

YOUR MISSION, YOUR VOICE

FRA *today*

The magazine of the Fleet Reserve Association

MAY 2019

THE VIETNAM VETERANS MEMORIAL

INSIDE:

8 On & Off the Hill

26 Empowering
Veterans

36 New Life Members



THE BEST TRAVEL INSURANCE WAS CREATED IN A LABORATORY

Over 11 carats of worry-free elegance for just \$79

DiamondAura®



BUY 2
GET 1
FREE

A.

To show exquisite details, bracelet shown is not exact size.

According to NBC news.com there are five scientifically-proven benefits of travel: improves health, relieves stress, enhances creativity, boosts happiness and lowers the likelihood of depression. When traveling, don't risk these great benefits worrying about losing or breaking expensive jewelry or messing with the hassles and costs of insurance. You're supposed to be destressing right?

Sure you could wear a \$6,000 bracelet, and cry for days when it goes missing after a particularly festive mamba line at the resort swimming pool. Or, you could wear something equally as stunning that puts a lot less pressure on you to stay on your toes.

The **Stress-Free Glamour Bracelet Collection** features dressed up sterling silver tennis bracelets that sparkle with all the beauty of rubies, emeralds and sapphires, but without the steep price. Created under pristine laboratory conditions, DiamondAura has all

the fire, clarity and glamour of the world's best mined gemstones. In fact, you have the scientific advantage of achieving near perfect stones. An 11 carat emerald and diamond bracelet that looks this good would set you back over \$6,000. The **Stress-Free Glamour Bracelet** has a much more relaxing price of \$79.

PRAISE FOR DIAMONDAURA®
"So much sparkle and the play of light on DiamondAura® beats any diamond!"
 – D.D. from Columbus, OH

So, whether you're celebrating on the road or in your home town, arm yourself with over eleven carats of worry-free elegance and live life to its fullest without emptying your wallet. **Satisfaction guaranteed or your money back.** Enjoy the incomparable sparkle of the **Stress-Free Glamour Bracelet Collection** for 30 days. If you aren't perfectly happy, send it back for a full refund of the item price.

Stress-Free Glamour Bracelet Collection

- A. Emerald Green DiamondAura® Bracelet (11 ¾ ctw) ~~\$399~~ \$79† Save \$320
- B. Ruby Red DiamondAura® Bracelet (11 ¾ ctw) ~~\$399~~ \$79† Save \$320
- C. Sapphire Blue DiamondAura® Bracelet (11 ¾ ctw) ~~\$399~~ \$79† Save \$320

Set of All 3 Bracelets ~~\$4,197~~ \$158 Save \$1,039

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

1-800-333-2045

Your Insider Offer Code: **GBC140-01.**

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



Rating of A+



• Red, green, blue & white DiamondAura® • Rose gold-finished .925 sterling silver settings • 7 ½"; box clasp

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

Stauer® 14101 Southcross Drive W., Ste 155, Dept. GBC140-01, Burnsville, Minnesota 55337 www.stauer.com

Stauer... Afford the Extraordinary.®

contents

may 2019 volume 98 number 5

COVER: Three Servicemen, a statue by Frederick Hart unveiled on Veteran's Day in 1984, includes the first representation of an African American to appear on the National Mall. Stock photo.

RIGHT: The Maryland Army National Guard's Recruit Sustainment Program visited the war memorials in Washington. The RSP introduces new National Guard recruits to the fundamentals of Army tradition and discipline before they complete their basic and military occupational specialty training. Photo by Sgt. Margaret Taylor, 29th Mobile Public Affairs Detachment.



features

- 16** **The Vietnam Veterans Memorial**
The wall was installed in 1982 and is the first of the three parts of the Vietnam Veterans Memorial. The second is a statue by Frederick Hart unveiled in 1984. The final piece is the Vietnam Women's Memorial unveiled in 1993.
- 26** **The Playbook on Collaborating to Empower Veterans**
Empowering veterans is a goal every community should strive toward. However, many community groups do not have the in-house resources, expertise or connections to provide holistic support.



