

YOUR MISSION, YOUR VOICE

FRA *today*

The m... Association

SEPTEMBER 2018

SURVEY SHOWS VETS GIVE BACK

INSIDE:

- 8** On & Off the Hill
- 28** Candidates & Resolutions
- 42** Scholarship Winners

**“To you, it’s the perfect lift chair. To me,
it’s the best sleep chair I’ve ever had.”**

— J. Fitzgerald, VA



Easy-to-use remote
for massage, heat,
recline and lift



Sit up, lie down —
and anywhere
in between!

We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

Our Perfect Sleep Chair® is just the chair to do it all. It’s a chair, true – the finest of lift chairs – but this chair is so much more! It’s designed to provide total comfort and relaxation not found in other chairs. It can’t be beat for comfortable, long-term sitting, TV viewing, relaxed reclining and – yes! – peaceful

sleep. Our chair’s recline technology allows you to pause the chair in an infinite number of positions, including the Trendelenburg position and the zero gravity position where your body experiences a minimum of internal and external stresses. You’ll love the other benefits, too: It helps with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.



This lift chair puts you
safely on your feet!

And there’s more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the multiple massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! It even has a battery backup in case of a power outage. Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of fabrics and colors – **Call now!**

The Perfect Sleep Chair® 1-888-820-0071

Please mention code 109954 when ordering.

Because each Perfect Sleep Chair is a custom-made bedding product, we can only accept returns on chairs that are damaged or defective.

Long Lasting DuraLux Leather



DuraLux II Microfiber



COVER: Lt. Tom Krasnicki, from Tampa, Fla., attached to the aircraft carrier USS George H.W. Bush (CVN 77) helps preserve trees at the Lake Lawson/Lake Smith Natural Area. As a birthday tribute to the ship's namesake, and representing his famous "Thousand Points of Light" speech, approximately 1,000 GHWB crew members took part in one of the largest single-day community relation (COMREL) events at 44 different locations throughout the Hampton Roads area. Photo by MassComm Specialist 3rd Class Brooke Macchietto

contents

September 2018 volume 97 number 9



Hull Technician 3rd Class Dwayne Costa, from Grove City, Ohio, assigned to the aircraft carrier USS George H.W. Bush (CVN 77) clears debris from headstones at Jones Memorial Park in Virginia Beach, Virginia during a community relations project. Photo by MassComm Specialist 1st Class Sean Hurt

features

16

Veterans Seek Opportunities To Connect With Their Community

Contrary to public perception, the most sought-after resources by military veterans, their families and caregivers are not focused on critical needs such as housing and healthcare.

22

Training Around Injuries

When it comes to areas that are most susceptible to injury, nothing is more prone than the back. Anyone who has suffered a back injury, minor or severe, can attest that it truly limits one's ability in many ways.

departments

2

Communications

4

From the Fantail

6

Shipmate Forum

8

ON & OFF Capitol Hill

Legislative Updates

28

Candidates & Resolutions

38

Shipmate News

40

TAPS

42

2018 Essay Winners

45

Reunions/Looking For...

46

Auxiliary of the FRA News

Message from WCRP Linda Telly

48

Finance Matters

Gather All Your Assets

LOYALTY, PROTECTION AND SERVICE

FRA is a congressionally chartered, nonprofit organization advocating on Capitol Hill for current and former enlisted members of the U.S. Navy, Marine Corps and Coast Guard.



"Ah, the Navy Ain't"

From Navy Day publication, Puget Sound Naval Shipyard, October 27, 1940, Author Unknown.

The Old Salt spat at a passing rat, and borrowed a match from me:
Then scratched a match where his pants were tight, and spake quite
fervently; "I'll swear by gum, that it strikes me dumb-this kind of
dang navee.
With not a sail, nor even a brail, and dog watches drinking tea.
'Twas some years back that I took a crack at serving Uncle Sam; An'
'taint the same-except maybe the name-as 'twere in them days, by
damn!
We went aloft if the Old Man coughed, or if it began to blow; And
got a root from a gov-ment boot if maybe we went too slow.
A trick at the wheel took an arm o' steel, and lots of plain beef y'see,
But now it's did by a high school kid, and patent 'lectricitee.
We got our rum an' slap o' slum almost every day or so, An' mouldy bits
of ship's biskits if stores were running low.
Today I seed how these youngsters feed-the mess what they get each
day, An' strike me pink, if I don't think I'd bin in a swell cafay.
It used to be that a man at sea was a sailor. It makes me bile
To see the way they cruise today with radiums, gas an' ile.
An' not content to remain where meant-on top-where a ship should sail.
They go and man a sheet-iron can an' dive like a blasted whale."
The Old Salt spat, donned his hat, gave a hitch to those pants of his.
He'd had his say-so he creaked away, all itches and rheumatiz.
For sailor-man, since the flood began, and Noah put to sea,
Has raised his plaint "AH - THE NAVY AIN'T, WHAT THE
NAVY USED TO BE!" **FRA**

Send Me Your Story Ideas

Please send me your suggested topics for *FRAtoday* next year. I am looking for more stories to publish and would appreciate your help. Even better, if you let me know about Shipmates who have a story to tell AND are available for an interview. I can reach out to them directly to listen and learn!
(703) 683-1400 ext. 126 or email: williams@fra.org



In Loyalty, Protection & Service,
William Stevenson, Communications & Marketing Director

FRAtoday

National Officers/Board Of Directors

National President	William E. Starkey Jr., South Jersey Branch 57
National Vice President	Robert Washington, Navy Department Branch 181
National Executive Dir.	Thomas J. Snee, Navy Department Branch 181
Finance Officer	Bryan Proctor
Junior PNP	Donald E. Larson, Corpus Christi Branch 94
National Parliamentarian	PNP Donald Muchek, Low Country Branch 269
National Chaplain	John W. Davis, Tennessee Valley Branch 44

Regional Presidents

Northeast/New England	Albert Davenport, Atlantic City Branch 13
East Coast	Paul A. Phelps, Chesapeake Branch 40
Southeast	James J. Thomas, West Jacksonville Branch 126
North Central	Barry White, Mo Kan Branch 161
South Central	Bruce R. Talbot Jr., Space City Branch 159
Southwest	Bruce H. Davis II, Poway Valley Branch 70
West Coast	Rick Athenour, Sierra Tahoe Branch 137
Northwest	Roger L. Christopher, Gem State Branch 382

Active Duty Advisory Council

Interim Master Chief Petty Officer of the Navy	Fleet Master Chief Russell Smith
Sergeant Major of the Marine Corps	Ronald Green
Master Chief Petty Officer of the Coast Guard	Jason M. Vanderhaden

Reserve Advisory Council

Force Master Chief of the Navy Reserve	Christopher D. Kotz
USMC Reserve Force Sergeant Major	Patrick Kimble
Force Master Chief Petty Officer of the Coast Guard	
Reserve	George M. Williamson

FRAtoday Magazine

The monthly membership publication of the Fleet Reserve Association

Publisher	Fleet Reserve Association
National Executive Director	Thomas J. Snee, M.Ed.
Communications Director	William D. Stevenson
Managing Editor	Victoria Duran
Contributing Writer	Denny Marshall
Proofreader	Desnee Stevens
Design and Art Direction	FRA Staff
Advertising Sales:	GLM Communications (212) 929-1300 Sales@glmcommunications.com

FRAtoday (ISSN 1935-7192) is published monthly by FRA, 125 N. West St., Alexandria, Va 22314-2754. A member's subscription is covered by the member's annual dues. Periodicals postage paid at Alexandria, VA and additional offices. Publication of non-sponsored advertising in *FRAtoday* does not constitute an endorsement by the FRA or its representatives. **Postmaster: Send address changes to Member Services, FRA, 125 N. West St., Alexandria, VA 22314-2754.** *FRAtoday* is published in the interests of all current and former enlisted personnel of the U.S. Navy, Marine Corps and Coast Guard. Eligible nonmembers are not entitled to subscription rates. Established 1 November 1923. Title registered with U.S. Patent Office.

FRA Administrative Headquarters

125 N. West St., Alexandria, VA 22314-2754
Telephone: 703-683-1400, 800-FRA-1924
Fax: 703-549-6610 • email: FRAtoday@fra.org • www.fra.org
Volume 97 Number 9



Find us on Facebook:
www.fra.org/fb

Follow us on Twitter:
[www.twitter.com/FRAHQ](https://twitter.com/FRAHQ)

Follow us on Instagram:
www.instagram.com/FRA_HQ

NORTH AMERICA'S

#1 Selling Walk-In Tub

NEW PRODUCT

Featuring our New Exclusive Shower Package

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing. Introducing Safe Step Walk-In Tub's exclusive **NEW Shower Package!**

- ✓ First and only walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ Durable frameless tempered glass enclosure available
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub, that is made in the USA!



Call today and receive a
FREE SHOWER PACKAGE!

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-730-6742

SAFE STEP
WALK-IN TUB CO.

www.BuySafeStep.com

With purchase of a new Safe Step Walk-In Tub.
Not applicable with any previous walk-in tub purchase.
Offer available while supplies last. No cash value.

For your **FREE** information kit and
our Senior Discounts, Call Today Toll-Free

1-800-730-6742

FINANCING
AVAILABLE
WITH APPROVED
CREDIT



CSLB 983603 F13000002885 13HV08744300

"From the Fantail" is Giving Back!



Tom Snee NED

This month's feature story on page 16 about veterans giving back is one of my favorites and says it all. During my life, this has come back to me, as I am sure it has come back to many of you in your careers, lives and your day-to-day experiences. There was great movie in 2000, that unbeknownst to us, blossomed into a profound national phenomenon. That movie, *Pay It Forward*, was a story of social studies teacher who was anxious for the last day of school, so he could jump in his car and start his summer vacation. It all changed when the principal stopped the teacher (Kevin Spacey) and said, "you are teaching summer school." Little did he know how the portrayal of that young boy or how the mood of this country would grasp that "tipping point." The movies futuristic fortune became "a wave of kindness" that not only affected the personal lives of the stars in the movie but also how it inspired many folks to *pay it forward*.

Giving back always has a "pay back" in one's life. For me, those moments of just sitting on the fantails of my former ships with my shipmates, brought us closer as I am sure for most of you. Those simplistic times of sharing, renewing adventures, pointing out directions and most important, the giving of time to each other—they can never be retraced.

We all have a knack at giving back. Perhaps some of the following ideas can be the "head-start" and provide you the inspiration to begin that new adventure.

- Coaching Little League baseball, Pop-Warner football, basketball, soccer, etc.
- Be a mentor and advocate at your local schools such as student/ teacher assistance or PTO Advisors. Schools are *always* looking for adults to help.
- Stop by your local Military Career Centers or Recruiting Offices to lend them a hand in the future development of their DEPpers, (delayed entry persons). Go help out at your local Reserve Centers on weekends.



- Volunteer at local Youth and Veteran Centers in your communities.
- USO's, Wounded Warrior offices or even airports are always looking for veterans to volunteer. Who knows, you just may give that active duty person some advice and help them on their way. Maybe even sign up a new FRA member.

These are only the tip of the iceberg of life that we all can help in the *paying it forward*. Recently while on one of my trips to Newport, R.I., I met a 93-year-old FRA Shipmate at my favorite hang-out, DUNKIN' DONUTS. He was so happy to meet someone from the national headquarters and we just started to talk. Later, I realized that Andre and I were stationed together in Newport in the early 1970's. What a great experience that made both of our day. It is that first hand-shake introduction, and then who knows?

In short, "the fantail moments" in our lives can only springboard us anywhere. We must always strive for progress, not perfection! *Pay it Forward*, anywhere—shopping, schools or even athletic fields. Always look for those avenues to increase our true *criterion of worth* in the character of giving as FRA Shipmates.

In summary, please allow me share a quote by a famous basketball coach and philosopher, John Wooden, who said, "Make each day your masterpiece and, be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are."

PAY IT FORWARD! PRESS ON! FRA

In loyalty, protection & service

NED Tom Snee

Tom is FRA's National Executive Director and can be reached at NEDFRA@fra.org

*Unbelievable—
20 carat bracelet for \$49!*

"I know my way around jewelry, and I can tell you that I have never seen anything that looks as good as DiamondAura. Stauer has a customer for life."

— A.C. from Arizona

Over 20 ctw of brilliant
DiamondAura® enlarged
to show details



HOW TO INHERIT A FORTUNE

A mysterious royal beauty inspires our most spectacular DiamondAura® bracelet EVER.

Albert said the bracelet once belonged to the Countess Rivière, a regular in his Paris jewelry shop. "She wore diamonds like no woman I've ever seen," he said. "Every one of these stones sparkles less in her absence." We never met her, but we still fell in love with her bracelet. And so will you. Once you snap this band of brilliant white fire around her wrist, it will look (and feel) like she just inherited a fortune. But the only fortunes involved are the one you saved and our good fortune finding a designer talented enough to transform a \$49,000 heirloom into the spectacular 20 total carat DiamondAura® Rivière Bracelet for **only \$49**.

An elegant present with a mysterious past. Of course, Albert didn't recall what Madame Rivière was the Countess of, or what happened to her after she stopped visiting his tiny shop on the Rue Saint-Honoré. But he still misses her terribly. And his story almost compelled me to buy the bracelet. Almost.

I say almost because vintage white diamonds don't come cheap. The original was a gorgeous piece with the kind of flash that surely sparked whispers and stares back in her day. But I knew we could use science to create a bolder, more beautiful version for much less.

COMPARE THE BRILLIANCE, FIRE & PRICE		
	Mined Flawless Diamond	DiamondAura® Rivière Bracelet
Hardness	Cuts Glass	Cuts Glass
Cut (58 facets)	Brilliant	Brilliant
Color	"D" Colorless	"D" Colorless
Clarity	"IF"	Clear
Dispersion/Fire	0.044	0.066
20 ctw bracelet	\$49,000+	\$49

The new science of romance. Our lush DiamondAura® Rivière Bracelet boasts more than 20 carats of brilliant, lab-created DiamondAura set in .925 sterling silver. Faceted white ovals alternate with sparkling rounds to deliver an unbelievable amount of fire. Even the slightest twist of the wrist triggers a light show like you've never seen.

While the Countess probably had a dashing Count to thank for her bracelet, you can thank the marriage of art and science for yours. The ingenious DiamondAura process involves the use of rare minerals heated to incredibly high temperatures of nearly 5000°F. After cutting and polishing, scientists create a faultless marvel that's optically brighter and clearer with even more color and fire than a "D" flawless diamond. Our exclusive lab-created DiamondAura

jewelry includes all of the classic specifications, including color, clarity, cut and carat weight and is hard enough to cut glass. You get the luxurious look of natural stones, without the outrageous luxury cost.

Your satisfaction is 100% guaranteed. Wear it. Show it off. Let it shine. But if for any reason you don't fall head over heels for the DiamondAura® Rivière Bracelet, send it back to us within 30 days for a full refund of your item price. P.S.: Please don't tell Albert.

DiamondAura® Rivière Bracelet
(20 1/3 ctw) **\$195†**

Offer Code Price Only **\$49** + S&P
Save \$146

You must use the offer code to get our special price.

1-800-333-2045

Offer Code: DRB132-05

Please use this code when you order to receive your discount.

Stauer®

Rating
of A+



14101 Southcross Drive W., Ste 155,
Dept. DRB132-05, Burnsville, Minnesota 55337

www.stauer.com

† Special price only for customers using the offer code versus the price on Stauer.com without your offer code.

- More than 20 carats of scintillating DiamondAura® • .925 sterling silver setting

Stauer...Afford the Extraordinary.®

Return Address Labels

Thank you for the Return Address Labels. I am 85 years old and will be 86 in August. I do not write many letters anymore, but I can put them on the Christmas Cards I send out. The Return Address Labels are a very nice emblem.

*Thanks, and Sincerely yours,
Ed Luton*

FRAtoday: Hello Shipmate Luton and thank you for making the time to write a letter and sending a donation. It seems so many folks like to email or call, so it is refreshing to get a hand-written letter!

Thank You Terry Halbardier



On January 11th 2018 Electronics Technician Terry Halbardier, a *USS LIBERTY* survivor who is now deceased, was inducted into the Surface Navy Association Hall of Fame. Terry, without regard for his own life and under fire, managed to patch together an antenna aboard the ship to get out a distress call.

Without his heroic efforts, there is no doubt the *LIBERTY* was well on its way to the bottom. I am writing this as a Shipmate to

Terry, simply because I want this nation to know about what this man has done. The attack on June 8, 1967 by the Israeli Defense Force was overwhelming to say the least. We had really nothing to defend ourselves and as we sat there, dead in the water, there seemed to be no help because all our antenna were down. Terry's thinking under fire and his quick effort to repair was, in my mind, above and beyond the call. I would not be here to write this had he not performed this extraordinary effort to save the ship.

