

ARMY

Mission: To fight and win our Nation's wars by providing prompt, sustained land dominance across the full range of military operations and spectrum of conflict in support of combatant commanders.

Motto: This We'll Defend

Army Core Values:

**LOYALTY -- DUTY -- RESPECT -- SELFLESS SERVICE -- HONOR -- INTEGRITY --
PERSONAL COURAGE**

Components: Active Duty, Reserves, and Army National Guard

NAVY

Mission: To maintain, train and equip combat-ready Naval forces capable of winning wars, deterring aggression and maintaining freedom of the seas.

Motto: Semper Fortis, "Always Courageous"

Navy Core Values:

HONOR -- COURAGE -- COMMITMENT

Components: Active Duty and Reserves

AIR FORCE

Mission: Fly, fight and win ... in air, space, and cyberspace.

Motto: Aim High...Fly-Fight-Win

Air Force Core Values:

INTEGRITY FIRST -- SERVICE BEFORE SELF -- EXCELLENCE IN ALL WE DO

Components: Active Duty, Reserves, and Air National Guard

MARINE CORPS

Mission:

- The seizure or defense of advanced naval bases and other land operations to support naval campaigns.
- The development of tactics, techniques, and equipment used by amphibious landing forces.
- Such other duties as the President may direct.

Motto: Semper Fidelis, "Always Faithful"

Marine Corps Core Values:

HONOR -- COURAGE -- COMMITMENT

Components: Active Duty and Reserves

COAST GUARD

Mission: To protect important interests of the United States – the personal safety and security of our population; the marine transportation system and critical infrastructure; our natural and economic resources; and the territorial integrity of our nation – from both internal and external threats, natural and man-made. To protect these interests in U.S. ports and inland waterways, along the coasts, on international waters, and in any other maritime region where they may be at risk. The Coast Guard has three broad roles: maritime safety, maritime security, and maritime stewardship.

Motto: Semper Paratus, "Always Ready"

Coast Guard Core Values:

HONOR -- RESPECT -- DEVOTION TO DUTY

Components: Active Duty and Reserves

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COMMON TERMS & LINGO in the Military

As with any large organization, the military has its own set of common terms and lingo. Here are some selected terms, acronyms, phrases, and slang terms that may be of use to you.

MEMBERS OF THE MILITARY ARE REFERRED TO DIFFERENTLY DEPENDING UPON THEIR SPECIFIC SERVICE

- Soldiers: Members of the Army
- Sailors: Members of the Navy
- Airmen: Members of the Air Force
- Marines: Members of the Marine Corps
- Coast Guardsmen: Members of the Coast Guard
- Reservists: Members of the Reserve
- Guardsmen: Members of the National Guard

OFFICIAL ACRONYMS

- AWOL– Absent With Out Leave: not at one's place of duty and not authorized to be absent
- CDR – Commander
- CO – Commanding Officer
- CONUS – CONTinental United States
- COB – Close Of Business: the end of the day or duty shift
- CoS – Chief of Staff
- DD or DoD – Department of Defense
- IAW – In accordance with
- ICO – In case of, in care of
- IED – Improvised Explosive Device
- IRT – In reference to
- GWOT – Global War On Terror
- NCO – Non-Commissioned Officer: an enlisted person with command responsibility over soldiers of lesser rank
- NCOIC– Non-Commissioned Officer In Charge
- OEF – Operation Enduring Freedom: official name used for the War in Afghanistan
- OIF – Operation Iraqi Freedom: official name used for the War in Iraq
- OND – Operation New Dawn: new name for the War in Iraq starting in September 2010 to reflect reduced role of US troops
- MOS – Military occupation specialty: job or career specialty (e.g., infantryman, intelligence analyst, operating room specialist, military police, etc.)
- OCONUS – Outside the CONTinental United States
- POC – Point Of Contact: the person to liaise with on a given matter
- ROTC – Reserve Officer Training Corps (often pronounced "ROT-SEE")
- R/S – Respectfully Submitted: used as an end greeting in written communication or email
- SOP – Standard Operating Procedure: the routine manner of handling a set situation
- TDY – Temporary Duty Yonder
- V/R – Very Respectfully: used as an end greeting in written communication or email

PHRASES

- Battle assembly – new term used for Army Reserve weekend drills, unit training assemblies, or multiple unit training assemblies
- Boots on the ground – to physically be in a location (some may use this to say that they want “boots on the ground” for a particular project, which means they want everyone physically in the office, rather than having people call in.)
- Drill – preparation of military personnel for performance of their duties through the practice and rehearsal of prescribed movements; members of the National Guard and Reserve are required to attend one weekend drill a month (sometimes starting Friday night until Monday morning)
- Extended drill – extended time for drill in preparation for a deployment
- Liberty – authorized free time ashore or off station, not counted as leave, also known as a "pass"
- Ma'am – proper method of addressing female officers in particular and women in general
- Sir – proper method of addressing male officers in particular and men in general
- Tour of duty – time period during which a particular job or assignment is done (e.g., my tour of duty is 8am-5pm)