LOYALTY, PROTECTION AND SERVICE

The 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.

departments

- | | | | |
|-----------|---|-----------|--|
| 2 | Communications | 36 | New Life Members |
| 4 | From the Bridge | 38 | Membership Matters |
| 6 | Shipmate Forum | 40 | Shipmate News |
| 8 | On & Off Capitol Hill | 43 | TAPS |
| | <i>Legislative Updates</i> | 44 | Reunions/Looking For... |
| 34 | Auxiliary of the FRA News | 47 | Finance Matters |
| | <i>Message from LA FRA National
Chaplain Jackie Scarbro</i> | | <i>Maintain Your Lifestyle in Retirement</i> |

Decoration Day = Memorial Day

Memorial Day is an American holiday, observed on the last Monday of May each year. The observance is for honoring the men and women who died while serving in the U.S. military.

Early observances of Memorial Day began in the spring of 1865, following the Civil War, which claimed more American lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries. (See page 34 of the March issue of *FRAtoday*) By the late 1860s, Americans began holding springtime tributes to fallen soldiers, decorating their graves with flowers, reflections and prayers.

On May 5, 1868, General John A. Logan, leader of a Northern Civil War veterans organization, called for a nationwide day of remembrance.

"The 30th of May, 1868, is designated for the purpose of decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed. The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery, and 5,000 participants decorated the graves of the 20,000 Union and Confederate soldiers buried there.

Many Northern states held similar commemorative events and continue to carry on the tradition. By 1890, each Northern state had made Decoration Day an official state holiday. Southern states, on the other hand, continued to honor their fallen on separate days until after World War I.

It was not until World War I, when the United States was in another major conflict, that the holiday came to commemorate American military who had died in all wars. In 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees; the change went into effect in 1971.

Many FRA Shipmates observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Please consider sharing photographs of your Branch or Unit Memorial Day observations. **FRA**

In Loyalty, Protection & Service,
William Stevenson, Editor-in-Chief

National Officers/Board Of Directors

National President	Robert Washington Sr., Navy Department Branch 181
National Vice President	Donna M. Jansky, North Shore Branch 31
National Executive Dir.	Thomas J. Snee, Navy Department Branch 181
Finance Officer	Bryan M. Proctor, Headquarters
Junior PNP	William E. Starkey, South Jersey Branch 57
National Parliamentarian	PNP George P. Hyland, Groton Branch 20
National Chaplain	Valerie Toulotte, Annapolis Branch 24

Regional Presidents

Northeast/New England	Joyce M. Harris, Groton Branch 20
East Coast	Randy L. Phillipp, Triangle Branch 182
Southeast	James P. Richmond, Pensacola Branch 22
North Central	Barry White, Mo-Kan Branch 161
South Central	Emmett H. Smith Jr., Shreveport Bossier Branch 98
Southwest	John F. Quesnel Jr., Imperial Beach Branch 289
West Coast	Rick Athenour, Sierra Tahoe Branch 137
Northwest	William H. Hall, Gem State Branch 382

Active Duty Advisory Council

Master Chief Petty Officer of the Navy	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
Sergeant Major of Marine Forces Reserve	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.

Editor-in-Chief William D. Stevenson

Managing Editor Victoria Duran

Contributing Editor Elise M. Howard

Contributing Writer Ann Norvell Gray

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 nonsponsored 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 entitled to subscription rates of \$45. 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 98 Number 5



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

 Follow us on Twitter:
www.twitter.com/FRAHQ

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

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

— J. Fitzgerald, VA



NEW Footrest Extension for even more head to toe support.



Sit up, lie down — and anywhere in between!

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

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



This lift chair puts you safely on your feet!

allows you to pause the chair in an infinite number of positions, including the lay flat 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.

