Medal, Combat Action Ribbon, and various unit and campaign awards. He is credited with being the youngest SEAL ever selected to SEAL Team SIX as well as commissioning Command Master Chief of the Naval Special Warfare Advanced Training Command and the Joint Special Operations Task Force-Gulf Cooperation Council. Master Chief Lastra qualified for the United States Olympic Cycling Trials in 1998 where he finished first in state. Additionally, he has over 9,700 parachute jumps, holds two World Records and three National Championships. Master Chief Lastra currently resides in San Diego, California with wife Maureen and their two beagles, Bert and Buddy.
Below are a list of bills being introduced on Capitol Hill this month and their possible impact to Veterans should they pass:

**S. 2703, Military SAFE Standards Act.** Introduced by Senator Barbara Boxer (D-CA), the bill would establish eligibility, assignment, training, and certification requirements for sexual assault forensic examiners for the Armed Forces.

**S. 2686, Wounded Warrior Tax Equity Act of 2014.** Introduced by Senator John Cornyn (R-TX), the bill would amend the Internal Revenue Code of 1986 to prevent the extension of the tax collection period merely because the taxpayer is a member of the Armed Forces who is hospitalized as a result of combat zone injuries.

**S. 2671, (Official title yet to be released).** Introduced by Senator Patrick Toomey (R-PA), the bill would amend Title 49, United States Code, to require the Assistant Secretary of Homeland Security (Transportation Security Administration) to establish a process for providing expedited and dignified passenger screening services for Veterans traveling to visit war memorials built and dedicated to honor their service.

**H.R. 5286, (Official title yet to be released).** Introduced by Representative John Larson (D-CT-01), the bill would amend Title 38, United States Code, to provide for a more equitable geographic allocation of funds appropriated to the Department of Veterans Affairs for medical care.

**H.R. 5273, Post 9/11 Veterans Education Fairness Act.** Introduced by Representative Ron Barber (D-AZ-02), the bill would amend Title 38, United States Code, to expand the authority of Veterans to transfer entitlement to Post-9/11 Educational Assistance to dependents.

**H.R. 5231, Veterans Small Business Enhancement Act.** Introduced by Representative Kerry Bentivolio (R-MI-11), the bill would amend the Small Business Act to direct the task force of the Office of Veterans Business Development to provide access to and manage the distribution of excess or surplus property to Veteran-owned small businesses.

**H.R. 5229, Wounded Warriors Federal Leave Act of 2014.** Introduced by Representative Stephen Lynch (D-MA-08), the bill would amend Title 5, United States Code, to provide leave to any new Federal employee who is a Veteran with a service-connected disability rated at 30 percent or more for purposes of undergoing medical treatment for such disability.

How do you feel about these issues? If you feel strongly that they should or should not be passed, please contact your Congressional representative and let them know where you stand on the issue.
WE APPRECIATE YOUR SUPPORT

Corporate Gold
BAE Systems
Booz Allen Hamilton
DRS Technologies, Inc.
General Atomics
Northrop Grumman Corp.
Raytheon Company

Business Associate
Johnson Controls Federal Systems
Z Microsystems

Community Affiliates
Boeing Company
Car 2 Go San Diego
CNRSW Morale, Welfare & Recreation
CSC
Falkner Winery
Flagship Cruises & Events
Maritime Museum of San Diego
San Diego Marriott Marquis & Marina
Navy Federal Credit Union
Next Level Sailing
North Island Credit Union
Northrop Grumman Corp.
Pacific Marine Credit Union
Pacific Ship Repair & Fabrication
Pacific Tugboat Service
Raytheon
RCP Block & Brick, Inc.
Reno Contracting, Inc.
SAIC
San Diego Copy
San Diego Gas & Electric
San Diego Medical Federal Credit Union
San Diego Marriott Hotel, Mission Valley
Sheraton San Diego Hotel & Marina
The Marine Group Boat Works
Town & Country Hotel
United Through Reading
USAA
USS Midway Museum
Vets Caring For Vets
Zeiders Enterprises