During the evening of the induction, Terry's own Shipmates Terry McFarland, Moe Shafer and Larry Bowen were on hand to witness this event. My hat off to all three of them for never forgetting a Shipmate and buddy.

*Ronald G. Kukal CT1,
Liberty Veterans Association Chaplain and Secretary*

TRICARE Changes

I think your articles about TRICARE are correct for "long term care." Everything stated is accurate and informative. In addition, I would like to add that veterans in this situation should contact an accredited VSO. There are many avenues of approach to get financial help for long-term care. There are presumptive diseases and injuries that would qualify for financing from the programs. I have facilitated 6 cases and got fantastic results. There are many in-home programs, e.g., Home Instead, which will work with the VA to provide many services, including hospice, for veterans—free of charge in their home. There is a local hospital that works directly with the VA and will provide nursing care in the home for up to 6 months.

The DMVA in Pa. will outfit any vehicle for handicapped assistance for free with the proper financial reports, DD 214 and medical records. There is a bit of work to attain such assets; however, an accredited VSO can "run the gauntlet" much easier than anyone else. I have established a working relationship with Pa. Senator Toomey's office and this bit of "horsepower" has made many things occur to aide our local Veterans.

My ultimate point [to make] is to engage the VSO Community and not try to only depend on TRICARE.

Another supplemental program is Geisinger Gold. If you are on TRICARE for Life, this is free. So now you have TRICARE for life free, Geisinger Gold free and probably pay \$135.00/month for Medicare. Do research yes, engage VSOs and find out what your state's DMVA has to offer. Better to make connections now, find an avenue of approach and act ASAP or your loved ones will have to find their way under distress.

*BUC(SCW) David Sharp
Branch 115, Lehigh Valley*

Submit Shipmate Forum letters to FRAtoday, 125 N. West St. Alexandria, VA 22314. Submissions may be sent to fratoday@fra.org. Please include "Shipmate Forum" in the subject line. FRA reserves the right to select and edit letters for publication. Letters published in Shipmate Forum reflect the opinions and views of individual FRA members. They do not necessarily reflect the official position of FRA as a whole. FRA is not responsible for the accuracy of letter content.

Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."

– Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

NEW

Now comes with...

Larger 22-inch hi-resolution screen – easier to see
16% more viewing area

Simple navigation – so you never get lost

Intel® processor – lightning fast

Computer is in the monitor –
No bulky tower

Text to Speech translation –
it can even read your emails to you!

U.S. Based Customer Service

FREE
Automatic
Software Updates

you took part? Call now, and you'll find out why tens of thousands of satisfied seniors are now enjoying their WOW Computers, emailing their grandchildren, and experiencing everything the Internet has to offer. Call today!

- Send & Receive Emails
- Have video chats with family and friends
- Surf the Internet:
Get current weather and news
- Play games Online:
Hundreds to choose from!

Call now and find out how you can get the new WOW! Computer.

Mention promotional code 109956
for special introductory pricing.

1-888-662-8002



ON & OFF *capitol hill*

News & Notes from the Fleet Reserve Association's Legislative Team



John Davis DLP

NDAA Blocks TRICARE Fee Increase

As *FRAtoday* goes to press, the Senate has just approved the final version of the FY2019 NDAA, and sent it onto President Trump to sign into law. In last month's On and Off the Hill I asked: Will retirees take another hike? Well, I'm glad to tell you retirees responded to the threat and many Shipmates contacted their legislators and it helped stop another TRICARE fee hike. It was also nice to see nearly 6,500 Shipmates from all over the country use

the Action Center to weigh in on the Armed Forces Retirement Home catastrophic fee increase and it had an impact (see NDAA story below for more details). The FRA Action Center is intended to maximize the impact of member participation in the legislative process. Members are encouraged to go to the FRA Action Center on the website (www.fra.org) to locate the list of current issues important to veterans and the ability to respond.

Big Changes to TRICARE Dental Coming Soon

Military retirees will be receiving a postcard in the mail pertaining to the upcoming changes to TRICARE dental and vision programs. This new insurance option for certain beneficiaries is set to be implemented on January 1, 2019. The existing TRICARE Retiree Dental Plan currently provided through Delta Dental, will expire December 31, 2018. The newly designed option was included in the 2017 National Defense Authorization Act. It delayed the start date to allow time for better preparation and communication of the new plan. It will be administered through the Federal Employees Dental and Vision Insurance Program (FEDVIP). Under this new program beneficiaries must choose a plan during TRICARE's open season (**November 12, 2018-December 10, 2018**). Beneficiaries need to know there is no automatic transition for those currently enrolled in the TRICARE Retiree Dental Program. Changes can only occur during open season or life

changing events.

All TRICARE retirees and their families are eligible for both the dental insurance and vision coverage. Active duty military families are only eligible for the vision coverage.

The FEDVIP dental program of offerings will replace the existing TRICARE Retiree Dental Plan, which is currently provided through Delta Dental.

The retiree dental plan and the new addition of a vision plan will allow for beneficiaries to make a selection from among several dental and vision carriers with a variety of benefit options. The FEDVIP program lists 10 dental carriers and four vision carriers (Delta Dental is included) with comprehensive dental and vision insurance at competitive group rates.

Beneficiaries are encouraged to start getting information and pre-enrollment communications through the website that was set up specifically for this program.

Go to: www.tricare.mil/openseason

Final NDAA has No TRICARE Fee Increase

The House approved (354-94) the final version of the National Defense Authorization Act (NDAA-H.R. 5515) and the following week the Senate approved it (87-10). The final bill eliminates a huge TRICARE fee increase that was in the Senate-passed version of the bill. Section 701 of the Senate bill would have doubled TRICARE annual fees for retirees under age 65. FRA lobbied successfully to have the onerous provision removed from the final bill.

The bill also provides an FRA-supported cap on rent increases for the Armed Forces Retirement Home (AFRH) and prohibits AFRH from removing a resident solely because they cannot afford to pay the increases in rent. AFRH residents were scheduled to see huge increases in their rent payments and the NDAA requires that the increase be spread over three years. The Association wants to thank members who used the FRA Action Center to express their views to legislators on these and other issues. Your efforts paid off.

Other provisions in the final bill include:

- Increasing active duty pay (2.6 percent) keeping pace with civilian pay increases;
- Repealing a scheduled one percent cut in Basic Allowance for Housing (BAH) for active duty;
- Increasing end strength for all branches of the armed services;
- Requiring the Secretary of the Army to take steps to

extend the life of Arlington National Cemetery;

- Improving the Transition Assistance Program (TAP);
- Expanding availability of Military One Source for retired and discharged members of the Armed Forces;
- Allowing Purple Heart, Medal of Honor, former POW, and service-connected disability veterans, and caregivers for disabled veterans to use commissaries and MWR facilities;
- Permitting veterans, who have a 100 percent service connected disability, to utilize a travel benefit currently extended to active duty and retired military members and their families to travel on military aircraft when there is extra space onboard.
- Mandating maximum life insurance coverage for service members deployed in a combat zone; and
- Eliminating a proposed Medicare Advantage voluntary pilot program for TRICARE-for-Life (TFL) beneficiaries.

This final bill provides an overall increase in topline funding to support our troops and readiness recovery. FRA wants to thank our Shipmates for using the FRA Action Center on issues pertaining to the NDAA. Your efforts complement the FRA Legislative Team's efforts to protect and expand your earned benefits.

FRA Contributes in MSO/VSO Round Table Discussion with House Democrats

Director of Legislative Programs, John Davis participated in a roundtable discussion with several VSO/MSO members and House Minority Leader Nancy Pelosi (Calif.), Reps. Mark Takano (Calif.), Conor Lamb (Pa.), Julia Brownley (Calif.) and members of the House Veterans Affairs Committee (HVAC). Also Rep. Eric Swalwell (Calif.), and Rep. Seth Moulton (Mass.), both members of the House Democratic Caucus, were also in attendance.

The focus of the meeting was implementation and funding of the VA Mission Act. The FRA-supported bill was recently signed into law and will do the following:

- Expand the VA Caregiver program to include all disabled veterans;
- Consolidate seven VA community care programs

into one to improve access to care;

- Fund for the VA Choice program; and
- Audit VA infrastructure.

The House Minority leader expressed serious concerns that the current appropriations bills (MilCon/VA-H.R. 5895/S.3024) do not provide sufficient funding for the Act and that spending caps created by the Budget Control Act limit additional funding. FRA staff have discussed this concern with House Military Construction and Veterans Affairs Appropriations Subcommittee staff. Both bills have passed their chamber of origin and a conference committee has been appointed to resolve the differences between the two bills. FRA staff will continue to monitor the appropriations process to ensure adequate funding for all VA programs.

NED Snee Testifies Before SVAC on AOBWN

National Executive Director Thomas Snee testified before the Senate Veterans' Affairs Committee (SVAC) urging the Committee to approve the



"Blue Water Navy Vietnam Veterans Act" (H.R.299) without amendment and send it to the Senate floor for final passage, and then send it on to the President to sign it into law. Tom Snee's dramatic testimony can be seen at:

<https://www.dropbox.com/s/ubwi3047xchm4rf/Mr.%20Snee%20Testimony%20%20Copy.mp4?dl=0>

The bill recently passed the House without any "No" votes (382-0). The Department of Veterans Affairs (VA) also testified at the Senate hearing on the bill and is actively opposing the legislation. Senator Kirsten Gillibrand (NY), the sponsor of the Senate bill (S.422) and Senator Steve Daines (Mont.) the first original co-sponsor of S.422 also provided emotional testimony in support of the House bill and urged the Committee to approve the bill and send it to the Senate floor for final passage.

The original FRA-supported proposal would clarify that service members serving off the coast of the Republic of Vietnam during the Vietnam

conflict have a presumption for filing disability claims with the Department of Veterans Affairs (VA) for ailments associated with exposure to the Agent Orange herbicide. During the committee markup in the House, the legislation was amended to extend the presumption of herbicide exposure for veterans who served on or near the Korean DMZ between September 1, 1967 and August 31, 1971. As amended, the legislation will now also extend health care, vocational training & rehabilitation and monetary allowance to a child who was born with spina bifida if at least one of the child's parents served in Thailand between January 9, 1962 and May 7, 1975 and the VA determines that at least one of the parents had been exposed to a herbicide agent during that period. The bill also now includes changes to VA's home loan program.

Attached is a *Military Times* article on this issue that includes a quote from NED Tom Snee.

<https://www.military.com/daily-news/2018/08/01/va-science-doesnt-support-agent-orange-claims-blue-water-vets.html>

FRA believes Congress should recognize that these veterans were exposed to the Agent Orange herbicide and authorize presumptive status for VA disability claims associated with this exposure. The committee did not indicate when the bill will be up for a Committee vote. Members are strongly urged to use the FRA Action Center located on the website (www.fra.org) to ask their Senators to support this bill.

Wilkie Confirmed as VA Secretary

The Senate confirmed Robert Wilkie to be the next Secretary of the Department of Veterans Affairs with a final vote of (86-9). Wilkie replaces Dr. David Shulkin, who was fired in March of this year. Wilkie is a former Pentagon official and faces a host of difficult issues. Some of the most pressing issues include filling senior vacancies, managing a \$10 billion digital health record contract and coordinating care for the 9 million

veterans served by the nation's largest health care system. In March 2018, Trump announced Robert Wilkie would serve as the acting secretary, before nominating him to serve as VA Secretary. Previously, Wilkie served at the Department of Defense as Undersecretary of Defense for Personnel and Readiness. FRA looks forward to working with the new VA Secretary on issues of mutual concern.

Wear it today
for only
\$29

Our Lowest Price
EVER on a Classic
Dress Watch!



**TAKE 85% OFF
INSTANTLY!**

When you use your
INSIDER OFFER CODE

Back Again for the First Time

*Our modern take on a 1929 classic, yours for the unbelievably nostalgic price of **ONLY \$29!***

You have a secret hidden up your sleeve. Strapped to your wrist is a miniature masterpiece, composed of hundreds of tiny moving parts that measure the steady heartbeat of the universe. You love this watch. And you still smile every time you check it, because you remember that you almost didn't buy it. You almost turned the page without a second thought, figuring that the **Stauer Metropolitan Watch** for only \$29 was just too good to be true. But now you know how right it feels to be wrong.

Our lowest price EVER for a classic men's dress watch. How can we offer the *Metropolitan* for less than \$30? The answer is simple. Stauer has sold over one million watches in the last decade and many of our clients buy more than one. Our goal isn't to sell you a single watch, our goal is to help you fall in love with Stauer's entire line of vintage-inspired luxury timepieces and jewelry. And every great relationship has to start somewhere...

Tells today's time with yesterday's style. The *Metropolitan* is exactly the kind of elegant, must-have accessory that belongs in every gentleman's collection next to his British cufflinks and Italian neckties. Inspired by a rare 1929 Swiss classic found at auction, the *Metropolitan Watch* revives a distinctive and debonair retro design for 21st-century men of exceptional taste.

The *Stauer Metropolitan* retains all the hallmarks of a well-bred wristwatch including a gold-finished case, antique ivory guilloché

face, blued Breguet-style hands, an easy-to-read date window at the 3 o'clock position, and a crown of sapphire blue. It secures with a crocodile-patterned, genuine black leather strap and is water resistant to 3 ATM.

Your satisfaction is 100% guaranteed. We are so sure that you will be stunned by the magnificent *Stauer Metropolitan Watch* that we offer a 30-day money back guarantee. If you're not impressed after wearing it for a few weeks, return it for a full refund of the purchase price. But once the first compliments roll in, we're sure that you'll see the value of time well spent!

Stauer Metropolitan Timepiece— \$199

Offer Code Price \$29 + S&P Save \$170

You must use the insider offer code to get our special price.

1-800-333-2045

Your Offer Code: MTW542-02

Please use this code when you order to receive your discount.

Stauer®

14101 Southcross Drive W.,
Ste 155, Dept. MTW542-02
Burnsville, Minnesota 55337
www.stauer.com



Rating of A+

Smart Luxuries—Surprising Prices™

Luxurious gold-finished case with sapphire-colored crown - Crocodile-embossed leather strap - Band fits wrists 6 1/4"-8 3/4" - Water-resistant to 3 ATM



HVAC Reviews Enacted VA Disability Claims Appeal Reform

The House Veterans' Affairs Committee recently held an oversight hearing on the Department of Veterans Affairs (VA) implementation of the Veterans Appeals Improvement and Modernization Act (H.R.2288 – Public Law 115-55) that was enacted in August of 2017 and first reported in May 12, 2017 *NewsBytes*. The enacted law sponsored by Rep. Mike Bost (Il.), will create three "lanes" for veterans' appeals:

- Local Higher Level Review Lane where an adjudicator reviews the same evidence considered by the original claims processor;
- New Evidence Lane where the veteran could submit new evidence for review and have a hearing; and
- Board Lane where jurisdiction for the appeal would transfer immediately to the Board of Veterans' Appeals.

The lanes are supposed to be established by November 1, 2018. Under the new law, the Secretary has authority to test the new system prior to full implementation. It would also allow some veterans, already going through the appeals process, to opt into the new system. FRA welcomes the oversight hearing that will keep pressure on the VA bureaucracy to implement the law in a timely manner.

Acting MCPON Statement

The Navy's acting Master Chief Petty Officer of the Navy (MCPON), Fleet Master Chief SW/IW/AW Russell Smith, is calling on chief petty officers to "visibly lead" through the transition to the next MCPON and beyond. Chief of Naval Operations Adm. John Richardson appointed Smith to temporarily take over the MCPON's office after former MCPON (SG/IW) Steven Giordano's resignation first reported in June 29, 2018 *NewsBytes*. The position of MCPON was created by legislation in 1966 and was strongly supported by FRA. The holder of this rank and post is the senior enlisted member of the Navy. MCPON is appointed by the CNO to serve as the spokesperson to the highest positions in the Navy on issues impacting enlisted personnel.

Giordano was appointed the 14th MCPON in September 2016 and his resignation comes during an ongoing inquiry by the Navy Inspector General's office into claims he created a "toxic work environment" in his office. According to press accounts, a complaint was filed by a member of his own staff. MCPON Giordano's resignation leaves the MCPON position open for the first time since the position was created.

Acting MCPON's statement says: "It's vital we maintain the integrity of the office and what it stands for—advocating on behalf of our Sailors and their families. Our Navy is a learning organization that is constantly growing and evolving. As an institution we are strong enough to absorb this challenge, but we must visibly lead through it if we are to come out stronger on the other side. With that I say thank you for your faith, support and well wishes as we keep charging to make this happen. This is the beginning of the next chapter for this historic office. Our goal is to provide authentic, transparent communications and a seamless transition."

A copy of the full statement is available at: <http://navylive.dodlive.mil/2018/06/28/a-message-from-fleet-master-chief-russell-smith/>.

It's not a Wheelchair...

It's not a Power Chair...

It's a Zinger!

Call Now
for **FREE**
Shipping

Meet the future of personal transportation.