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 bonded stain and water repellent leather or plush microfiber in a variety of colors to fit any decor. **Call now!**

The Perfect Sleep Chair® 1-888-549-5592

Please mention code 111473 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.

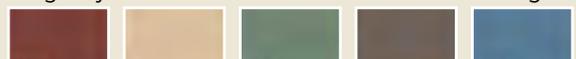
Long Lasting DuraLux Leather

Tan Chocolate Burgundy Black Blue



DuraLux II Microfiber

Burgundy Cashmere Fern Chocolate Indigo



Let's Try Something New



Robert Washington
National President

The Fleet Reserve Association's newly formed Veterans Service Foundation is presenting a military wellness conference in Norfolk, Virginia on the waterfront this September. The theme of our first conference is: **Healthy, Wealthy & Wise**. A variety of topics will be presented to the more than 800 professionals from around the country who constantly strive to provide quality services to and interact directly with, veterans, retirees and active duty service members.

The conference planning started early in October of 2018 with searching for a location that was easy to access and had appeal to the sea services. The Norfolk area seemed to have that kind of appeal

A first-ever conference provided by the Veteran Services Foundation

and the FRA is supported by the various commands in that area. The Marriott Waterfront staff was quick to help the FRA develop a conference schedule and provided room and service pricing similar to the FRA convention held in San Antonio this past October.

The FRA staff is currently contacting speakers who are subject matter experts in the area of providing veterans and active duty service members with support, services and guidance. The speakers will be providing answers and information needed to aid veterans while they navigate the many programs provided at the national, state and local levels.

There will be three tracks of content provided over three days, along with panel discussions, keynote speakers, workshops and question and answer sessions. In staying with the theme of **Healthy, Wealthy & Wise** some topics include:

Healthy:

- Electronic Health Records
- MISSION ACT
- Tri-West/Choice Act
- Expansion of Caregiver Program
- FEDVIP

Wealthy:

- Financial Literacy
- Financial Planning
- DFAS
- Entrepreneurship
- Consumer Protection

Wise:

- Transition Planning
- Senior Enlisted Track
- Career Planning
- Veteran & Retiree Legislation
- Aging as a Vet
- Arlington National Cemetery Procedures

Please keep in mind, Shipmates, this first-ever conference provided by the Veteran Services Foundation is not an event most Shipmates will want to attend. The content is provided, at a price, for those government, corporate and non-profit employees who meet with veterans and active duty personnel to provide assistance with, or information about navigating through government services.

The purpose of this effort is to launch the foundation and to create new revenue that does NOT rely upon any Shipmate dues or donations. This is a typical business model used by most associations to help develop, inform and educate their constituents. Our Veterans Service Foundation was established just for this purpose.

I think this may be something we can all hang our hat on and be proud of knowing that the FRA is trying something new and has stepped outside the box. This could very well be the thing that ensures the Fleet Reserve Association has a future and can continue to grow in new areas.

If you want to learn more about the conference and the pricing, feel free to visit the website at www.fra.org/fra/VSF. **FRA**

In Loyalty, Protection & Service
NP Robert Washington, Sr.

Bob is the National President of the Fleet Reserve Association.



Smithsonian®



Minted in 24k Pure Gold!

Actual size is 6.9375 x 3 in.

Bring Home a \$100,000 Bill And SAVE \$99,970.05!

Have you ever dreamed of holding a \$100,000 bill in your hands?

Now you can take home a gold currency adaptation featuring the iconic design of the Series 1934 \$100,000 Gold Certificate, struck in gold and produced under license to the Smithsonian®!

99.9% Pure Gold History In Your Hands

In 1934, the U.S. Government issued \$100,000 Gold Certificates—but they were never meant for general circulation. The United States had left behind the gold standard the year prior, and were in need of a new way to transfer large amounts of wealth between Federal Reserve banks. The \$100,000 Gold Certificate legally represented its worth in gold, and didn't require a forklift to move.