San Diego Corporate Members & Community Affiliates

San Diego Gas & Electric
San Diego Medical Federal Credit Union
San Diego Marriott Hotel, Mission Valley
Sheraton San Diego Hotel & Marina
The Marine Group Boat Works
Town & Country Hotel
United Through Reading
USAA
USS Midway Museum
Vets Caring For Vets
Zeiders Enterprises

September 2014
JOIN IN CELEBRATING THE 239TH BIRTHDAY OF THE UNITED STATES MARINE CORPS and recognizing superior Marines and a Corpsman From San Diego Commands Thursday November 13, 2014

LOCATION: San Diego Marriott Mission Valley
8757 Rio San Diego Dr. San Diego, CA 92108 TIME: 1100 - 1300
UNIFORM: Military: Service Alpha Civilian: Business Attire

RESERVE EARLY! This event is traditionally a sell out! $6.00 self-parking, $12.00 valet. This reservation with payment must reach the Navy League Office by November 7th to ensure seating.

Please Reserve _______ Individual seats at $40 each I wish to host _______ Marines/Sailors at $40 each

Please Reserve ________ Tables of Ten at $400 each (4 seats for my use)

MC/VISA # ____________________________________________ Exp: ______________________
Name on card ____________________ Signature ____________________

Company Name (For Tables) ____________________________ Daytime Phone # ____________________

Make checks payable to:
San Diego Navy League
2115 Park Blvd. San Diego, CA 92101
Phone: (619) 230-0301 Fax: (619) 230-0302

Guest Speaker to be announced
Thanking Those Who Serve Us
Navy Birthday Ball

Saturday, October 18th
San Diego Marriott Marquis and Marina
333 W Harbor Dr. • San Diego, CA 92101
Cocktails 5:30p • Dinner 6:30p • Dancing 9p

Tickets sold online!
sandiegonavyball.thundertix.com/events/56469

Attire
Civilian
Black Tie
O4 and senior
Dinner Dress Jacket
E1 – O3
Dinner Dress Jacket (optional) / Dinner Dress Blue with miniature medals

More information posting:
fb: SanDiegoNavyBirthdayBall

E4/GS4 and below $35
E5/E6/GS5/GS6 $45
O1-O2/E7-E9/GS7-GS10 $65
O3-O4/GS11-GS12/CWO $75
O5-O6/GS13/GS15 $85
Flag or General Officer / SES $90
Civilian (Non-DoD)/Retiree $95
Please enroll me as a NAVY LEAGUE Member Today!

Type of Membership (please check one) Membership is open to U.S. citizens who are not on active duty with a military service.

- [ ] Regular individual membership (one year) - $65
- [ ] Regular individual membership (two years) - $117
- [ ] Regular individual membership (three years) - $175
- [ ] Husband/wife membership - $117
- [ ] Active Duty Spouse $30  [ ] Student - $25
- [ ] Life membership (to age 55) - $1000
- [ ] Life membership (age 56 - 75) - $750
- [ ] Life membership (age 76 +) - $500
- [ ] Community Affiliate $460 Designate POC and three members:
  (Must be employees, officers, directors, etc. of the company)

<table>
<thead>
<tr>
<th>Company/Organization &amp; Point of Contact (Community Affiliate):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: First, Middle, Last: Date of Birth:</td>
</tr>
<tr>
<td>Name of Spouse: Date of Birth:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>City, State, Zip:</td>
</tr>
<tr>
<td>Email:</td>
</tr>
<tr>
<td>Home Phone: Business Phone:</td>
</tr>
</tbody>
</table>

Method of Payment
- [ ] Check Enclosed (Make payable to: Navy League of the United States)
- [ ] Visa  [ ] MasterCard  [ ] American Express

<table>
<thead>
<tr>
<th>Card #: Exp. Date:</th>
</tr>
</thead>
</table>

Signature:

Navy League Sponsor

<table>
<thead>
<tr>
<th>Sponsor’s Name: Sponsor’s Membership #:</th>
</tr>
</thead>
</table>

Mail completed form to: Navy League, 2115 Park Blvd., San Diego, CA 92101

You can make a difference enroll online @ www.navyleague-sd.com!