More and more Americans are reaching the age where mobility is an everyday issue. Whether from an injury or from the everyday aches and pains that come from getting older—getting around isn't as easy as it used to be. You may have tried a power chair or a scooter. The Zinger is NOT a power chair or a scooter! The Zinger is quick and nimble, yet it is not prone to tipping like many scooters. Best of all, it weighs only 47.2 pounds and folds and unfolds with ease so you can take it almost anywhere, providing you with independence and freedom.

Years of work by innovative engineers have resulted in a mobility device that's truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The Zinger features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables great mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are right on the steering arm so it's simple to operate, and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the Zinger is sturdy and durable yet lightweight and comfortable! What's more, it easily folds up for storage in a car seat or trunk— you can even gate-check it at the airport like a stroller. Think about it, you can take your Zinger almost anywhere, so you don't have to let mobility issues



Just think of the places you can go:

- Shopping ● Air Travel ● Bus Tours
- Restaurants— ride right up to the table!
- Around town or just around your house

rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 250 pounds, and it can go up to 6 mph and operates for up to 8 hours on a single charge.

Why spend another day letting mobility issues hamper your independence or quality of life?

Zinger Chair

Call now toll free

and get FREE Shipping

1-888-662-7998

Please mention code 109955 when ordering.



The Zinger folds to a mere 10 Inches.

Not intended for use by individuals restricted to a sitting position and not covered by Medicare or Medicaid. Zinger is not a medical device.

© 2018 firstSTREET for Boomers and Beyond, Inc.

VA Accountability & Whistleblower Protection Act Hearing

The House Veterans' Affairs Committee recently held an oversight hearing on the implementation of the "VA Accountability and Whistleblower Protection Act" that was enacted into law in 2017 (S.1094/H.R.1259-P.L. 115-41).

This FRA-supported law is intended to bring accountability to the Department of Veterans Affairs (VA). The bill streamlines the process to remove, demote or suspend any VA employee for poor performance or misconduct. The bill also expanded protections for whistleblowers at the VA. Additionally, the bill authorizes VA to reduce an employee's federal pension if they are convicted of a felony that influenced their job at VA. The hearing was held on the one-year anniversary of the enactment of the bill. FRA welcomes this oversight hearing to ensure that the legislation is promptly and effectively implemented.

Some Disabled Veterans are Owed IRS Refund

As a result of the enactment of FRA-supported legislation (Combat-Injured Veterans Tax Fairness Act passed in 2016-H.R.5015; P.L. 114-292) the Internal Revenue Service recently issued notice (IR-2018-148) advising certain veterans who receive disability payments from the Department of Veterans Affairs after January 17, 1991 and reported the payment as income should file an Amended U.S. Individual Income Tax Return (Form 1040X) to claim a credit or refund of overpayment of taxes due to VA disability payments. IRS asks beneficiaries submitting Form 1040X to write "Veteran Disability Severance" on the top of the front page of the form. Forms must be submitted by regular mail with a copy of DoD letter informing beneficiary of eligibility of refund to:

Internal Revenue Service
333 W. Perishing Street, Stop 6503, P5
Kansas City, Mo. 64108

This issue was reported in March 2018 issue of *On & Off the Hill* and is estimated to impact more than 14,000 veterans.

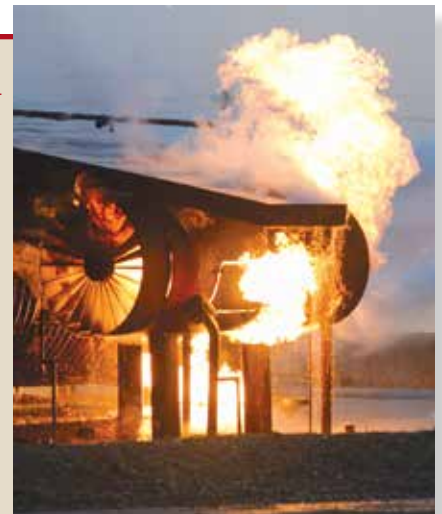
Appeals Court Limits Lawsuits on Burn Pits

A three-judge panel of the 4th Circuit Court of Appeals recently concurred with a lower court opinion that Iraq and Afghanistan disabled veterans because of exposure to burn pits cannot move forward with dozens of lawsuits against a military contractor (KBR, a former subsidiary of Halliburton). The prevailing opinion of the lower court found for the contractor since the military had unrestricted control over KBR so that KBR's decisions on waste management and water services were "de facto military decisions" not appropriate for judicial review. The plaintiff's attorney representing more than 800 current and previous service members stated that they were disappointed with the decision and did not indicate if they would appeal to U.S. Supreme Court. KBR successfully argued that the decision to use burn pits was made by the military, which also made decisions on where the pits would be located, what hours they would operate and what would be burned.

FRA is supporting the "Burn Pits Accountability Act" (H.R.5671). The bill directs the Defense Department to

provide service members in Iraq and Afghanistan to have periodic health assessments during deployment and during military separations; an evaluation of whether or

not a service member has been exposed to open burn pits or toxic airborne chemicals. If they report being exposed, they will be enrolled in the Burn Pit Registry unless they opt out. The bill is sponsored by Reps. Tulsi Gabbard (Hawaii) and Brian Mast (Fla.), Iraq and Afghanistan veterans, respectively. This bill is listed on the FRA Action Center on the website (www.fra.org) and members are encouraged weigh in on this issue.



Perfect Choice HD Ultra™ is simple to use, hard to see and easy to afford...

Invention of the Year

PERSONAL SOUND AMPLIFICATION PRODUCT (PSAP)

IT'S NOT A HEARING AID

**FREE
Shipping**
limited
time offer

**Understand what
people are saying...
the first time**



Now you see it...

**Now you
don't**



If you are one of the 48 million Americans suffering from hearing loss, we have great news for you. An innovative team of doctors and engineers have teamed up to create a truly revolutionary personal sound amplifier. It's not a hearing aid—those require trips to the audiologist, hearing tests and can cost as much as \$5,000. It's also not a cheap amplifier that just makes everything louder, making it virtually impossible to hear conversations. It's Perfect Choice HD Ultra™... and it may be the perfect solution for you.

Perfect Choice HD Ultra™ is the first PSAP that features Dynamic Speech Optimization (DSO). This technology enables the device to prioritize the spoken word over other sounds. These noises are generally in different frequencies than voices, but they can drown out the words and make conversations hard to understand. This invention targets the frequencies of the human voice and amplifies the words. It's even designed to diminish feedback even at higher volumes, so you can customize your hearing experience to meet your needs. Just imagine how great it will feel to be able to understand what people are saying... the first time they say it.

That's only the beginning. This unit is small and lightweight at less than an ounce, so it hides discreetly and

**Perfect Choice HD Ultra™
is perfect for...**

- Watching TV • Restaurants
- Dinner parties • Lectures
- Outdoor conversations • Sermons
- ...and other times where you need to turn up the volume

comfortably behind your ear. The only way people will know you have it on is if you tell them. Plus, its moisture resistant coating make it durable— you could even leave it in when you take a shower! There's no fitting or hearing test required, so it's ready to use right out of the box. Once it's arrived, a helpful product expert will provide a one-on-one set up over the phone so you'll get the maximum benefit from this new technology. Call now, and you'll find out for yourself why so many people love their Perfect Choice Ultra. If you aren't completely satisfied, you can return your purchase and only pay a small restocking fee depending on the condition of the product. Call Today, and be sure to ask about special discounts for Seniors and Military personnel!

**Perfect
Choice HD
ULTRA™**

It's Better

COMFORT	Less than 1 ounce
SOUND QUALITY	Excellent: Optimized for speech
FITTING REQUIRED?	No
ONE-ON-ONE SETUP	Free
SENIOR AND MILITARY DISCOUNTS	Yes

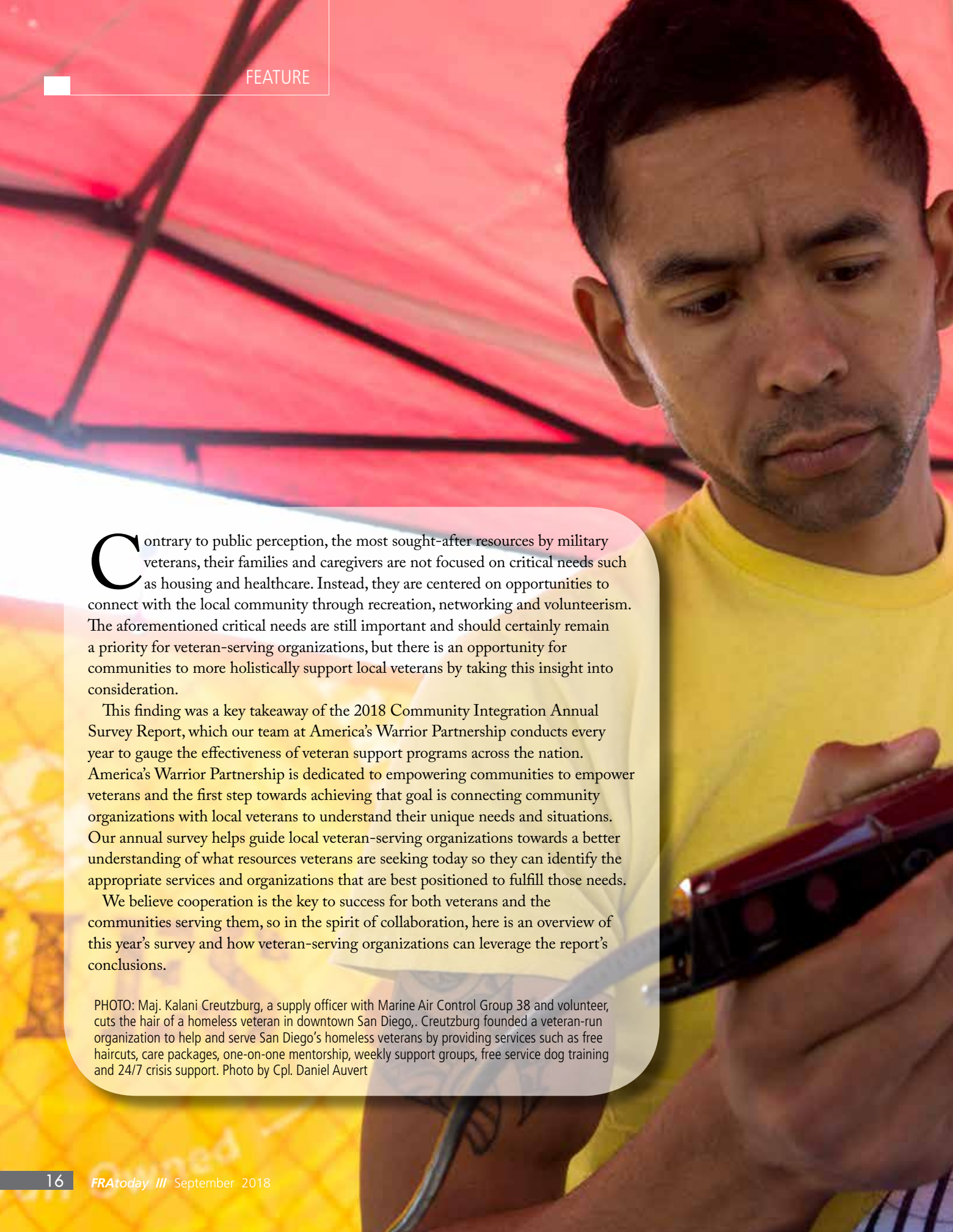
Call now and get FREE Shipping

1-888-874-9759

Please mention promotional code
109957.

1998 Ruffin Mill Road, Colonial Heights, VA 23834

Perfect Choice HD Ultra is not a hearing aid. If you believe you need a hearing aid, please consult a physician.

A close-up photograph of a man with short dark hair, wearing a bright yellow t-shirt. He is looking down intently at a red hair clipper he is holding in his hands. The background is a blurred pink and white striped canopy.

Contrary to public perception, the most sought-after resources by military veterans, their families and caregivers are not focused on critical needs such as housing and healthcare. Instead, they are centered on opportunities to connect with the local community through recreation, networking and volunteerism. The aforementioned critical needs are still important and should certainly remain a priority for veteran-serving organizations, but there is an opportunity for communities to more holistically support local veterans by taking this insight into consideration.

This finding was a key takeaway of the 2018 Community Integration Annual Survey Report, which our team at America's Warrior Partnership conducts every year to gauge the effectiveness of veteran support programs across the nation. America's Warrior Partnership is dedicated to empowering communities to empower veterans and the first step towards achieving that goal is connecting community organizations with local veterans to understand their unique needs and situations. Our annual survey helps guide local veteran-serving organizations towards a better understanding of what resources veterans are seeking today so they can identify the appropriate services and organizations that are best positioned to fulfill those needs.

We believe cooperation is the key to success for both veterans and the communities serving them, so in the spirit of collaboration, here is an overview of this year's survey and how veteran-serving organizations can leverage the report's conclusions.

PHOTO: Maj. Kalani Creutzburg, a supply officer with Marine Air Control Group 38 and volunteer, cuts the hair of a homeless veteran in downtown San Diego. Creutzburg founded a veteran-run organization to help and serve San Diego's homeless veterans by providing services such as free haircuts, care packages, one-on-one mentorship, weekly support groups, free service dog training and 24/7 crisis support. Photo by Cpl. Daniel Auvert

Veterans Seek To Connect With Their Community

by Jim Lorraine,
President and CEO
of America's Warrior
Partnership

RECREATION, STRONG RELATIONSHIPS, AND SPIRITUALITY OVERVIEW

- 55.9%** are seeking opportunities for recreational activities.
- 48.0%** are seeking opportunities to connect with others.
- 39.8%** are seeking volunteer opportunities.
- 14.6%** are seeking spirituality resources.

RECREATIONAL ACTIVITY STATUS



42.1%
have injuries or disabilities preventing them from engaging in moderate physical activity

57.9%
do not have any injuries or disabilities preventing them from engaging in moderate physical activity

Evaluating Veterans' Overall Outlooks

More than 1,600 veterans, active-duty service members, military family members, caregivers and community members participated in the 2018 survey. The survey was administered anonymously and open to communities across the nation. In addition to examining topics such as the resources participants are seeking, the survey is the only one of its kind to incorporate the Adult Hope Scale¹, which is a proven method of evaluating hope through both objective and subjective measurements. The Adult Hope Scale enables us to more accurately determine how a veteran's overall outlook on life is impacted when specific needs, such as employment, education or housing, are fulfilled by a service provider.

America's Warrior Partnership separates life outlook into three categories: "thriving," "in transition" and "stuck." Thriving represents the highest level of hope while stuck represents the lowest level of hope. Overall, we found that the majority of veterans (55 percent of all survey participants) land in the thriving category of the scale, which is a two percent increase compared to the 2017 survey. In addition, we found that as the Adult Hope Scale score for veterans in a

community increases, their feeling of being able to adapt to changes and bounce back from hardships also increases.

This finding indicates that most veterans are in fact doing quite well, which is in large part due to the dedication of community organizations and local service providers that have prioritized connecting veterans with the resources they need to ensure a smooth transition to civilian life.

Sought-After Resources Center on Community Engagement

As was previously mentioned, resources to assist veterans with critical needs such as housing and healthcare remain essential, but they are not the most sought-after resources according to this year's survey. The top six resources sought by veterans are as follows:

1. **Recreation:** 56 percent of survey participants seek greater opportunities for recreational or other physical activities
2. **Networking:** 48 percent seek greater opportunities to connect with others
3. **Volunteerism:** 40 percent seek volunteer opportunities
4. **Health Benefits:** 39 percent seek access

EXERCISE ROUTINE

Of those that do not have any injuries or disabilities,



65.4%
of warriors indicate
they exercise regularly.

60.5%
exercise 2 hours
or less a week

13.7%
Of those warriors,
exercise between
2 and 2.5 hours a
week

25.8%
exercise more
than 2.5 hours

PARTICIPATION IN COMMUNITY EVENTS



35.8% of veterans are
currently active participants
in their community whereas
64.2% are not.

Families are more likely
than singles to participate in
community events.

The entire survey is available online at:
www.AmericasWarriorPartnership.org/all-news

to health benefits (*e.g.* assistance with enrollment in VA and non-VA benefit programs)

5. **Better Employment:** 38 percent seek access to better employment conditions (*e.g.* better pay, benefits, etc.)
6. **Finding a Job:** 33 percent seek assistance in obtaining employment

The top three resources in this list are each centered around opportunities to connect with and give back to the community. Moreover, there is a significant number of veterans who are only seeking assistance in these areas. In fact, 20 percent of the population of veterans surveyed are only looking for either a connection to other service members, recreational activities or ways to continue serving in a civilian capacity through volunteerism. These veterans are not seeking access to any other resources.