By 1960, the notes had served their purpose, and most were destroyed. Only a small number still exist, including notes held by the Smithsonian.

100mg of 99.9% Pure Gold

These Series 1934 \$100,000 Currency Strikes bear a design based on the Smithsonian's originals—a portrait of President Woodrow Wilson, along with the official Smithsonian sunburst. Best of all, they come minted in 100 mg of 99.9% pure (24k) gold!

Limited Mintage — Secure Yours NOW!

For this first-ever release, only 5,000 of these Series 1934 \$100,000 Gold Certificate Currency Strikes were produced. These are the very first of their kind, created with 100mg of 99.9% pure gold. They're already going fast, and there's no telling how long our limited supply will remain in our vault. Don't let this shining gold piece of Americana pass you by—secure yours now!



Each currency strike comes sealed in a protective plastic holder to preserve its GEM condition

1934 Smithsonian \$100,000 24k Gold Certificate
\$29.95 ea. + s/h

FREE SHIPPING on 5 or More! Limited time only. Product total over \$149 before taxes (if any). Standard domestic shipping only. Not valid on previous purchases.

Call today toll-free for fastest service

1-888-870-6351

Offer Code SHN212-01

Please mention this code when you call.



GOVMINT.COM®

GovMint.com • 14101 Southcross Dr. W., Suite 175, Dept. SHN212-01 • Burnsville, MN 55337

GovMint.com® is a retail distributor of coin and currency issues and is not affiliated with the U.S. government. The collectible coin market is unregulated, highly speculative and involves risk. GovMint.com reserves the right to decline to consummate any sale, within its discretion, including due to pricing errors. Prices, facts, figures and populations deemed accurate as of the date of publication but may change significantly over time. All purchases are expressly conditioned upon your acceptance of GovMint.com's Terms and Conditions (www.govmint.com/terms-conditions or call 1-800-721-0320); to decline, return your purchase pursuant to GovMint.com's Return Policy. © 2019 GovMint.com. All rights reserved.

Going Ashore

I really enjoyed reading Chief Hunt's poem "Going Ashore" again. The first time I heard it was when Marv read it at my transfer to the Fleet Reserve in 1978 on Adak, Alaska. I have an original copy signed by Marv. It really brings back good memories.

SKC W. O. Lange, USN (Ret.)

Same Hurricane, Twice?

I was reading the Disaster in the Florida Panhandle story in the March issue of *FRAtoday* by Ann Norvell Gray. On page 28, the first sentence of the photo caption reads: "GULF OF MEXICO (Oct. 10, 2016) A GOES-16 East Geocolor satellite image of Hurricane Michael shows..." (Note Oct. 10, 2016).

Then the story starts on page 29, with: "On Oct. 10, 2018, three days before the 243rd birthday of the U.S. Navy..." How can there be two different years with the same hurricane? It appears that the proofing editor lost a couple of years. OOPS!

As usual, this volume contains a wealth of information, but I could not resist replying to this glaring oversight. I enjoyed proofing in both my naval and educational professions.

Thank you for keeping OUR VOICE HEARD.

*Yours in LOYALTY,
Robert G. Werba, MAL*

FRAtoday: You are correct; the photo caption is wrong and we certainly should have caught that in the proofing stages of production. The original source and caption are incorrect, that source is DVIDS or the Defense Visual Information Distribution Service, located at: <https://www.dvidshub.net/image/4809207/hurricane-michael> Thank you for pointing this out!

