



**USSVI Groton Base**  
40 School St  
Groton CT 06340  
**Veteran Committee Report**

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JULY2021 SITREP

*Alvin G. Kinsall*

# 'Significant' 120 MPH Tornado Carves Through Georgia Submarine Base



**A sonar technician (submarine) and an electronics technician assist in pulling in the ballistic-missile submarine USS West Virginia at Naval Submarine Base Kings Bay, Dec. 16, 2010. (James Kimber/U.S. Navy)**



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**8 Jul 2021**

**Military.com | By [Konstantin Toropin](#)**

A tornado with winds that reached about 120 miles per hour struck [Naval Submarine Base Kings Bay](#), Georgia, on Wednesday afternoon, causing injuries and damage, the National Weather Service said Thursday.

Damage from the tornado, which touched down around 5:45 p.m. local time, was focused on a recreational vehicle park on the [Navy](#) base, which is the East Coast home for the [Ohio-class ballistic missile submarines](#).

Lt. Stu Phillips, a spokesman for the base, said that a total of 12 RVs were damaged, with one even ending up in the water.

Ben Nelson, a meteorologist for the [National Weather Service in Jacksonville, Florida](#), said that the park sustained "significant damage."

"A truck got completely flipped over and tossed for a pretty decent distance," he said. "There's debris just kind of scattered all over the park with RVs toppled over and flipped over."

Nelson said that the service received reports of "somewhere between 15 and 20 people" suffering injuries during the storm.

Phillips said that 10 people were transported to a local hospital but noted that none of the injuries was life-threatening. It's still not clear how many of the injured are service members, dependents or civilians, he added.

Although damage assessments are ongoing, Phillips noted that some buildings on base also suffered damage. However, he added that there was "no damage to our submarines or any sensitive military equipment."

"While the situation here is still very dynamic, I want to thank all of our first responders and Camden County first responders for their quick actions," Capt. Chester Parks, the base's commanding officer, said [in a statement](#). "Their quick response most certainly helped."

Sen. Jon Ossoff, D-Ga., said he spoke with Parks on Wednesday night and pledged "to provide any necessary Congressional assistance," according to a statement.

Ossoff added that affected families can contact his office for help.

The tornado was the result of [Tropical Storm Elsa](#), which [made landfall](#) along the north Florida coast Wednesday morning.



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"We see tornadoes with landfalling tropical systems, but we usually don't see EF2-type tornadoes," Nelson explained. "This is a pretty significant type of event."

The [Enhanced Fujita or "EF"](#) scale is used to assign a tornado a rating based on estimated wind speeds and related damage. It ranges from EF-0 to EF-5.

Kings Bay is the latest base to suffer damage from natural disasters in recent years. Hurricane Florence caused catastrophic flooding near [Fort Bragg](#), North Carolina, in September 2018. A month later, Hurricane Michael devastated [Tyndall Air Force Base](#) and damaged multiple [F-22 Raptor](#) fighters when it struck Florida. [Wildfires](#) and [flooding](#) have also damaged bases in recent years.

The latest Defense Department budget request [specifically asked for \\$617 million](#) in new investments to help it prepare for and respond to climate change. The money would be used to renovate installations to improve their ability to operate during severe weather conditions and be able to recover more quickly after disruptive natural or man-made emergencies. ■

## Where are My VA Lab Test Results?

### *COVID-19 Test Results Available Quickly, Online*

Lab test results are one of the top five most popular features Veterans use on My HealtheVet. It's important to stay on top of your lab test results so that you can work with your provider to make decisions about your health and your health care.

**COVID-19 test results are now available without a 'hold period,' meaning that they are available online in My HealtheVet as soon as VA has received or processed them.**

If you want to get started, there are three ways to get lab test results:

#### **Labs and Tests**

Use the direct link on the home page to quickly view your VA lab results and self-entered lab/test information.



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### Health Records

[Blue Button Medical Reports](#)

[Labs and Tests](#)

[Track Health](#)

To save or print a copy of your lab results, select the 'Print' option in the upper right-hand corner of the results page. You can also use the VA Blue Button Report or VA Health Summary.

### VA Blue Button Report

To view lab results in your VA Blue Button report, choose the 'Health Records' link on the home page and select VA Blue Button Report. Choose the date range that includes the time frame for your test and select the 'VA Laboratory Results' in the 'Labs and Tests' section. From there, you can easily download or print your results.

#### Labs and Tests



VA Laboratory Results

[\(available 36 hours after verification; COVID-19 results available immediately after receipt by VA\)](#)



VA Pathology Reports

[\(available 36 hours after completion\)](#)



VA Radiology Reports

[\(available 36 hours after completion\)](#)



VA Electrocardiogram (EKG) History

(a list of EKG studies performed at VA Treating Facilities)



Labs and Tests, Self-Reported



All of the above

### VA Health Summary

The VA Health Summary includes a comprehensive summary of recent VA care. It includes up to your 10 most recent laboratory tests over the last 24 months. To use this option, choose the 'Health Records' link on the Home Page and select 'VA Health Summary.' You may want to use this option if you are sharing your information with another health care provider. You can learn more from [What is in the VA Health Summary?](#) (PDF).