This is the second year in a row that our survey results have identified these resources as the most sought-after by veterans. After receiving similar feedback last year, we encouraged the affiliate communities that we partner with to emphasize opportunities in these areas for the local veterans

that they serve. To determine the impact of these efforts, we expanded this year's survey to include a year-over-year comparison of veterans' perceptions within these communities. We found that in communities that prioritized supporting veterans in these three areas, 81 percent of veterans felt that they have the resources they need within their community, as opposed to only 75 percent in the previous year's survey. Additionally, veterans' perception that they can thrive in their community increased by eight percent year over year.

These findings show that there is a tremendous opportunity for veteran-serving organizations to give local veterans a sense of belonging by focusing on these areas. Organizing community events that provide veterans and their families with the opportunity to volunteer and connect with fellow veterans is one approach that groups can take to fulfill this need. To complement the efforts of local community organizations, our team at America's Warrior Partnership is working to increase access to recreation for veterans on a national level through programs such as the Four Star Alliance. This collective helps connect veterans and community groups with organizations that provide adaptive sports and

recreation-based health and wellness programs specifically designed for veterans and their families.

The Importance of Proactive Outreach and Frequent Interactions

In addition to determining the specific resources that veterans seek, our annual survey also assessed the most effective ways that veteran-serving organizations can deliver support to veterans, active-duty service members, and their families and caregivers. In short, service providers need to prioritize:

- **Conducting proactive outreach:** on average, twice as many veterans were engaged by service providers through proactive outreach as opposed to those who sought assistance as a walk-in
- **Establishing long-term relationships:** on average, only 25 percent of veterans feel a sense of wellbeing within the three months of engagement with a community organization, but that number increased to 75 percent after engaging with a community organization for more than three months
- **Engaging in frequent interactions:** on average, veterans who were engaged once a week or a few times a week are 25 percent more likely to feel empowered by their community compared to those who were engaged just a few times a year

These findings reinforce the fact that it is important for communities to not only consider the type of resources they provide to local veterans, but also how they interact with them. This is an area where information technology (IT) tools and systems can empower organizations to spend less on time-consuming administrative tasks, such as data entry and record keeping and focus more on engaging veterans. There are many IT platforms designed specifically with veteran organizations in mind, such as our own WarriorServe® system. The right IT solution can help organizations streamline case coordination, improve impact reporting and enhance the management of veteran outreach.

Empowering Communities to Empower Veterans

The year-over-year increase in veterans' outlooks as measured by the Adult Hope Scale is an encouraging trend, and we hope to help continue that increase by sharing the results of our annual survey with veteran-serving organizations and communities nationwide. The complete results of this year's survey and additional commentary on key findings is available free of charge on our website at: AmericasWarriorPartnership.org/all-news.

Our annual Warrior Community Integration Symposium will also provide veteran-centered professionals with the opportunity to attend presentations, breakout sessions and workshops designed to help communities better understand and act on the latest research related to our nation's veterans. More information about this year's event is available at: AmericasWarriorPartnership.org/2018-Symposium.

With a proper understanding of the resources veterans seek, along with a clear grasp of the manner in which to deliver these services, we can together create communities where veterans and their families are empowered to achieve the higher quality of life they deserve. **FRA**

Cited Resources

1. Snyder, C.R., Harris, C., Anderson, J.R., Holleran, S.A., Irving, L.M., Sigmon, S.T., et al. (1991) The will and the ways: Development and validation of an individual- differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585. The Adult Hope Scale Score is a scale between 64 and 0. Thriving is defined as those who received a score of more than 51. In transition is defined as those who received a score between 39 and 51. Stuck is defined as those who received a score of less than 39.

About the Author

Jim Lorraine is President and CEO of America's Warrior Partnership, a national non-profit that helps veteran service organizations connect with veterans, military members and families in need. Learn more about the organization at AmericasWarriorPartnership.org.

King Solomon's Secret Treasure: FOUND

Ancient beauty trapped in mines for centuries is finally released and available to the public!

King Solomon was one of the wealthiest rulers of the ancient world. His vast empire included hoards of gold, priceless gemstones and rare works of art. For centuries, fortune hunters and historians dedicated their lives to the search for his fabled mines and lost treasure. But as it turns out, those mines hid a prize more beautiful and exotic than any precious metal: chrysocolla.

Prized by the wisest king of the Bible. Known as the "Wisdom Stone," chrysocolla was considered a powerful talisman of healing and calming energy. Ancient rulers of the Biblical era relied on it for guidance and now this legendary treasure can be yours with our stunning *Earth & Sea Chrysocolla Necklace*. Call today to bring home 325 carats for **ONLY \$49!**

Nothing like it on Earth. The mesmerizing swirls of color in chrysocolla come from a unique combination of elements found in the rich mineral deposits of copper mines. When miners find a vein of blue-green, all digging stops so that the delicate chrysocolla can be extracted by hand.

Masterpieces of natural art. Our *Earth & Sea Chrysocolla Necklace* features a strand of polished, enhanced chrysocolla ovals—and silver-colored beads—that meet at a gorgeous teardrop pendant. Every chrysocolla is unique, showcasing a canvas painted by Mother Nature herself.

Your satisfaction is guaranteed. Wear the *Earth & Sea Chrysocolla Necklace* for a few weeks. If you aren't convinced that it's one of nature's most elegant creations, simply send it back within 30 days for a full refund of your purchase price. But once you experience this gorgeous gemstone for yourself, we're betting that you'll want to share King Solomon's secret with the world!



"...it ranks number one amongst many of her Stauer fine jewelry. The green color tones add depth and clarity."

— T. from
La Pine, OR

*Own the Most
Beautiful Stone
You've Never
Seen Before—
325 carats
for only \$49!*

TAKE 84% OFF INSTANTLY!

When you use your **INSIDER OFFER CODE**

Earth & Sea Chrysocolla Necklace ~~\$299~~*

Offer Code Price— \$49 + s&p

You must use the insider offer code to get our special price.

1-800-333-2045

Offer Code ESN408-01

Please use this code when you order to receive your discount.

- 325 carats of chrysocolla
- 18" necklace (with 2" extender) secures with a lobster clasp

Smart Luxuries—Surprising Prices™

Necklace enlarged to
show luxurious detail.



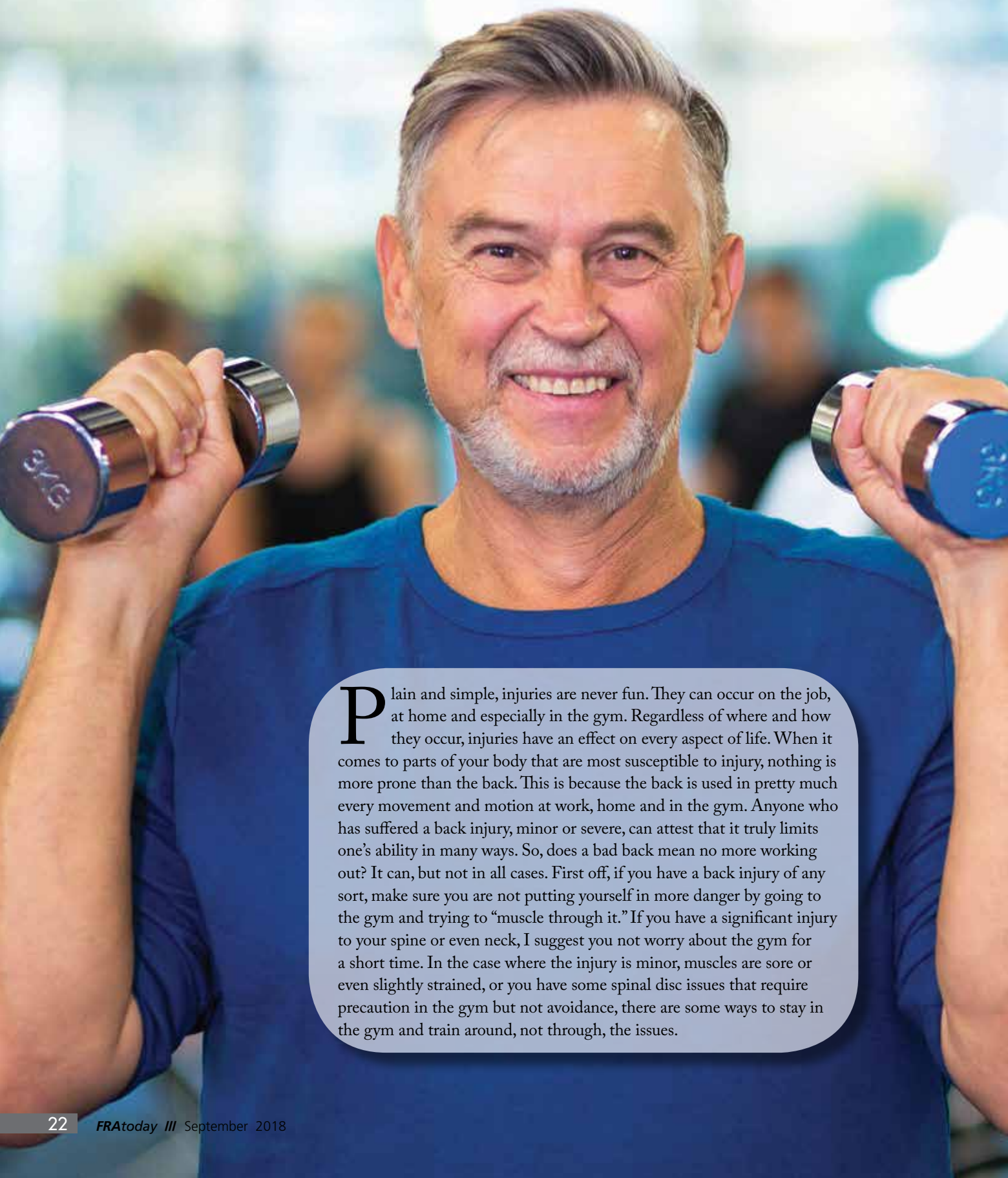
Stauer®

14101 Southcross Drive W.,
Ste 155, Dept. ESN408-01,
Burnsville, Minnesota 55337

www.stauer.com



* Discount for customers who use the offer code versus the listed original Stauer.com price.



Plain and simple, injuries are never fun. They can occur on the job, at home and especially in the gym. Regardless of where and how they occur, injuries have an effect on every aspect of life. When it comes to parts of your body that are most susceptible to injury, nothing is more prone than the back. This is because the back is used in pretty much every movement and motion at work, home and in the gym. Anyone who has suffered a back injury, minor or severe, can attest that it truly limits one's ability in many ways. So, does a bad back mean no more working out? It can, but not in all cases. First off, if you have a back injury of any sort, make sure you are not putting yourself in more danger by going to the gym and trying to "muscle through it." If you have a significant injury to your spine or even neck, I suggest you not worry about the gym for a short time. In the case where the injury is minor, muscles are sore or even slightly strained, or you have some spinal disc issues that require precaution in the gym but not avoidance, there are some ways to stay in the gym and train around, not through, the issues.

Training Around Injuries

By Denny Marshall



When Does It Hurt?

This is a question everyone having a bad back should ask themselves. Is the pain constant, even when you are not moving? If so, do not work out. Does your back only hurt when you bend over, twist or arch? Avoid any movements that require your back to be put in these positions. Look for movements that help keep your back stable and neutral. This is accomplished and aided through the use of benches or the floor, especially with press movements. When training your upper body, avoid any overhead presses that put pressure on the spine and neck. Also, limit the weight you are moving to avoid any rocking motion or using momentum to move the weight. The name of the game, when training with an injured or sore back, is to keep the back out of your workout as much as possible.

Be Proactive

An injured back could mean many things but one way to avoid future injury is to focus on building a stronger core. Many back injuries that take place in the gym are not due to improper form so much as due to the individual having a weak core. Some methods to target those trunk and core muscles are oblique work, planks (do an assisted variation if needed to protect your bad back), light lower back work (hyperextension machine, Superman crunches-regular or kneeling) or anything that does not hurt your back. A bad back does not always mean no gym time or workouts but you do have to be smart and listen to your body. A sore back is no joke and if it hurts, there may be an issue. You have to be safe and smart if you plan to workout with an ailing back. Remember to work around the injury and not through it.

Get Real

This is where I get real with my clients and where you need to get real with yourself. If you tell me your shoulder hurts so bad you cannot lift it and you just hurt it yesterday, I am going to send you home. I understand you are ready to workout but we

need to think beyond today. We are not professional athletes and tomorrow is not the Olympics. When you are injured, your priority is dealing with your injury or at the very least, not worsening it. If you are questioning whether you should be at the gym-go home.

Focus On Recovery

Use your time at home to work on your recovery. Recovery does not mean sitting still. It could mean; using a foam roller and a lacrosse ball to work out muscle spasms or adhesions, icing for ten minutes at the top of every hour or visiting your chiropractor, massage therapist or yoga instructor. Maybe even visiting your doctor and having diagnostic tests run. Without a doubt, you need to listen to your body and nurture it.

Be Reasonable

If you choose to stay at the gym and work around your injury, then really work around it. Make sure your trainer is aware of your situation. Do not do things that only “hurt a little.” If it hurts, stop doing it. If you are hurting it, you are not healing it. Yes, it might feel better once you get going into the workout but that has more to do with endorphins and adrenalin than it does with whether or not you are causing damage and preventing healing. This does not mean you cannot move around at all but do not do things that cause pain.

Do Not Create Other Injuries

If you are dealing with an injury that requires a long healing period, such as a shoulder injury, be careful you do not cause other injuries or imbalances in your training. If your left shoulder is hurt and you spend three months only working your right arm and right shoulder, you are setting yourself up for future problems. It is not just your arms, but your back, hips and legs that will be affected by this constant unbalanced unilateral movement. In this scenario, you are better off focusing on lower body and core exercises. Engage your coach in helping you choose appropriate exercises.

The best selling auto-loading scooter in Europe is now available in the US!

Finally... A scooter that loads itself in and out of your car.

Shipping
Included

Introducing the Quingo® Flyte - the powerful, portable mobility scooter that you never have to lift. Now featuring patented 5-Wheel Anti-Tip Technology.

It's a sad fact. Many people who have mobility issues and could benefit from a scooter aren't able to use them away from home. Struggling to get it into a car or loading it onto a bumper-mounted lift just isn't worth the effort. Now, there's a better scooter, the Quingo® Flyte. It's easy to use, even for one person, and requires no more effort than closing a car's tailgate. Clever design enables it to fit into SUV's, mini-vans, crossovers and hatchbacks.

Quingo® Flyte can load and unload itself in less than 60 seconds using an innovative ramp and a simple remote. The built-in guide rails can be installed in minutes and safely direct your scooter to ground level.



"For the first time in years I've been able to go with my granddaughters to the mall. A crowd gathers every time I unload my scooter from my car!"

– Judi K, Exeter, CA

Only one scooter is this powerful and portable

- Patented 5-Wheel Stability™ by Quingo takes you almost anywhere.
- No dismantling or lifting of heavy scooter parts.
- Fits most SUV's, mini-vans, crossovers and hatchbacks.
- Large motor + up to 350 pound capacity.
- Extra long range with BIG scooter performance.
- Won't bounce around in your car– locks in place.

Available
in portable,
auto-loading and
luxury models



Quingo flyte

featuring 5-Wheel Anti-Tip Technology
Call now toll free for our lowest price
Shipping Included.

1-888-662-8005

See it in action at www.QuingoUSA.com

Medicare and Medicaid no longer subsidize scooter sales. Today, cheaper scooters are cheaper for a reason. Get the most out of your investment with the best scooter on the market today.

Please mention code 109958 when ordering.

© 2018 firstSTREET for Boomers and Beyond, Inc.



There Is No Quick Fix

As with most things in life, we are in a hurry to get to the next step and injury recovery is no different. Beware of the quick fix. I have had clients come to me saying their doctor wanted to give them a cortisone shot. Unless you are playing the Super Bowl tomorrow, there is no reason for you to get a cortisone shot. In my experience it only allows you to train through the pain and worsen the injury. Likewise, beware of painkillers in general. If you want to take something, double or triple your fish oil and deal with the inflammation aspect of your injury. Pain is not a voice we should carelessly stifle.

If It Hurts, Stop, It Is Just Not Worth It.

This one is worth repeating! The majority of us work out for fun or because we are committed to a certain level of health. We are not professional athletes, nor for the most part even competitive amateur athletes. Our priorities in our lives are different from a pro-athlete and therefore our priorities in the gym should also be different.

Your mission in the gym is to get stronger, fitter and healthier for the long haul. As a coach, I want

to see you getting out of bed on your own at the age of 80. Training through pain and skipping recovery will not get you to that place. You can do it in the short-term, but it will come back to haunt you in the form of continued injuries, arthritis, chronic pain and more.