SLANG

- Above my/your pay grade – expression denying responsibility or authority (indicating that the issue should be brought to higher-ranking officials)
- AO – area of operations for combat or noncombat activities
- Charlie Foxtrot – CF (Cluster . . .)
- Civvies – civilian clothing
- Down Range – physically in a combat zone
- Good copy – OK, got it
- Hurry up and wait – Rush to get somewhere/do something, to then have a long wait, usually for no apparent reason.
- In-Country – physically in a war zone
- Quarters – (a) military family housing, or (b) doctor's direction to stay home from work (e.g., I'm confined to quarters.)
- Pop smoke – leaving, sometimes leaving quickly
- Roger that—OK, got it
- Say again (your last) – request to repeat a statement, question, or order, especially over a radio
- Semper Gumby – always flexible (goes with ‘Hurry up and wait’)
- Squared Away – organized, good to go, professional
- Stay in Your Lane – stay within your boundaries; do your job as commanded and trust that you will know what you need to know when you need to know it
- Tracking – OK, got it
- Wilco –Will comply

The True Cost of Blind Patriotism: Despair and Veteran Suicide

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By William McNulty, Co-founder, Team Rubicon

Why does a veteran take his life every 65 minutes?

Some veterans have always suffered post-traumatic stress disorder (PTSD), though it has not always had that name. Today, PTSD is better understood and treated than it has ever been. Why, then, is suicide so much more prevalent in young men and women who have served in Iraq and Afghanistan when compared with the general population?

One of the most characteristic and debilitating symptoms of PTSD is depression. But there is a qualitative difference between traumatic-stress-induced depression and existential despair. Despair is the fundamental lack of hope and complete inability to see meaning in life. I believe depression is not the distinguishing characteristic of those vets who kill themselves -- there are many depressed people who are not suicidal -- it is despair.

Why are those who have served in America's last two wars so afflicted with this crippling malady?

Veterans of many previous wars suffered the lasting after effects of being embroiled in bloody, terrifying combat. But too many of the veterans of Iraq and Afghanistan are mired in a despair that is rooted in the amorphous nature of these conflicts. A fog has clouded everything about these wars; from their start to their inconclusive endings.

Much effort used to be expended trying to explain that fighting in Iraq and Afghanistan would ensure the freedom of future generations of Americans. That was a tenuous proposition when it was first advanced. It seems so utterly implausible now that no one is even trying to defend it. Where does that leave the young man who went through hell in Iraq in the name of liberty for future Americans? What does that say to the young woman who believed her sacrifice in Afghanistan would have an enduring legacy?

No amount of counseling can dispel the gnawing sense that one sacrificed for a bogus cause. From this stems despair -- from a sense that so much of one's life was given for so little purpose. Today's vets do not see themselves as saviors, they cannot identify whom they defeated, they are not certain that they truly liberated anyone, and they fought, at best, a holding action against an ill-defined threat. Progress has been absent.

In Washington, the World War II Memorial is covered with inscriptions of great and noble words offered about those who fought. But the president who started our recent wars only ever offered up two words: "Mission Accomplished." And that was blatantly false. The president who is now trying to bring these wars to an end has offered two different words: "Welcome Home." And all that speaks to is a sense of contentment that these men and women have returned. Nothing meaningful has been said about what they have done, how it has mattered, whether it was of any value to the nation. And that hurts most grievously those who have served most bravely.

We cannot fault a veteran for feeling no sense of accomplishment when there was never any clear goal. We should not fault a civilian for questioning indeterminate objectives, strategy, and tactics. But the military and civilian leadership of the country can and should be heavily criticized for sending the armed forces to fight wars so ill-defined and poorly conceived that they were seen as questionable at best, ignoble at worst.

The percentage of American men and women serving in uniform today is smaller than at any time since the 1920s. Practically, this means that there are markedly fewer today who understand and appreciate what those who serve have endured than in previous generations. The sense of being outnumbered and isolated that comes from this gap in understanding is exacerbated for veterans when the civilian leadership of the nation does not honestly frame the greater purpose for which fighting men and women have gone to war.

Despair is nothing new, and it need not be something unaddressed. Just as there are therapies and treatments for PTSD, there are ways to remedy despair. They start with the communities who support America's veterans and they necessarily must involve the civilian and military leadership of this country. In real and concrete and positive ways these questions must be answered, even if we are uncomfortable with the answer: Why did these men and women fight; what good did they achieve; of what should they rightly be proud; and in what should they confidently place their hope for the future? These affirmations must be addressed to each and every man and woman who has fought in Iraq and Afghanistan. These affirmations must be as loud as the calls for war once were; as eventually became the demands to withdraw.

Postscript: I'm a veteran. What should I do?

A healthy mind and a healthy body are inextricably linked. If you're a veteran, join your local Team Red White & Blue chapter and commit yourself to the best form of mental health therapy: physical training. If you're contemplating suicide, avail yourself of resources outside the Veterans Administration like Save A Warrior and Give an Hour. Then join organizations that give you purpose through continued service like The Mission Continues, St. Bernard Project, The 6th Branch, and Team Rubicon. Download the app POS REP which connects you via proximity to veterans in your area. Last, do your part to ensure that this never happens again by helping begin a national conversation about the debilitating effects of perpetual war, the risks of blindly following those who wrap themselves in patriotism, and the costs of long-term national engagements where sacrifices are not shared equitably.

http://www.huffingtonpost.com/william-mcnulty/the-true-cost-of-blind-pa_b_4590912.html