Thanks Chief Ward

Reading the recent comments about chiefs reminds me of my experience as a new ensign reporting aboard ship 48 years ago. I was supposed to be an assistant division officer for at least a year but after only one month, circumstances made me division officer of the largest division on the ship with about a two-hour notice. Thankfully, I had an E7, an

E8 and an E9 to help me. What I learned about leadership from them was invaluable for the rest of my active duty and reserve career. Unfortunately, I didn't realize the full significance of their benefit to my life and career until I was retired and looked back on my military life. From reviewing the *FRAtoday* "TAPS Department" at least two of them (Master Chief Hyde and Senior Chief Dixon) have already reported to their final duty station. I regret that I did not try to find them to personally thank them for their help. Chief Ward, if you are out there, I thank you! And thanks to all you chiefs out there for your patience and understanding with junior officers who are convinced they know everything.

CAPT Roger Pryor, USNR (Ret.)

Why Don't You Sell FRA Merchandise?

I am a Member At Large (MAL) and have no Branch access to FRA logo gear. In the 21st century, I should be able to go online to your website and order an FRA fleece, hoodie, ball cap or t-shirt. If you were the primary licensing and selling agency for such items, wouldn't that bring in extra revenue AND help bring in younger vets?

Every organization I belong to has a "store" to order items online. Just like the American Legion, AMVETS, 40/8 and the Sons of the American Revolution, just to list a few.

I recently re-joined the FRA for a 2nd year. I am proud of my membership, but have no way to show "the colors" because I can't go online and order anything.

Any help or assistance in this regard is most appreciated.

Ryan N. Armstrong, DP3

FRAtoday: Our Membership Director and committee members have been discussing this very thing. I do think they will be moving forward with a plan soon.

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 the FRA as a whole. The 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 111474 for special introductory pricing.

1-888-864-9648



ON & OFF *capitol hill*

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



John Davis DLP

Make your Voice Heard in the Legislative Process

As *FRAtoday* goes to press, the administration's annual FY2020 budget proposal has been submitted to Congress. It was delayed, in part, due to the government shutdown. As you get this issue of *FRAtoday*, the National Defense Authorization Act (NDAA) in each chamber of Congress should be going through the legislative process to eventually be merged into one bill and approved by the House and Senate, and then sent to the president to be signed into law or vetoed.

This is supposed to occur before the start of the new fiscal year (FY2020) Oct. 1, 2019. Some in Congress are calling for cuts to the defense budget due to the increase in the deficit and expanding debt. The FRA Legislative Team is closely monitoring this

process to try to stop any provisions that negatively impact FRA members and their families.

Members are strongly urged to subscribe to and read *NewsBytes*, the weekly legislative update, and review issues listed on the FRA Action Center located on the FRA website (www.fra.org). The FRA Action Center is the primary grassroots tool for the FRA's advocacy program on Capitol Hill and in the federal bureaucracy. The association's advocacy program is directly related to the association's mission and intended to give voice to member concerns regarding pay, health care, survivor benefits, education, housing, child care and other quality-of-life programs.

VA Secretary Recommends DOJ Not Appeal Blue Water Navy Case

The Department of Veterans Affairs Secretary Robert Wilkie announced at a Senate Veterans Affairs Committee hearing in March that the VA is recommending the Department of Justice (DOJ) not appeal the U.S. Appeals Court for the Federal Circuit's decision in *Procopio v. Wilkie*, which was decided on Jan. 29, 2019.

Earlier, the FRA had signed onto a letter to President Trump on Jan. 29, 2019, along with other veteran service organizations, requesting that he direct the DOJ not to appeal *Procopio v. Wilkie*. The letter had also urged the president to direct the Secretary of Veterans Affairs to immediately begin implementing this decision so that justice is finally provided to the men and women who served off the coast

of Vietnam. Those service members who are suffering from the devastating long-term health effects of Agent Orange exposure are still being denied the benefits and health care they have earned. The deadline for the DOJ decision was April 29, 2019.

From 1964 to 1975, more than 500,000 service members were deployed off the coast of Vietnam and may have been exposed to Agent Orange, an herbicide used in Vietnam. Past VA policy (1991-2001) allowed service members to file claims if they received the Vietnam Service Medal or Vietnam Campaign Medal. In 2002, the VA implemented a "boots on the ground" limitation on obtaining an Agent Orange presumptive connection.