Think about the people in the gym who have the best form and put up the best numbers. They are the people who put in the work day in and day out, not the people who try to muscle through things. Treat your injury recovery the same way. Take the necessary time to heal properly; it will serve you in both your performance and your quality of life for years to come. **FRA**

Denny Marshall operates 360 Fit Performance with his business partner Myron Flowers. They believe everyone is an athlete and strive to bring that athletic aspect out of every client. Fitness 360 takes a grassroots approach in training student athletes from youth sports to high school, college and even at the professional level. Fitness 360 has some notable clients such as the National Football League's Vernon Davis, Vontae Davis, Steffon Diggs, Ronald Darby, Tahir Whitehead, Muhammad Wilkerson and Blake Countess.

NEW Rechargeable Digital Hearing Aid Technology Only \$229!*

(*Each when you buy a pair)

The new more powerful HearClear™ HCR2 rechargeable hearing aid combines advanced technology with a low price to provide you with outstanding value.

5 Star Reviews! ★★★★★

Outstanding Product! "This product is outstanding. Dad loves it, my mom loves it, and I am grateful! Don't believe that you have to spend a lot of money to get a quality hearing aid"
- Gilmore B.

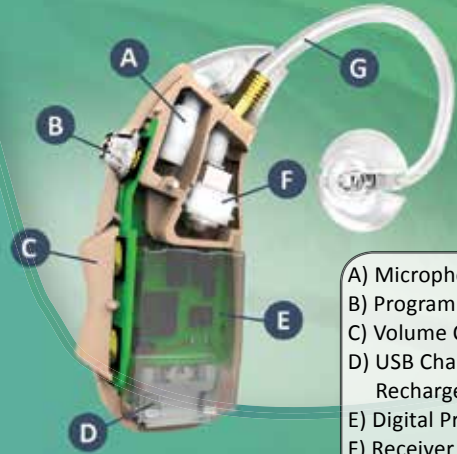


HCR2 Features!

- ✓ Digital sound processing chip provides **crystal clear sound and makes speech easier to understand** with less feedback than old analog technology
- ✓ Don't worry about replacing batteries! **Full Charge Gives 16 Hours of Use! (Charger Included)**
- ✓ Easy On / Off Button
- ✓ Automatic Noise Reduction and Feedback Cancellation
- ✓ **100% Money Back Guarantee**
- ✓ **4 Programs** for different listening situations

Even Better In Pairs!

Your brain is designed to use both ears working together. In fact, studies show that you may be able to **hear up to 3 times better** in noisy situations when using two hearing aids. Buy a pair for the best results and maximum savings!



- A) Microphone
- B) Program Button
- C) Volume Control
- D) USB Charging Port & Rechargeable Battery
- E) Digital Processor
- F) Receiver (Speaker)
- G) Sound Tube

New!
Now With
More Power!

Simple. Affordable.

Rechargeable Digital Hearing Aid - For Only \$229!*

The new HearClear™ HCR2 Rechargeable Digital Hearing Aids are now available to you for an unbelievably affordable price! The HCR2 is packed with same key technologies that all high end digital hearing aids share while leaving out the extra bells and whistles that increase cost and require expensive adjustments. This helps you **hear better, while saving you a lot of money.**

Your new HearClear HCR2 hearing aids work at a fraction of the cost of name-brand hearing aids, and you don't have to keep changing the batteries! You will love the discreet, comfortable, lightweight Open-fit design. The HCR2 is **shipped directly to you and pre-programmed for most hearing losses.** It will help you hear better right out of the box and does not require professional appointments to make costly adjustments.

You can spend thousands for an expensive hearing aid, or you can spend just \$249 for a hearing aid that is great for most hearing losses (**only \$229 each when you buy a pair – hear up to 3 times better than wearing just one**). We are so sure you will love your hearing aids that we offer a **100% Money Back Guarantee - Risk Free** if you are not satisfied for any reason.

NOW ON SALE!

~~List Price: \$849~~
Sale Price: \$229*

MONEY SAVING OFFER!

Use Coupon Code: **FR89**

1-888-545-2609

***Only \$229 Each When You Buy A Pair!**
(Coupon Code & Price Valid For A Limited Time Only)



The HCR2



FDA
REGISTERED

Visit and Save: www.AdvancedHearing.com/FR89

2018 FRA Candidates & Resolutions

Delegates at FRA's upcoming national convention in San Antonio, Texas, will be voting on a variety of resolutions, each of which is summarized below. These resolutions have been promulgated to FRA branches and the full content is available on the FRA website. If you mouse over the MEMBERSHIP tab and select the Officer Resources page, the Nominating Resolutions 2018 link is located at the top left column under the heading of Officer Resources. Shipmates are encouraged to read the justification and enactment details of each resolution and be prepared to vote on them in September.

Nominating Resolutions



William E. Starkey

Candidate for National President: Shipmates from South Jersey Branch 57 have within their membership a Shipmate who possesses these most important attributes and will provide the highest standard of service to the office of National President and the Shipmates of the FRA. **William E. Starkey** has been a member of the FRA since 1994 and a Life Member since 2003 and has served Branch 57 in the following positions: member of the Board of Directors for twenty-three years, Branch Treasurer for thirteen years,

Branch Secretary for eight years, Branch Vice President for a one-year term, Branch President for a one-year term, Branch Parliamentarian for fourteen years, Chairman of the Special Audit Committee for one year, and Chairman of the Bylaws revision committee for fourteen years. Bill has served the former Northeast Region in the following positions: Chairman of the 75th FRA National Convention Committee (1997-1999), held in Cherry Hill, New Jersey, Treasurer for three years, Vice President for two years (1999-2000) and (2001-2002), President for two years (2000-2001) and (2002-2003), and as Regional Parliamentarian for eight years. Starkey has served on the Northeast/New England Region in the following positions: Chairman of the Bylaws Committee, Northeast/New England Regional Treasurer for two years, and Northeast/New England Regional Parliamentarian for four years. Shipmate Starkey also served on the National C&BL Committee several times, as the Chairman of the C&BL Committee (2015-2016), on the National Board

of Directors as the Regional President Northeast (2000-2001) and (2002-2003), National Parliamentarian (2011-2012), and as National Vice President (2016-2017), and as National President (2017-2018).



Robert Washington

Candidate for National President: Shipmates from Navy Department Branch 181 have within their membership a Shipmate who possesses these traits and qualities and who has consistently dedicated himself to serving in the best interests and welfare of the Fleet Reserve Association and the prerequisites of Loyalty, Protection and Service. **Robert Washington**

has been a member in good standing of the FRA since 1988 and has been a Life Member since 2004. He was duly elected by the delegates at the 90th FRA National Convention in Hunt Valley, Maryland to the office of FRA National Vice President for the Association Year 2017-2018. Washington served at the Branch level in the elected positions on the Board of Directors; Treasurer six years; Secretary eight years; Vice President; and as President 12 years; also elected to serve as FRA North Capital Region Central Liaison Committee as Chairman. Washington also served the FRA East Coast Region as Regional Vice President (2002-2003); President (2003-2004); and as Regional Chairman of the Membership and Retention Committee; Active Duty membership Advisor; member of the Youth Activities; and Americanism Committees; and, Chaired the Regional Bylaws Committee. Washington retired from the Navy in 1998 while serving as the Navy's Senior Enlisted Advisor for the Defense Information Systems Agency; hired by FRA National Headquarters to serve in Member Services, and after a short training period this highly motivated Shipmate displayed a high degree of initiative, innovation, resourcefulness, and was promoted to Director of Member Services; served as Director Legislative Program; also served as Director of Membership Development, and

currently serves as Director of Outreach Coordination and retired this position on December 1, 2017. He also worked on health care issues for the FRA within The Military Coalition (TMC), Co-Chairing the Health Care Committee, advocating to Congress, Department of Defense Health Care, Tricare, involving issues related to the military community; he was appointed as a member of the DOD Initiative Review Panel; also appointed as Chairman DOD Uniform Formulary Beneficiary Advisory Panel. Navy Department Branch 181 endorses Washington's dedication and extensive experience to our beloved Association eminently qualifies him to serve in the office of National President.



James E. "Robbie" Robbins

Candidate for National Vice President: First Coast Branch 91 has within its membership a member, **James E. "Robbie" Robbins**, who has demonstrated all the required qualifications as

well as shown dedication and willingness to serve the Fleet Reserve Association by practicing the three cardinal principles. Robbins joined First Coast Branch 91 in 1987 (Life Member since 2005) and has served 16 terms as President (1996-1999, 2004-2017), seven terms as Vice President (1992-1996, 2000-2002) and two terms as a Director (1994-1996). He served as the chairman for Americanism Essay Contest for three years and served as Chairman of three Florida Coordinated Council of Branches and Units; and has served as a member on various committees at the regional level such as Welfare/ Rehabilitation, Activities, Americanism/Patriotism, Time and Place. He has attended 18 Regional Conventions and served as Regional Chaplain for one year, Master at Arms for seven years, Regional Vice President SE 2011-2012, and Regional President SE 2012-2013. He served a second time as Regional President Southeast 2016-2017 and is currently serving the Southeast Region as JRPRP SE 2017-2018. He was a member on the SE Regional Committee which hosted the 2002 National Conventions held in Orlando, Florida and served as Chairman of the 2016 National Conventions held in Jacksonville, Florida and Robbins has attended 17 National Conventions where he has served as a member on various committees (Welfare and

Rehabilitation, Americanism, Time and Place, Youth)
Chairman of Time and Place 2014, Chairman of the 2008 National Youth Committee and has served as Master-at-Arms for four National Presidents. He has worked on membership and retention receiving numerous pins representing his recruitment of members and has represented FRA to groups (Active Duty and/or retirees) on behalf of FRA membership and its benefits and is currently serving on the FRA National Membership Committee. Robbins retired in 1994 after serving 22 years in the Navy as an aviation structural mechanic. After retiring from the Navy, he worked two years as an auto mechanic and 12 years as a mobile forklift mechanic. The members of Branch 91, First Coast, Jacksonville, Florida believe James E. "Robbie" Robbins is knowledgeable, dedicated and qualified to serve the membership of the FRA as National Vice President.

Candidate for National Vice President: Imperial Beach Branch 289 has within its membership a Shipmate, PRPSW **Michael "Mick" Fulton**, who possesses these traits, who is qualified and who has consistently dedicated himself as member of the FRA for the past 39 years at various branches and continuous for the past 26 years at Branch



Michael "Mick" Fulton

289. During Fulton's tenure at Branch 289, he has served multiple terms as a member of the Board of Directors, Secretary, First Vice President and three terms as President. In addition, he has served as a member and chaired numerous committees at both the Branch level and Regional level and he served as the Convention Committee Chairman for the 55th and 56th Southwest Regional Convention in 2011 and 2012. He is currently serving as Treasurer for the 2018 National Convention Committee. Shipmate Fulton served the FRA Southwest Region as Regional Vice President 2012, Regional President 2012-2013 and 2013-2014; Regional Parliamentarian 2014-2016 and has been a member of the National Committee on Budget & Finance 2014 to present. Mick faithfully served in the United

States Navy for 30 years, retiring in 2006 as Command Master Chief of Naval Base Coronado, Calif. The Shipmates of FRA Branch 289 know that this dedicated Shipmate's extensive experience and devotion to the Association, his fellow members and their families eminently qualifies him to serve in the office of National Vice President for the Fleet Reserve Association.



Donna M. Jansky

Candidate for National Vice President: Northshore Branch 31 has within its membership a Shipmate, **Donna M. Jansky**, who has demonstrated all the required qualifications as well as shown dedication and willingness to serve the FRA by practicing the three cardinal principles. Jansky has been a member in good standing since joining in 1992 and recently became a Life Member. At the Branch level, this Shipmate has served in the various positions starting

Adult Diapers May No Longer Be Needed Thanks To Amazing New Pill

Clinical studies show new pill may be effective enough to replace adult diapers for bladder control; initial users show dramatic reduction in trips to the bathroom, embarrassing leaking, and nighttime urgency.

Robert Ward,
Associated Health Press

AHP— Adult diaper sales are expected to plummet as results from a clinical trial on a new, patented bladder control pill have finally been released.

Sold under the brand name *UriVarx*TM, the new pill contains key ingredients that keeps the bladder from releasing voluntarily, which reduces accidents and frequent bathroom trips.

Perhaps more impressive, it also targets the tiny muscles around the bladder, which helps the bladder to create a tighter seal.

This would explain why the average *UriVarx*TM user in clinical trials experiences a 66% reduction in urinary incontinence symptoms, such as day and night leaking and sudden urges to urinate.

NEW DISCOVERY IN BLADDER CONTROL

Until now, doctors believed it was impossible to strengthen the muscles that control the bladder. They are amazed to see that it can now be done with the non-prescription *UriVarx*TM pill.

“As you get older, and the involuntary muscles around your bladder weaken, you lose urinary control. With your bladder wall unable to properly seal, you constantly leak and feel pressure to urinate” explains Dr. Bassam Damaj of Innovus Pharmaceuticals.

“*UriVarx*TM targets the bladder muscles and help restores vital kidney health, reducing urgency and frequency. It also helps you “hold it” for hours so you never have to worry about embarrassing accidents ever again!”

FREEDOM FROM SUDDEN URGES AND LEAKS

Since hitting the market, sales for the patented *UriVarx*TM pill have soared and there are some very good reasons why.

To begin with, the double blind large clinical studies published in the clinicaltrials.gov have been impressive. Participants taking *UriVarx*TM saw a **stunning reduction** in urinary frequency, which resulted in fewer bathroom trips both day and night.

They also experienced a **dramatic decrease** in incontinence episodes, such as leaking and bed wetting.

The active ingredients in *UriVarx*TM comes from a patented formula. It is both safe and healthy. There are also no known serious side effects in its history of use. Scientists believe that the ingredients target the muscles of the bladder to grow stronger. These muscles are responsible for keeping the bladder tightly sealed. They also help the bladder to completely empty, allowing bacteria to be flushed from the urinary tract.

Research has shown that as you get older, certain hormonal changes in the body cause these muscles to shrink and become lose. This is what causes the bladder to be over active and the resulting urine accidents and why *UriVarx*TM seems to be so effective in the published clinical trials.

EXCITING RESULTS FROM URIVARX USERS

Many *UriVarx*TM users say their bladders have never been stronger. For the first time in years, they are confident and in complete control. Adult pads and diapers are no longer a big worry.

“After my third child, I couldn’t control my bladder. I was running to the bathroom all the time! And once I hit my 60s it became so unpredictable I needed to wear adult pads every day” explained Marie L. of Danbury, CT.

“I was embarrassed so before going to my doctor I decided to try *UriVarx* and I’m so glad I did! The urgency is gone and I no longer feel like my bladder is about to explode. I can also “hold it” when I need to so I’m no longer living in constant fear of finding a bathroom.”

IMPRESSIVE CLINICAL RESULTS

The exciting clinical results published on the government clinical website clinicaltrials.gov show that *UriVarx*TM can strengthen your bladder fast, significantly reducing the urine urgency and leaks.

In a new double-blind, placebo-controlled clinical study, 142 men and women with bladder control issues were separated into two groups. The first group was given a placebo while the other received *UriVarx*TM.

The results were incredible. The participants who received *UriVarx*TM saw major improvements in leaking, pressure, and the urgency to go – all without the usual side effects seen in prescription drugs! They also reported fewer trips to the bathroom both day and night.

Overall, the *UriVarx*TM group experienced:

- 56% Reduction in Urge Incontinence
- 66% Reduction in Stress Incontinence
- 61% Reduction in Urgency
- 33% Reduction in Frequency
- 46% Reduction in Nighttime Bathroom Trips

Additionally, at the end of clinical trial and after seeing the results, **84% of the participants taking *UriVarx*TM said it significantly improved their quality of life.**

“The clinical findings are incredible, but people still wonder if it will really work” explains Dr. Bassam Damaj. “It’s normal to be skeptical, but we’ve seen thousands of *UriVarx*TM users get results exactly like the participants in the study. It’s an amazing product.”

HOW IT WORKS

*UriVarx*TM is a pill that’s taken just once daily. It does not require a prescription.

The active ingredients are patented natural extracts.

Research shows that as we get older, the muscles which surround the bladder weaken. This is caused by hormonal changes in the body that causes the muscles to atrophy and weaken.



NEW PILL MAY REPLACE DIAPERS FOR BLADDER CONTROL: This new patented clinically proven pill solution is now available nationwide

When they become too small and weak, they cannot seal your bladder shut, which causes leaking, accidents, among other incontinence symptoms.

It also prevents your bladder from fully emptying, which can result in persistent bacterial infections and UTIs.

*UriVarx*TM active ingredient targets the muscles around the bladder, making them stronger. Supporting ingredients in *UriVarx*TM support kidney function and overall urinary health.

BLADDER PROBLEMS GONE

With daily use, *UriVarx*TM can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

HOW TO GET URIVARX

This is the official release of *UriVarx*TM. As such, the company is offering a special discounted supply to anyone suffering from bladder issues who calls within the next 48 hours.