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As a reminder, your lab results are available 36 hours after they are verified. Depending on the test, the results may not be available right away. To learn more, visit [Laboratory Tests](#). If you have questions about your results, contact your health care team using [Secure Messaging](#) (*sign in required*) or by phone. ■

**In the Spotlight**

## ***Talking Memory Loss with Your Doctor***

*When do memory issues become a problem?*



Everyone forgets things at times. How often have you misplaced your car keys or forgotten the name of someone you just met? While it can be **normal** to forget some things as you get older, it can become troubling if you can't hold a conversation or even lose track of what year it is. If this starts to happen, it's time to talk to your doctor about what to do next.

If you need to talk to your doctor about your memory loss, we want you to feel prepared. Learn more about what to ask and what you should bring to your appointment.



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**When to ask about memory loss**

Most people experience some memory loss as they get older. You shouldn't worry too much unless memory problems start to disrupt your [daily life](#). If your memory gets in the way of completing daily tasks or makes life challenging, it may be time to talk to your health care team. Watch for other [warning signs](#) like:

- Asking the same questions over and over again
- Becoming lost in familiar places
- Not being able to follow directions
- Getting very confused about time, people, and places
- Not taking care of yourself, including eating poorly, not bathing, or being unsafe

**What to bring to your appointment**

At your appointment, be prepared for an evaluation. You'll need to bring a list of changes you've noticed in your health, memory, or behavior. You'll need your past and current medical information list of everything you're taking: prescriptions, over-the-counter medications, vitamins, or supplements.

Based on what you share, your doctor might give you a physical exam and take some labs. In some cases, your doctor might conduct cognitive testing.

**Which questions to ask**

If you've ever left the doctor's office and felt like you forgot to ask a question, you know it's important to write down your concerns. Bring a list of questions about memory loss with you. This list can help you get started:

- What tests do you need, and how should I prepare?
- How long until I get results from tests?
- If I have dementia, what should I watch for?
- What are my next steps?

Before you worry, remember that some memory loss can be normal. But it's important to share any concerns you have with your health care team. If you have questions about your memory, reach out to your doctor today using [Secure Messaging](#) (sign in required). ■





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# China Says it Chased US Warship Out of Disputed Sea



**The Arleigh Burke-class guided-missile destroyer USS Benfold (DDG 65) transits the Philippine Sea, June 14, 2018. (U.S. Navy photo/Sarah Myers)**



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**12 Jul 2021**

**Associated Press**

BEIJING — China’s military said it chased a U.S. warship out of a disputed area of the South China Sea on Monday after [Washington warned an attack on the Philippines might activate a mutual defense treaty](#).

Beijing affirmed its claims to portions of the sea that also are claimed by Southeast Asia governments. It rejected the Biden administration’s declaration of support Sunday for an international tribunal ruling in favor of the Philippines that threw out most of them.

China is increasingly assertive about pressing its territorial claims, which are fueling tension with neighbors including Japan, India, Vietnam and the Philippines.

The People’s Liberation Army said it sent ships and planes after the U.S.S. Benfold entered waters claimed by Beijing around the Paracel Islands.

Chinese forces “warned them and drove them away,” the military said on its social media account.

The islands are “China’s inherent territory,” the PLA said. “The actions of the U.S. military have seriously violated China’s sovereignty and security.”

The [U.S. Navy](#), in a statement by the 7th Fleet Public Affairs office, rejected the Chinese statement as false but gave no details of a possible encounter with PLA forces.

The Benfold carried out the operation “in accordance with international law and then continued on to conduct normal operations in international waters,” the statement said.

The Chinese statement was “the latest in a long string of PRC actions to misrepresent lawful U.S. maritime operations and assert its excessive and illegitimate maritime claims,” the Navy statement said.

On Sunday, the Biden administration affirmed its support for the 2016 tribunal ruling that rejected China’s claims outside its internationally recognize territorial waters.

Secretary of State Antony Blinken accused Beijing of intimidating its Southeast Asian neighbors and threatening navigation through an important global waterway.

Blinken warned that an attack on Philippine vessels or aircraft “would invoke U.S. mutual defense commitments.” A 1951 treaty obligates Washington and Manila to come to each other’s aid in case of an attack.

The panel’s ruling was “a political farce,” said a Foreign Ministry spokesperson, Zhao Lijian. He said China’s territorial claims have “sufficient historical and legal basis.”

“China firmly deplores and rejects the wrongdoings of the United States,” Zhao said at a regular news briefing.





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A U.S.-based expert said Monday that swarms of Chinese vessels anchored in a disputed area of the South China Sea have dumped human waste and wastewater for years, causing algae blooms that have damaged coral reefs and threatened fish in an unfolding catastrophe.

Satellite images over the last five years show how human waste, sewage and wastewater have accumulated and caused algae in the atoll, internationally known as Union Banks, said Liz Derr, who heads Similarity Inc., a software company creating artificial intelligence technologies for satellite imagery analysis.

At least 236 ships were spotted in the atoll on June 17 alone, she said at a Philippine online news forum on China's actions in the South China Sea.

Chinese officials did not immediately react to Derr's assessment of the environmental damage, but have said in the past that they have taken steps to protect the fisheries stock and the environment in the South China Sea. ■

**NEED ASSISTANCE ENROLLING IN VA HEALTH CARE?**

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