TRICARE Fee Increases in 2019?

The FRA is thankful that the administration's proposed FY2020 budget recently submitted to Congress does not include any TRICARE fee increases. Unfortunately, the Congressional Budget Office (CBO) submitted a report to Congress in December recommending various TRICARE fee increases and other benefit cuts for military retirees and active duty military. Concern in Congress about the growing annual budget deficit for the current and upcoming fiscal years is increasing and legislators may consider these drastic cuts to reduce the deficit. Some of the many recommendations in the CBO report include:

- Enacting new TRICARE For Life annual enrollment fees of \$485 for individual coverage and \$970 for family coverage, and increasing cost sharing fees.

- Increasing TRICARE Prime and Select enrollment fees beyond the current annual Consumer Price Index increase.
- Reducing active duty BAH to 80 percent of actual cost.
- Limiting active duty annual pay increases.
- Eliminating the VA's Individual Unemployability payments to disabled veterans at the full retirement age for Social Security.

Members can tell their legislators not to reduce the deficit on the backs of our active duty military, veterans, retirees and their families by going to the FRA Action Center, located on the FRA website (www.fra.org). Scroll down to the Don't Enact CBO Proposed Budget Cuts! campaign listed on the center.

NP Washington Speaks to SVAC/HVAC Joint Hearing

The FRA's National President Robert Washington testified before a joint hearing of the House and Senate Veterans Affairs Committees. NP Washington asked Congress to pass legislation (S.422/H.R.299), which expands presumption for Blue Water Vietnam veterans exposed to Agent Orange herbicide while serving off the coast of Vietnam.

He thanked past HVAC Chairman Phil Roe (Tenn.) and current Chairman Mark Takano (Calif.) for passing the bill last year and their rapid reintroduction of the same legislation this year.

Washington also discussed the importance of the VA Choice program and thanked the committees for expanding the VA Caregiver program to include all catastrophically disabled veterans. He expressed the association's deep concern about the high rate of veteran suicides and thanked President Trump for creating the veterans suicide task force (See the March 8, 2019 *NewsBytes* for details). Washington also thanked HVAC Chairman Mark Takano (Calif.) for creating a task force to address barriers that women face when trying to obtain benefits and health care from the VA.



Closure of VA Facilities Coming Soon

The Department of Veterans Affairs Secretary Robert Wilkie announced at a House Veterans Affairs Committee hearing in late February that the VA is considering closing some under utilized facilities. Currently, about 63 percent of VA medical beds are in use. The secretary also noted that veterans are moving south and west, and the VA should shift facilities to reflect that change.

The VA Mission Act, signed into law last year, requires the VA to make an assessment of medical facility shortages, surpluses and other challenges. The idea of closing VA facilities has been controversial for legislators who have major hospitals in their districts. The FRA will monitor this issue to ensure that veterans have adequate access to care.



FRA Honors Rep. Phil Roe

The Pinnacle award, the FRA's most prestigious award, is given to one representative or senator each year. During the 115th Congress, Congressman Dr. Phil Roe (Tenn.), a veteran himself, served as the chairman for the House Veterans Affairs Committee and now is the ranking member of the HVAC in this current Congress. He has served for six years on the HVAC and has worked continuously to improve the lives and benefits for military retirees, veterans and active duty service members. He spearheaded the effort to pass the Agent Orange Blue Water legislation (H.R.299) last year that achieved a unanimous passage in the House of Representatives. Though the bill ultimately failed in the Senate Veterans Affairs Committee, Roe did successfully push for other FRA-supported bills such as the Quicker Veterans Benefits Delivery Act (H.R.1725), the Veterans Appeals Improvement and Modernization Act (H.R.2288), and the Harry W. Colmery Veterans Educational Assistance Act (H.R.3218) to become law.