A special hotline number and discounted pricing has been created for all everyone. Discounts will be available starting today at 6:00AM and will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-734-1007 and will only be open for the next 48 hours. Only a limited discounted supply of *UriVarx*TM is currently available in your region.

with secretary, treasurer, vice-president, and president and has served on or as the chairman for all five standing committees that are submitted to the regional level. During her time at the Regional level, Jansky has served in various positions in the former New England Region and the Northeast/New England Region including master-at-arms, secretary, vice-president and president. She has served on or as the chairman for all five standing committees that are submitted

to National. During Donna's time at the National level, she has served as the former New England Regional President in 2004-2005 and the Northeast/New England Regional President in 2014-2015 and has served on or as the chairman for the following national committees: Budget and Finance; Hospitals, Welfare and Rehabilitation; Public Relations and Honorary Membership. The Shipmates at Northshore Branch 31, FRA know that Jansky's dedicated

experience and devotion to our association qualifies her to continue to serve her Shipmates in the capacity of National Vice President.

Honorary Membership Resolution

HMR 1 (by Birmingham Branch 112) seeks to grant an Honorary Membership to Lt. Col. Joe R. Johnson. Whereas, the individual here consistently and without reservation assisted the membership of Branch 112



Less Pees, More Zzz's...

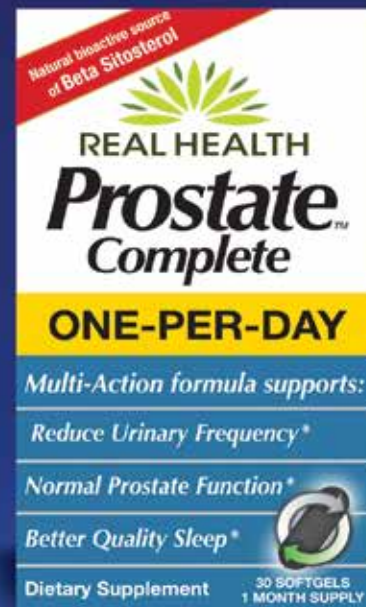
One of the signs of an aging prostate is an increased need to urinate, often many times per day.

That's where Prostate Complete can help. With just one pill per day, Prostate Complete helps support:

- ✓ Reduced Urinary Frequency
- ✓ Normal Prostate Function
- ✓ Better Quality Sleep

In short? More time catching Zzz's, fewer urges to pee.

For coupons and more information:
www.ProstateOnePerDay.com



Buy today at **Walmart**

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Break Free from Neuropathy with a New Supportive Care Cream

A patented relief cream stands to help millions of Americans crippled from the side effects of neuropathy by increasing sensation and blood flow wherever it's applied

Raymond Wilson
The Associated Heath Press

AHP – A recent breakthrough stands to help millions of Americans plagued by burning, tingling and numb legs and feet.

But this time it comes in the form of a cream, not a pill, suggesting the medical community may have been going about the problem all wrong.

The breakthrough, called *Diabasens*, is a new relief cream developed for managing the relentless discomfort caused by neuropathy.

When applied directly to the legs and feet, it causes arteries and blood vessels to expand, increasing the flow of warm, nutrient rich blood to damaged tissue.

However, what's most remarkable about the cream...and what makes it so brilliant...is that it contains one of the only natural substances known to activate a special sensory pathway right below the surface of the skin.

This pathway is called TRPA1 and it controls the sensitivity of nerves. In laymen terms, it determines whether you feel pins and needles or soothing relief.

Studies show that symptoms of neuropathy arise when the nerves in your legs deteriorate and blood flow is lost to the areas which surround them.

As the nerves begins to die, sensation is lost. This lack of sensation is what causes the feelings of burning, tingling and numbness.

This is why the makers of *Diabasens* say their cream has performed so well in a recent clinical use survey trial: it increases sensation and blood flow where ever its applied.

No Pills, No Prescriptions, No Agony

Until now, many doctors have failed to consider a topical cream as an effective way to manage neuropathy. *Diabasens* is proving it may be the only way going forward.

"Most of today's treatment methods have focused on minimizing discomfort instead of attacking its underlining cause. That's why millions of adults are still in excruciating pain every single day, and are constantly dealing with side effects" explains Dr. Esber, the creator of *Diabasens*.

"*Diabasens* is different. Since the most commonly reported symptoms – burning, tingling and numb legs and feet – are caused by lack of sensation of the nerves, we've designed the formula increase their sensitivity.

And since these nerves are located right below the skin, we've chosen to formulate it as a cream. This allows for the ingredients to get to them faster and without any drug like side effects" he adds.

Study Finds Restoring Sensation the Key To Effective, Long Lasting Relief

With the conclusion of their latest human clinical use survey trial, Dr. Esber and his team are now offering *Diabasens* nationwide. And regardless of the market, its sales are exploding.

Men and women from all over the country are eager to get their hands on the new cream and, according to the results initial users reported, they should be.

In the trial above, as compared to baseline, participants taking *Diabasens* saw a staggering 51% increase sensitivity in just one week. This resulted in significant relief from burning, tingling and numbness throughout their legs.

Many participants taking *Diabasens* described feeling much more balanced and comfortable throughout the day. They also noticed that after applying, there was a pleasant warming sensation that was remarkably soothing.

Diabasens is shown to provide relief from:

- Burning
- Swelling
- Tingling
- Heaviness
- Numbness
- Cold extremities

Diabasens Users Demand More

Many of *Diabasens* users say their legs have never felt better. For the first time in years, they are able to walk free from the symptoms which have made life hard.

"I have been using the cream now for about ten days. It has given me such relief.

I've had very bad foot pain from injuries and overuse of my feet for years which have contributed to severe itching/tingling and pain for some time. (My father also suffered from this pain and itching. I wish I would have had this for him.)

The first time I used the cream, I felt an almost immediate relief from this.

I now use it at least twice a day: once in the morning before work and once at night before I sleep.

I am so delighted with this. It has helped my walking, also. It has helped generate feeling again in my feet," raves Marsha A. from Texas



Topical Cream Offers Sufferers a Safer, More Effective Avenue of Relief: *Diabasens* increases sensation and blood flow wherever its applied. It's now being used to relieve painful legs and feet.

Targets Nerve Damage Right Below the Skin's Surface

Diabasens is a topical cream that is to be applied to your legs and feet twice a day for the first two weeks then once a day after. It does not require a prescription.

Studies show that neuropathy is caused when the peripheral nerves breakdown and blood is unable to circulate into your legs and feet.

As these nerves deteriorate, sensation is lost. This is why you may not feel hot or cold and your legs and feet may burn, tingle and go numb.

Additionally, without proper blood flow, tissues and cells in these areas start to die, causing unbearable pain.

An ingredient called cinnamaldehyde in *Diabasens* is one of the only compounds in existence that can activate TRPA1, a special sensory pathway that runs through your entire body.

According to research, activating this pathway (which can only be done with a cream) increases the sensitivity of nerves, relieving feelings of tingling and numbness in your legs and feet.

Supporting ingredients boost blood flow, supplying the nerves with the nutrients they need for increased sensation.

How to Get Diabasens

In order to get the word out about *Diabasens*, the company is offering special introductory discounts to all who call. Discounts will automatically be applied to all callers, but don't wait. This offer may not last forever. **Call toll-free: 1-800-580-8371.**

and strongly support the men and women of our Sea Service giving of his time and resources to aid Branch 112 achieved their goals. Joe unselfishly offers his service whenever the need arises and steps up to help Branch 112 with his time and effort raising funds for military organizations and the branch Wreaths Across America Ceremony each year. When an old brass bell was given to Branch 112, Joe stepped up and turned the bell into the Branch 112 Ship Bell. Through his action and deeds, Joe always exemplifies these three cardinal principals of the Fleet Reserve Association: Loyalty, Protection and Service, Joe is a true Shipmate. Branch

112 Birmingham certifies that this nominee for Honorary Membership Lt. Col. Joe R. Johnson USAF Retired is not otherwise eligible for membership in the FRA in compliance with Article 3, Section 306 (2) C bylaws of the FRA.

Constitution and Bylaws (C&BL) Resolutions

C&BL Resolution 1 (by Poway Valley Branch 70) addresses Article 3, Section 301, where eligibility for membership shall be restricted to personnel who have served or are now serving in an enlisted status in the United States Navy, Marine Corps or Coast Guard, regardless of

length of service, including reserve components. During the past ten years, membership has declined from 97,776 to 45,268 with an average member age of 73. With the objective of growing membership and to maintain the integrity of the Association, the resolutions seeks to amended Section 301 to now read: Eligibility for membership in the FRA shall be open to all personnel who have served or are now serving in an enlisted or in an officer status in the United States Navy, U.S. Marine Corps, U.S. Coast Guard, qualified U.S. Merchant Marine and U.S. Naval Academy Midshipmen, U.S. Coast Guard Academy Cadets, U.S. Merchant Marine Midshipmen regardless of length of service, including reserve components. This amendment become effective January 1, 2019.

C&BL Resolution 2 (by Low County Branch 269) seeks to lengthen the National President and National Vice President positions to two-year terms. Changing the term to two years would allow the positions to be more effective, bring stability to the National Board of Directors and cut approximately 20 to 25 percent in expenses over a two-year period. It is proposed that during the Annual Convention, on alternating years, shall elect for a two-year term the National Vice President and National President, and for a three-year term, the National Executive Director in a year the number is divisible by three.

ROLEX U.S. TORNEK-RAYVILLE OMEGA

WATCHES WANTED

YOUR OLD WATCH MAY BE WORTH \$10,000 OR MORE!!

Military Issue
Mechanical
Dive Watches
Vietnam Era

Contact: Mike Tovar, Navy Vet
310-683-8675

www.webstorm.com
email: watcheswanted@webstorm.com

1601 N Sepulveda Blvd, Unit 765, Manhattan Beach, CA 90266

You've traveled long and far...

LEAVE A LEGACY

of Loyalty, Protection and Service

Your involvement in the Fleet Reserve Association demonstrates extraordinary commitment to improving the quality of life for your shipmates and their families. Please consider joining other shipmates who've chosen to leave a legacy of Loyalty, Protection and Service by remembering FRA or the FRA Education Foundation in your will, living trust or estate plan.

Create a lasting tribute and perpetuate your commitment to the guiding principles of our organization.



VETERANS SERVICE
FOUNDATION

To learn more, contact FRA National Headquarters at 1-800-672-1924 or 703-683-1400, or via email at Williams@fra.org

C&BL Resolution 3 (by Low Country Branch 269) seeks to elect the Regional President and Regional Vice President positions to two-year terms. Lengthening the terms would allow them to better concentrate in areas and Branches that need additional attention. Longer terms would also allow more time for the officers to visit each Branch in their regions. The change would bring more stability to the National Board of Directors and cut approximately 20 to 25 percent in expenses over a two-year period.

C&BL Resolution 4 (by the National Board of Directors) proposes to change the make up of the National Committee on Membership and Retention and to clarify some responsibilities of the Director of Membership and Development. The resolution states that the committee shall consist of a chair and eight members, one from each region. A member's term shall be three years, with three members being replaced or reappointed each year by the incoming National President. The primary duty of this committee, in conjunction with the Director of Membership Development is to increase membership, improve retention and promote the FRA among potential members. The Director of Membership Development shall maintain a record of all

members, branches and former members from the previous five years. A record shall contain a member's full name, mailing address and branch number, conforming to current postal regulations. The Director shall send a report to the National Board of Directors and the National Convention reporting the status of membership, programs, retention and any pertinent recommendations. The Director shall provide *FRAtoday* with a mailing list each month.

C&BL Resolution 5 (by the Membership & Retention Committee) proposes that routine membership administration tasks are performed by the Member Services department, thereby making Sections 813(b), 813(c), and 813(d) more appropriate to an Employees' Handbook rather than the Constitution, Bylaws, Standing Rules, and Rituals. The resolution seeks to amend Article 8, Section 813 to read; The National Committee on Membership and Retention shall consist of a Chair and the Vice President from each Region. The Director of Membership Development shall act as an advisor. The primary duty of this committee is to increase membership, improve retention and promote the FRA to potential members. The chair shall report during the National Convention reporting on the

status of membership, programs, retention and any pertinent recommendations in accordance with Section 612.

Standing Rules (SR) Resolutions

SR 1 (by Veterans Service Committee) is seeking to establish within the pages of the C&BL, standing rules regarding the purpose, function and identity of the Veterans Service Foundation (VSF). The five proposed rules identify the veteran community for which it was formed to serve, its 501(c)3 tax exempt status and the board structure. There will be seven elected members in good standing on the BOD, but the VSF will be still fall under the oversight of the FRA National BOD. The Foundation leadership, once in place, will report to the FRA National BOD no less than once each year.

SR 2 (by the Membership & Retention Committee) proposes to change the current National Awards categories with the goal of making the groups more competitive and help focus resources toward those that need support. The new groupings are: Group I: 500 members or more. Group II: 300-499 members. Group III: 100-299 members. Group IV: 50-99 members. Group V: 10-49 members. **FRA**

Proudly Serving *the* Military since 1936.

GEICO salutes our Military members. We've made it our mission to not only provide you and your family with great coverage, but also to offer flexible payment options, numerous discounts, and overseas coverage to suit the demands of your unique lifestyle.

We stand ready to serve you. Get a free quote today.



GEICO[®] MILITARY

geico.com | 1-800-MILITARY | local office

Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2016 GEICO

1. BRANCH 208, JACKSONVILLE, N.C.

Raymond Applewhite recognizes Ms. Ena Sellers (pictured with daughter Nicole and son Dylan), Managing Editor for the Camp Lejeune military newspaper, *GLOBE*, for her media support of Branch 208.

**2. BRANCH 166, VIRGINIA BEACH, VA.**

ECRP Paul A. Phelps presents PRPEC Philip V. Hanna (R) with his 50-year continuous membership pin.

**3. BRANCH 146, JOHNSVILLE, PA.**

FRA Medals were presented to Boyertown Area HS cadets selected by their Naval Science Instructor. (L to R) PO3 Grayden Kramer, PO2 Oleksiv Filipov, PO2 Nicole Jones, Branch Secretary Joe Millman and Branch MAA Otto Blavier.

**4. BRANCH 72, FALL RIVER, MASS.**

Bravo Zulu to Branch National essay winners: Marnie Fitzgerald (11th grade 3rd place winner), student on far left, and Elizabeth Powers (12th grade 1st place winner), student on far right.

**5. BRANCH 101, SANTA CLARA, CALIF.**

Unit Members Amelia Ruiz, Sheryl Olave, Pres. Karen Webster, Kate Blanton, Branch Pres. Richard Ruiz and Chaplain Paul Gedling.

**6. BRANCH 162, NEW ORLEANS, LA.**

(L) PRPSC Dave Field with shipmate Jerry DuPre (R) presenting a JROTC medal, certificate and gift card to Marine Corps JROTC cadet 1st Lt. John Howell during his Change of Command ceremony at Jesuit High School in New Orleans, La.

**7. BRANCH 371, BATON ROUGE, LA.**

Baton Rouge Branch invited branch founder and organizer, retired Navy Chief Petty Officer James Johnson, to install new officers. (L to R) Jim Broussard, Mike Gailk, Chief Johnson, C.W. "Chick" Streat and Leon Perkins.

**8. BRANCH 97, WHIDBEY ISLAND, WASH.**

Memorial Day services were held at the Maple Leaf Cemetery in Oak Harbor, Wash. and Sunnyside Cemetery in Coupeville, Wash. on 28 May 2018.





9. BRANCH 222, SLIDELL, LA.

Keyana Rogers of Creekside Jr. High School, Pearl River, LA, was presented with a 1st Place Winner's Certificate and check for the branch essay contest. (L) Branch Secretary Mark Dernovsek and (R) Branch President Larry Cole.

10. BRANCH 287, LIVERMORE, CALIF.

The Branch presents a \$1000 check and certificate to Americanism Essay National 3rd Place winner Cassidy Tshimbalanga, grade 12 category. (L to R) Bill Lindke, George Mancuso, Roy Warner and Floyd Richards.

11. BRANCH 1, PHILADELPHIA, PA.

Branch newsletter editor Patrick LaRose, accompanied by Branch Secretary Randy Brown, presents Shipmate John E. Wright his 30-year continuous membership certificate and pin at his home. Wright is unable to attend branch meetings.

12. BRANCH 89, ATLANTA, GA.

Shipmate Rose (L) recognizes Shipmate Hudson Carson (R) for his 25 years of continuous membership.

13. BRANCH 171, SOUTHERN LUZON, PHILIPPINES

The installation of Branch officers. (L to R) Installing Officer Arturo Mendoza, President Edmondo Reyes, Vice President Romeo Oruga and Secretary/Treasurer Oscar Avenido.

14. BRANCH 1, PHILADELPHIA, PA.

Essay Committee Chairman Thomas Groeber presents the 8th grade winner Maryam Bouatlaoui with her certificate and check.

15. BRANCH 181, ARLINGTON, VA.

NED Tom Snee with Rep. Valadao (R-Calif.) who introduced H.R.299, just after the House unanimously voted (382-0) in favor of the Bluewater Navy Agent Orange Support Bill.

Submit a photo for Shipmate News by email as an attachment in jpeg format to FRAtoday@fra.org or mail a high-quality photograph to *FRAtoday*, 125 N. West Street, Alexandria, VA 22314. Please include a brief description and include the names of those pictured.

In Memoriam

Name	Rating	Branch						
Abney, Donald H.	SKCS, USN	MAL	Hartzel, Carl S.	YNCM(SW), USN	163	Nirdlinger, Clinton G.	CS2, USN	40
Adams, Dale D.	CWO4, USN	MAL	Hayden, Vaughn G.	ADJC	MAL	Noddin, Joseph T.	DT1, USN	MAL
Aquisap, Avelino R.	PO1, USCG	154	Heavilon, Fred F.	GM1, USN	MAL	Nolin, Gerald L.	SKCSS, USN	61
			Heist, William Lee	PNCS(SS), USN	382			
			Hempel, Royce C.	HMC, USN	371	O'Connell, Paul E.	AVCM, USN	MAL
Bagwell, Robert B.	EOC, USN	18				O'Dell, Gerald H.	SHCM, USN	166
Bartlett, Donald L.	EMC SS, USN	17	Isidro, Ernesto	USN	MAL	Oldfather, James L.	SGT, USMC	163
Blackwood, Jon B.	RMCM, USN	60						
Bradshaw, Leroy A.	UTC, USN	MAL	Jones, William	SK1, USNR	MAL	Paltz, Kenneth M.	EOC, USN	276
Bunn, John R.	MCPO, USN	MAL	Jones, Herman Wayne	AK1, USN	MAL	Parsons, Paul	USMC	31
Buzzard, Edward R.	ASC	MAL	Jones, Leonard L.	ADJ1, USN	261	Piccininni, Pasquale	HM3, USN	71
			Jordan, Milan	AMS1, USN	MAL			
Candello, George E.	PO1, USN	MAL				Rabbitt, Edward D.	RMC(SS), USN	MAL
Caver, Kenneth D.	AK1(TAR), USNR	89	Kelley, Robin	OSC, USN	MAL	Radwan, Robert J.	CWO3, USN	172
Celano, Andrew	MSGT, USMCR	163	Kelly, Robert W.	PO1, USN	MAL	Reznitsky, Esther	TD2, USN	159
Choates, Jimmy M.	BMC, USN	89	Kessling, Robert P.	PRC, USN	34	Rhodewalt, Howard F.	QMC, USN	281
Conner, Walter E.	CDR, USN	254	King, Harold L.	MMC, USN	MAL	Riehle, Linus G.	YNC, USN	MAL
Cramer, Paul H.	SGTMAJ, USMC	324	Kirkland, Earl H.	SKC, USN	194	Roberts, Gilbert C.	MMC, USN	MAL
Cross, Warren E.	AMCS, USN	161	Kopchak, William J.	S2C, USN	229			
			Kotula, Mitchel	HMCM, USN	61	Sadowski, Donald E.	CWO4, USN	290
Dailey, George H.	UTW3, USN	MAL				Scheunemann, Howard C.	GMM1, USN	14
Dehart, Donald K.	CPO, USN	166	Lapid, Jose Z.	SD2, USN	84	Schreiber, Michael J.	STCS, USN	MAL
Delling, Leonard V.	CAPT, USN	MAL	Leonard, Charles G.	EN1, USN	8	Seid, William P.	IC1(SS), USN	MAL
Dollar, William G.	HTC, USN	MAL	Linn, Daniel	CAPT, USN	MAL	Semones, Ronald R.	SKC, USN	290
Donovan, Timothy E.	RMC, USN	186	Luettinger, Vernon L.	LCDR, USN	136	Smith, Clifford H.	PO1, USN	161
Ducayag, Saturnino B.	PO1, USN	154				Stockner, Arthur A.	PO1, USN	MAL
			Mariano, Angel C.	MCPO, USN	84			
Faxon, Francis G.	YNC, USN	254	Martin, Thomas	EN1, USNR	71	Tiburzi, James A.	BM2, USN	93
Fulkerson, Allen	HTC, USN	60	McLeroy, David R.	CPO, USN	MAL	Tisdale, Olin D.	HMCM, USN	MAL
			McMillan, Frank M.	EMCS(SS), USN	MAL			
Galbreath, Jerry D.	CDR, USN	MAL	McPhaden, David A.	EMC, USN	104	Vorse, Charles	HTC, USN	59
Gaudreau, Donald	CE1, USN	MAL	Miller, Steven A.	CWO4, USN	289			
Gauger, Dean E.	SFC, USN	MAL	Montoya, Gilbert J.	BRCM, USN	289	Wagner, Jack	ETC, USN	61
Gisse, John A.	ATCS, USN	358	Morini, Ronald D.	PO1, USNR	MAL	Wagner, David F.	PO1, USN	254
Grubb, Charles L.	BM3, USN	MAL	Morton, Chester	BM1, USN	276	Wheedleton, Elijah L.	PO1, USN	MAL
			Myers, Martin B.	SK1, USN	214	Wheeler, Samuel W.	AVCM, USN	97
Hackett, Thomas F.	1STSGT, USMC	17				Winter, Frederick	YNC, USN	298
Hall, Gregory R.	ST1, USN	70	Nelson, Stanton	HTC, USN	MAL	Wolford, Gerald M.	PR, USN	170
Harrison, Alfred S.	PO2, USN	MAL	Neubauer, Robert C.	USN	115			

Names in **red** indicate 50 year continuous members. Any names in **bold** indicate past national officers.
To report a Shipmate death, please email mserfra@fra.org or telephone at 703-683-1400 ext 1.

SOMETHING WORTH PROTECTING ...



Providing security to our nation was a part of your life. Let us help you provide it to the ones you love.



Exclusively
for FRA
Members age
50 – 74

Help provide additional protection with the FRA-endorsed V.I.P. Senior Term Life Insurance Plan. Guaranteed acceptance coverage at economical rates with no hassles or questions asked.

It's a smart way to add additional protection to your family's financial safety net — paid directly to your loved ones just when they need it most. You can add up to \$25,000 in life insurance (up to \$10,000 if age 65-74) without a physical exam or medical records — it's really that easy.

And you can feel more secure knowing that, unlike employer-sponsored benefits, your V.I.P. Senior Term Life Insurance can be by your side, even into retirement.

You can even add your spouse to help cover the protection gap often created as you age and certain benefits dwindle. Should you die while your spouse is covered under V.I.P. Senior Term Life Insurance, he or she may request to continue coverage. That's protection that provides additional peace of mind.

And as with any FRA-endorsed benefit, you can expect economical group rates AND a 100% satisfaction guarantee.

For more information, call:

1-800-424-1120

or visit: www.frainsure.com

Request Number 084110-1-1-1

Affordable rates. Enroll in FRA-endorsed V.I.P. Senior Term Life Insurance today.



All benefits are subject to the terms and conditions of the policy. Policies underwritten by Hartford Life and Accident Insurance Company detail exclusions, limitations, reduction of benefits and terms under which the policies may be continued in force or discontinued. Group Policy # AGL-1906 [Life Form Series includes GBD-1000, GBD-1100, or state equivalent.]

The Hartford® is The Hartford Financial Services Group, Inc., and its subsidiaries, including issuing company Hartford Life and Accident Insurance Company, Hartford, CT 06155.

Program Administered by
Mercer Health & Benefits Administration LLC
AR Insurance License #100102691
CA Insurance License #0G39709

In CA d/b/a Mercer Health &
Benefits Insurance Services LLC

84110 (9/18) Copyright 2018 Mercer LLC. All rights reserved.

FRA Education Foundation Announces 2018 Scholarship Recipients

THE FRA EDUCATION FOUNDATION proudly announces its scholarship recipients for 2018. Funded through private donations, corporate sponsorships and established trusts, the Foundation will present \$90,300 in scholarships to 21 deserving students who are pursuing their dreams of a college degree in the 2018-2019 academic year.

Scholarship recipients are selected based on need, academic proficiency and character. Established in 2009, the FRA Education Foundation works to advance FRA's longstanding tradition of helping students reach their educational and professional goals.

"Our scholarship program continues to be a great source of pride for the Foundation and we're especially proud of this year's award recipients," says Joe Barnes, President of the Foundation's Board of Directors and FRA National Executive Director Emeritus. "Students from 16 states will benefit from these scholarships. Since 2000, we've disbursed nearly \$1.8 million in awards and we're grateful for the great

support from FRA, many FRA branches and shipmates, and other contributors who make these awards possible."

All current and former members of the Navy, Marine Corps and Coast Guard, their spouses and dependent children are eligible to apply for Foundation scholarships. Members of the FRA, their spouses, children, grandchildren, and great grandchildren qualify for a broader range of awards, several of which are funded through member legacy donations.

Although applicants don't have to have a connection to FRA to apply for Foundation awards, it is important to note that 14 of the 21 recipients are, or are related to, FRA Shipmates. "Our scholarship program is a high interest issue to prospective members. Shipmates should mention these scholarship opportunities when interacting with Navy, Marine Corps and Coast Guard personnel," suggests Barnes.

Applications for FRA's 2019-2020 scholarships will be available at www.fra.org/foundation after September 1, 2018.

THE RECIPIENTS OF FRA EDUCATION FOUNDATION SCHOLARSHIP AWARDS FOR 2018

Glenn F. Glezen Scholarship (\$5,000)

- (1) Grayland W. Godfrey, II, Chesapeake, Va.; grandson of Shipmate Freeman M. Godfrey (FRA Member, Branch 166)

Robert W. Nolan Scholarship (\$5,000)

- (2) Lloyd J. Smith, National City, Calif.; grandson of Shipmate Lloyd L. Schrier (FRA Member-at-Large)

Joseph R. Baranski Scholarship (\$5,000)

- (3) Shipmate James C. McCracken, Jr., New York, N.Y. (FRA Member, Branch 226)

FRA Education Foundation Awards (\$5,000 each)

- (4) Adam B. Reingold, Boise, Idaho; grandson of Shipmate Harold E. Pinson (FRA Member, Branch 382)
 (5) Noah S. Ford, Statesville, N.C.; son of Shipmate Randall L. Ford (FRA Member-at-Large)
 (6) Malee M. Bourgeois, Barataria, La.; granddaughter of Shipmate Kenneth J. Savoie (FRA Member-at-Large)

GEICO Scholarship (\$5,000 each)

- (7) Samantha A. Carter, East Boothbay, Maine; daughter of Mark E. Carter (Non-FRA Member)
 (8) Thomas D. Melvin, North Charleston, S.C. (Non-FRA Member)

Robert M. Treadwell Annual Scholarship (\$5,000)

- (9) Timothy B. Jones, Corpus Christi, Texas; grandson of Shipmate Donald Larson (FRA Member, Branch 94)

Stanley A. Doran Memorial Scholarship (\$5,000)

- (10) Rachel M. Cartwright, Marshall, Ark.; daughter of Shipmate Robert C. Cartwright (FRA Member, Branch 251)

Colonel Hazel Benn Scholarship (\$2,000)

- (11) Erin E. Sulfaro, Ladera Ranch, Calif.; daughter of Shipmate Eric G. Sulfaro (FRA Member, Branch 181)

The Donald Bruce Pringle Family Scholarship (\$5,000)

- (12) Ryan P. Duncan, Berlin, Md.; grandson of Shipmate Donald G. Duncan (FRA Member, Branch 184)

MCPO Ken E. Blair Scholarship (\$5,000)

- (13) Emily C. Hazard, Eastman, Ga.; daughter of Shipmate Keener B. Hazard (FRA Member-at-Large)

Express Scripts Scholarship (\$4,000 each)

- (14) Nicholas C. Worthington, Jacksonville, Fla.; grandson of Barbara A. Collado (FRA Member-at-Large)
 (15) Keilon D. Strong, Hawthorne, Calif.; (Non-FRA Member)

US Family Health Scholarship (\$5,000)

- (16) Isabelle N. Pope, Anchorage, Alaska; granddaughter of Roberto Hernandez, Jr. (Non-FRA Member)

Angelo and Mildred Nunez Scholarship (\$5,000 each)

- (17) Mandy I. Abernathy, Norfolk, Neb.; daughter of Shipmate Kent S. Abernathy (FRA Member, Branch 276)
 (18) Madison R. Garver, Lima, Ohio; daughter of Shipmate Grant W. Garver (FRA Member-at-Large)

Tom and Karen Snee Scholarship (\$3,300)

- (19) Richard A. Garcia, Alhambra, Calif.; (Non-FRA Member)

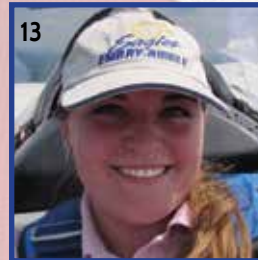
Rosemary Posekany Memorial Scholarship (\$1,000 each)

- (20) Celina M. Quinones, Kissimmee, Fla.; granddaughter of John A. Deckard (Non-FRA Member)
 (21) Brendan S. Schultz, Claremont, Calif.; son of Karen A. Daly (Non-FRA Member)

FRA Education Foundation Scholarship Award Recipients



**for
2018**



The FRA Education Foundation

The FRA Education Foundation provides academic scholarships to deserving students based on financial need, academic standing, and demonstrated leadership qualities. The Foundation is a Combined Federal Campaign-authorized charity and partners with military and education professionals to promote life-long learning opportunities that help scholars reach their educational, professional and personal goals. To learn more, visit www.fra.org/foundation, call (703) 683-1400 or email: scholars@fra.org.

Visit www.fra.org/foundation
for the 2018 scholarship
applications and rules
or make donations.



Who needs money for college?

FRA's Education Foundation awards approximately \$100,000 in scholarship funds each year to recipients based on financial need, academic standing, character and leadership qualities. Our scholarship program is open to anyone who has an affiliation with the USN, USMC or USCG, through their own service or that of a spouse, parent or grandparent.

To learn more about the FRA Education Foundation and our scholarships, visit www.fra.org/foundation where you will find descriptions of each scholarship program, lists of past winners and, starting in September of each year, applications for the current year's programs. We encourage all eligible recipients to apply for our scholarships and to share information about them with others.

Questions?

E-mail us at scholars@fra.org
or call 703-683-1400.

**Educating our service members,
veterans and their families.**



125 N. West Street
Alexandria, VA 22314
800-FRA-1924 • 703-683-1400
scholars@fra.org

REUNIONS

USS Rushmore Association

09/17/2018-09/21/2018, Las Vegas, Nev.
Contact: Richard C. Phillips
3481 Celestial Way
North Fort Myers, FL 33903
Telephone: 239-997-0777
Email: ri081539@yahoo.com

VAH-21

10/10/2018-10/13/2018, Tucson, Ariz.
Contact: Gerald L. Tripp, 495 Casper Dr.,
Hemet, CA 92545
Telephone: 951-926-6047
Email: trippg748@verizon.net

National Association of Naval Photography Reunion

10/10/2018-10/12/2018, Jacksonville, Fla.
Contact: William Solt, Jr.
Telephone: 321-362-5806
Email: nanpypres@gmail.com
www.navyphoto.net

USS Leary (DD/DDR-879)

10/13/2018-10/18/2018, Portland, Maine
Contact: Alfred Redden, 1910 East 2nd St.,
North Platte, NE 69101
Telephone: 308-530-1284
Email: alshr@allophone.com

USS Proteus (AS-19)

05/06/2019-05/09/2019, Pensacola, Fla.
Contact: Paul Castle,
24-1 Cabaniss Crescent Dr.,
Pensacola, FL 32508
Telephone: 619-240-5055
Email: subdiver5311@earthlink.net

All Reunions/LookingFor... must be submitted in writing to FRA Reunions/LookingFor... 125 N. West St. Alexandria, VA 22314 or victoriad@fra.org. Please include your FRA member ID and a daytime phone number. Reunions can also be submitted online at <http://www.fra.org>. For questions regarding submissions contact Victoria at 1-800-FRA-1924, ext. 124.

U.S. EAGLE RINGS



First Naval Ring, 14k gold

As a tribute to past and present United States Naval forces, this ring features one of the most widely recognized Navy symbols. The eagle stands tall on the armorial shield of thirteen stars and stripes with crossed anchors. Deep horizontal cuts highlight the anchor and wings, while a handsome "raked" band enhances the design. Custom made one-at-a-time in the USA and guaranteed 100%.

Mike Carroll

www.EagleRings.com



**THE CARROLL COLLECTION
OF U.S. EAGLE RINGS
888-512-1333**

SHIP AND AIRCRAFT PHOTOS FOR SALE

Thousands of photos available pre-WWII to present.

B&W 8 x 10 - \$14.99 11 x 14 - \$24.99
Color 8 x 10 - \$24.99 11 x 14 - \$39.99

Some ships not available in color.

Ask about our Wooden Mounted "Plakits"

Send payment with order... Check or Money Order. Credit card orders accepted.

863-291-3355 863-289-0596

ELSILRAC ENTERPRISES

PO Box 7109
Winter Haven, Florida 33883



Shipping & Handling
included in price.



A Message From West Coast Regional President



Linda Telly,
West Coast RP

The West Coast consists of 11 Units that have many different veteran events, and organizations that they help every month. Volunteering to help with monthly bingo games for the veteran's hospital by providing them with snacks and refreshments. Helping veterans and their caregivers at the monthly breakfast. Unit 197 is helping to furnish houses as they are built for our veterans, providing furniture as well as shower curtains, dishes, silverware, pots and pans, everything they will need to have in their new home.

The ability to interact with our members is one of the many reasons we love to attend the Convention.

I visited nine out of the eleven Units and I had the pleasure of installing Units 275, 230, 274, 261 and 287. As Regional President, I was honored to present Unit Officers with their pins at Unit 261 and Unit 137.

I presented Unit 274 with their Unit Officer pins at their annual Memorial Day picnic which included a

wreath laying ceremony and the BBQ was great. Unit 137 holds an annual picnic and the BBQ was delicious and members were recognized for their years with the Auxiliary and pins were awarded.

The West Coast Region is very happy that we did not lose any Units, but we did have Unit 101 become a smaller unit. Our organization is losing members due to death, and recruitment is down. Feedback tells us that potential new members have various reasons to not join. Digital technology consumes a large portion of their day as well as other activities with which they are involved.

However, we must strive to inform, educate, and recruit new members to include males as well as females. When you do obtain that new member, make it your priority to invite them to attend your meetings and activities and introduce them to fellow members. We love our LA FRA and are



trying our best to do what we can to obtain those new members, but we must try a little harder. Work with your Branch when they are out at recruiting activities.

As this goes to print we will have completed our West Coast Convention at the Sparks Nugget Hotel. We participated with the challenge from the East Coast Region in regards to the Lip-Synch Challenge. Please view our challenge on the Facebook LAFRA East Coast Region page.

The ability to interact with our members is one of the many reasons we love to attend the Convention. Sharing our ideas and resolving some of the challenges we had during the year. It is important to continue to educate ourselves on our Auxiliary and what we can do to improve ourselves and inspire growth within the Auxiliary. New Regional officers are voted into office. Celebrating and socializing with our members is a lot of fun. Please remember to attend your conventions. Volunteer to help in any way you can.

I am looking forward to seeing everyone at the FRA/LA FRA National Convention in San Antonio, Texas. **FRA**

Yours in Loyalty, Protection & Service,
Linda Telly, RPWC

Linda Telly is the LA FRA Regional President for the West Coast.



I SERVED FOR *loved ones*

With the Fleet Reserve Association USAA Rewards™ Visa Signature® credit card, you have the freedom to provide your loved ones with the things they deserve while benefiting from great rewards, competitive rates, and USAA's legendary customer service.

JOIN USAA AND APPLY TODAY!

CALL 877-FRA-USAA (372-8722)

OR VISIT [USAA.COM/FRAVISA](https://usaa.com/fravisa)



The Fleet Reserve Association
Proudly Endorses
USAA as its Preferred
Financial Services Provider

USAA means United Services Automobile Association and its affiliates. USAA products are available only in those jurisdictions where USAA is authorized to sell them. Membership eligibility and product restrictions apply and are subject to change.
The Fleet Reserve Association receives financial support from USAA for this sponsorship.
This credit card is issued by USAA Savings Bank, Member FDIC. © 2018 USAA. 251449-0618

Gather All Your Assets!

Investment planning is like doing a jigsaw puzzle except the pieces do not always come in one box—often you have to gather them from a variety of sources. When putting an investment plan together, you have to combine information on assets, debt, insurance and more to form the full picture of your financial life.



Carl M. Trevisan, CFP®

However, people often forget about or lose some of their investment planning puzzle pieces, and then the picture is never really complete. It is one reason why many people do not have a complete picture of their financial life, says Elizabeth “Liz” Bartley, Sales Advisory Consultant at Wells Fargo Advisors.



Stephen M. Bearce

Why The Full Picture Really Matters

“From an investment standpoint, you do not really have a good gauge of how much risk you could potentially be taking,” if you are not looking at all of your holdings in conjunction with each other, Bartley says. It is not just investments. Loans, including any student loans, business loans, or mortgages, may impact your overall plan, too.

Without this full picture, individuals and their financial advisors end up doing their investment planning based on what amounts to faulty information. And that can result in a risk profile or asset mix that does not represent your desires or needs.

This is especially common among people who have assets spread across numerous financial institutions—you may have several 401(k) accounts from different jobs maintained at a variety of institutions, some online investments in another place, and your primary portfolio you maintain with your financial advisor.

“Understanding how much debt you have versus assets is a starting point for making improvements and creating more wealth over time,” Bartley adds.

Putting The Pieces Together

So how do you collect everything you need? Financial advisors often start with a checklist of important information, Bartley says. Even when



most of your assets are with a single company, there is still information to gather from other sources.

Ask your financial advisor to keep copies of this information, which can function as a backup for your records. That is especially valuable, Bartley says, in case anything happens to you.

Your Complete Financial Picture May Include:

- Investment accounts with other institutions.
This could include qualified employer-sponsored retirement plans (QRPs), such as a 401(k), 403(b), or governmental 457(b), still at previous employers, and IRAs
- Checking and savings accounts
- Assets you own, such as your primary residence, a second home, rental property, and valuables—antiques, jewelry, or an art collection
- Debts, including your mortgage, credit card balances, and other loans and lines of credit
- Other investment vehicles, such as long-term care insurance, annuities, and life insurance policies
- Trust funds
- Rental income or other earnings beyond your primary source of income
- Social Security statements

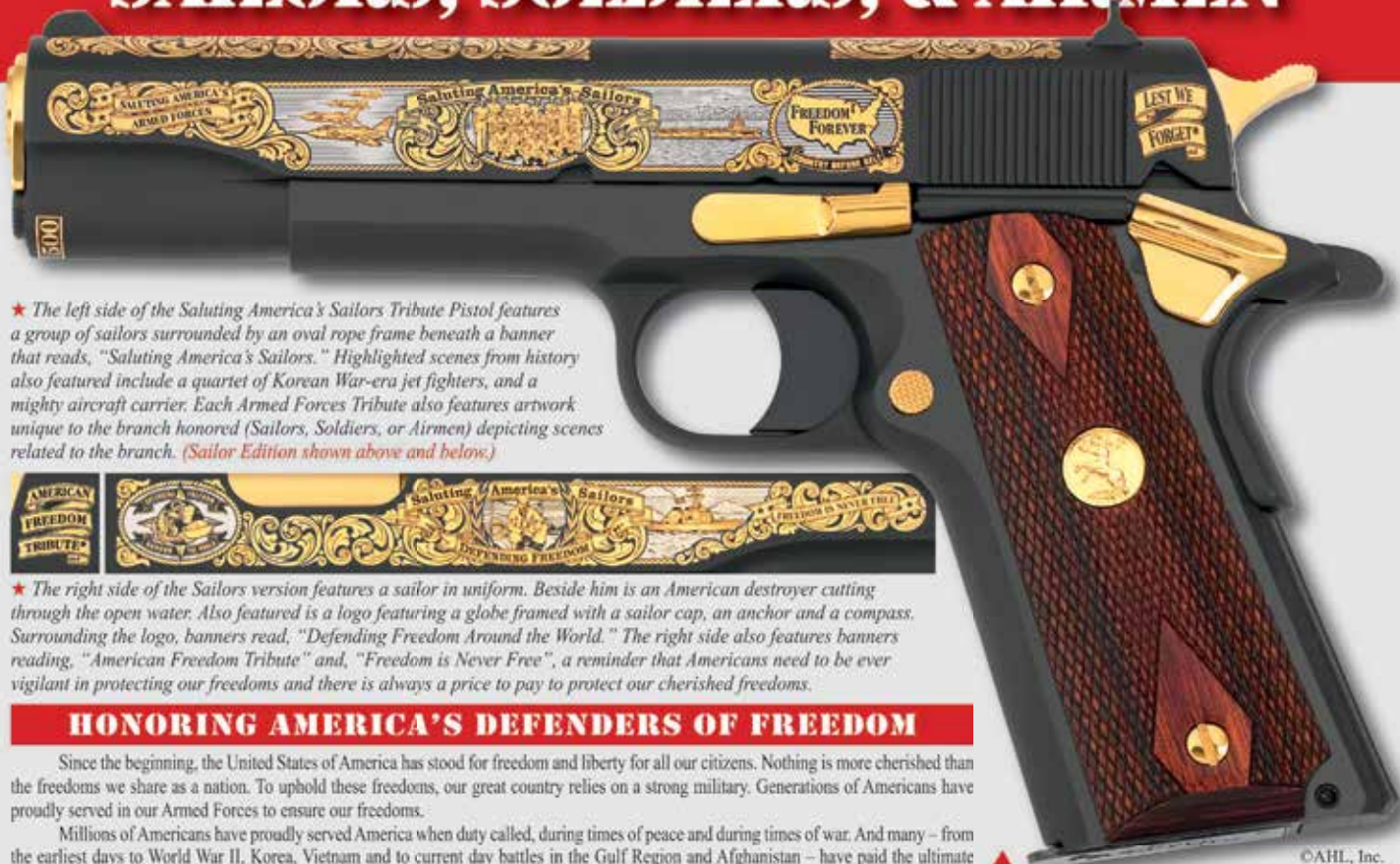
FRA

This article was written by/for Wells Fargo Advisors and provided courtesy of Carl M. Trevisan, Managing Director-Investments and Stephen M. Bearce, First Vice President- Investments in Alexandria, VA at 800-247-8602.

Investments in securities and insurance products are: NOT FDIC-INSURED/NOT BANK-GUARANTEED/MAY LOSE VALUE
Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company.

© 2018 Wells Fargo Clearing Services, LLC. All rights reserved.

SALUTING AMERICA'S SAILORS, SOLDIERS, & AIRMEN



★ The left side of the Saluting America's Sailors Tribute Pistol features a group of sailors surrounded by an oval rope frame beneath a banner that reads, "Saluting America's Sailors." Highlighted scenes from history also featured include a quartet of Korean War-era jet fighters, and a mighty aircraft carrier. Each Armed Forces Tribute also features artwork unique to the branch honored (Sailors, Soldiers, or Airmen) depicting scenes related to the branch. (Sailor Edition shown above and below.)



★ The right side of the Sailors version features a sailor in uniform. Beside him is an American destroyer cutting through the open water. Also featured is a logo featuring a globe framed with a sailor cap, an anchor and a compass. Surrounding the logo, banners read: "Defending Freedom Around the World." The right side also features banners reading: "American Freedom Tribute" and, "Freedom is Never Free", a reminder that Americans need to be ever vigilant in protecting our freedoms and there is always a price to pay to protect our cherished freedoms.

HONORING AMERICA'S DEFENDERS OF FREEDOM

Since the beginning, the United States of America has stood for freedom and liberty for all our citizens. Nothing is more cherished than the freedoms we share as a nation. To uphold these freedoms, our great country relies on a strong military. Generations of Americans have proudly served in our Armed Forces to ensure our freedoms.

Millions of Americans have proudly served America when duty called, during times of peace and during times of war. And many – from the earliest days to World War II, Korea, Vietnam and to current day battles in the Gulf Region and Afghanistan – have paid the ultimate sacrifice for the principles that America stands for – freedom, liberty, and justice for all.

To pay Tribute to the brave warriors who have served our country, America Remembers is proud to offer handsome Tributes in honor of those who have served and sacrificed to ensure our freedom: the Saluting America's Armed Forces Tribute Pistols. For these Tributes, we have selected the Colt® Government Model® .45 caliber pistol, a firearm that stood the test of time and was the official military sidearm for our country's Armed Forces for almost 75 years. No firearm in history can boast a more impressive record of American military service than the classic Colt .45 military service pistol. Craftsmen commissioned specifically for these Tributes by America Remembers decorate each Tribute with handsome artwork in stunning 24-karat gold and nickel artwork over a blued steel canvas. There are three separate editions honoring America's sailors, soldiers, and airmen – each separate edition is issued in a strictly limited edition of 500 pistols per branch of the Armed Forces.

For the veterans of America's Armed Forces who carried the Colt .45 Pistol, the classic military sidearm has special significance. It was a constant companion that offered superior stopping power against all enemies. To put it simply, the Colt .45 pistol was a lifesaver. The Colt was utterly reliable, and virtually indestructible. In the hands of courageous American warriors, it would become a military and firearms legend. For decades, wherever Americans fought for freedom the Colt .45 was present.

HONOR AMERICA'S SAILORS, SOLDIERS, AND AIRMEN WITH THIS EXCLUSIVE OFFER – RESERVE NOW

Reservations will be accepted in the order they are received. You can mail us your order, or to prioritize your order and confirm availability, call us toll-free at 1-800-682-2291. We will arrange delivery of your working Tribute Pistol through the licensed firearms dealer of your choice. As always, if you are not completely satisfied, you may return your Tribute to us in original, unfired condition within 30 days for a complete and courteous refund.

These exclusive Tributes stand as monumental salutes to those who have served our country and carried the iconic pistol in defense of freedom as well as all those who continue to serve. As a nation, we must never forget the courage and sacrifice of those who served and continue to serve today. Secure your Saluting America's Armed Forces Tribute pistol today and keep it forever as a handsome symbol of fine firearms craftsmanship, American military history and service in defense of freedom.

Model: Colt® Government Model® Pistol • Caliber: .45 ACP • Edition Limit: 500 Per Service Branch

Please enter my reservation for the "Saluting America's Armed Forces Tribute Pistol," selected below. Each is a working Colt .45 pistol, at the introductory price of \$1,995.* My deposit of \$195 per Tribute is enclosed. I wish to pay the balance at the rate of \$100 per month, no interest or carrying charges. Certificate of Authenticity included. Thirty-day return privilege.

Edition Requested: ☐ Sailor ☐ Soldier ☐ Airmen

☐ Check enclosed for \$ _____.

☐ Charge payment of \$ _____ to: ☐ VISA ☐ MasterCard ☐ AMEX ☐ Discover

No. _____ Exp. _____

Display Case

☐ I wish to reserve the optional, luxuriously lined, custom-made display case with locking glass lid. My payment of \$149* is enclosed or add to credit card.

*All orders are subject to acceptance and credit verification prior to shipment. Shipping and handling will be added to each order. Virginia residents please add sales tax.

Name _____

Address _____

City/State/Zip _____

Daytime Telephone No. (_____) _____



America Remembers®

10226 Timber Ridge Drive, Ashland, Virginia 23005

www.americaremembers.com

To place your reservation toll-free call 1-800-682-2291



DISPLAY CASE AVAILABLE

An optional luxuriously lined, custom-built, wooden display case is available for purchase.

©AHL, Inc.

Postmaster: Send address changes to:
Member services
FRA
125 N. West Street
Alexandria, VA 22314-2754

P-51D Mustang Accent Lamp



Lights in body and wings illuminate the surface below

Retro-style toggle switch

Its iconic shape looks handsome lit or unlit

Metal flex arm lets you adjust positioning



Plane shown smaller than actual size of 16" W x 13¾" L.
Requires 2 "AA" batteries.

©2018 BGE 01-25861-001-ZI

RESERVATION APPLICATION

SEND NO MONEY NOW

THE
BRADFORD EXCHANGE
—HOME DECOR—

9345 Milwaukee Avenue · Niles, IL 60714-1393

YES. Please reserve the *P-51D Mustang Accent Lamp* for me as described in this announcement.
Limit: one per order.

Please Respond Promptly

Mrs. Mr. Ms. _____
Name (Please Print Clearly)

Address _____

City _____ State _____ Zip _____

E-mail (optional) _____

*Plus a total of \$17.99 shipping and service; see bradfordexchange.com. Limited-edition presentation restricted to 295 crafting days. Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

01-25861-001-E27941

The instrument of American air superiority in WWII, the P-51D Mustang is one of the era's most iconic and formidable planes. Striking fear into the heart of the *Luftwaffe*, the P-51D escorted thousands of Allied bombers that pummeled the German war machine. Now, this beloved war plane inspires an all-new treasure of home décor, displaying its famed shape in hand-crafted detail.

The *P-51D Mustang Accent Lamp* proudly sports a 16-inch, bronze patina wingspan as it floats on a metal flex arm for adjustability. This lamp illuminates from within via long-lasting LED lights that accentuate its iconic shape. Lights in the wings and body shine down on the mahogany-finished base bearing the plane's designation. An old-fashioned toggle switch controls illumination.

Peak demand is expected, so act now to acquire it in four convenient installments of \$32.49 for a total of \$129.99*, backed by our 365-day money-back guarantee. Don't wait to order—return the Reservation Application promptly!

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

www.bradfordexchange.com/P51lamp