Roe was presented the award after the FRA's national president, Robert Washington Sr., finished testifying at a joint hearing of the House and Senate Veterans' Affairs Committee. Washington, National Vice President Donna Jansky and NED Tom Snee presented the award and thanked the congressman for his hard work on behalf of veterans.

FRA Thanked for Supporting USFF SOY

Vice Admiral Bruce Lindsey, deputy commander of U.S. Fleet Forces Command, acknowledged the FRA's support for the 2019 Fleet Forces Sailor of the Year (USFF SOY) with a letter to NED Thomas Snee. The letter thanked the association for the \$2,000 payment that would help to underwrite the recent USFF SOY event held in Virginia Beach, Virginia.

NP Bob Washington, RPEC Randy Phillipp, NED Thomas Snee, and RVPEC S. D. Martin represented the FRA at the awards event. The FRA Auxiliary members in attendance included: NP Christina Murray, RPEC Christina Dickenson and RVPEC Virginia Jordan.

SBP/DIC Offset Repeal Bill in Senate

Sen. Doug Jones (Ala.) introduced legislation (S.622) which repeals the SBP/DIC offset for survivors that is sometimes referred to as the Military Widows Tax. Earlier, Rep. Joe Wilson (S.C.) introduced similar legislation in the House called the Military Surviving Spouses Equity Act (H.R.553).

The Survivor Benefit Plan (SBP) and Dependency and Indemnity Compensation (DIC) payments are paid for different reasons. The SBP is purchased by the retiree and is intended to provide a portion of retired pay to the survivor. DIC is a special indemnity compensation paid to the survivor when a member's service causes his or her premature death. In such cases, the VA DIC should be added to the SBP the retiree paid for, not substituted for it. It should be noted as a matter of equity that surviving spouses of federal civilian retirees who are disabled veterans and die of military-service-connected causes can receive DIC without losing any of their federal civilian SBP benefits.

Members are urged to use the FRA Action Center to ask their legislators to support these important proposals.

FRA Supports TRICARE Reserve Select Improvement Act

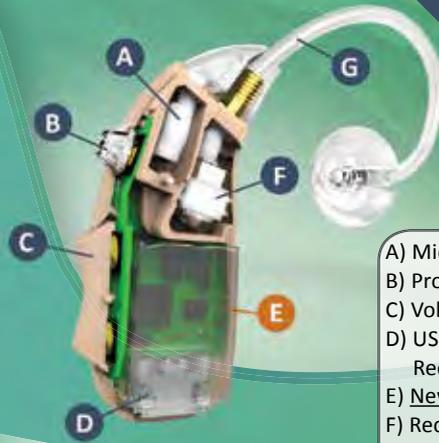
The FRA supports the TRICARE Reserve Select Improvement Act (S.164/H.R.613) that would expand TRICARE Reserve Select (TRS) eligibility to all federal employees serving in the Reserve Component. This legislation, sponsored by Sen. Steve Daines (Mont.) and Rep. John Garamendi (Calif.) respectively, would impact more than 70,000 dual status military technicians in the reserve component by providing expanded health care options. The current law prohibits access to TRS for reserve component members who serve as federal employees in their civilian employment. This can create confusion and lead to more expensive health care for these service members and their families, as well as prevent continuity of care as service members deploy or transition in or out of the federal workforce. Enactment of this legislation will ensure reservists and their families have greater choices and equal access to competitive health coverage premiums arising from their military service. Members can go to the FRA Action Center located on the website to weigh in on this legislation.

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

(*Each when you buy a pair)

The new more powerful HearClear™ HCR3 rechargeable hearing aid combines advanced technology with a low price to provide you with outstanding value.

New Improved R3 Digital Processor™!



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

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.



HCR3 Features!

- ✓ Digital sound processing chip provides **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
- ✓ Helps most **moderate to significant hearing losses** (call us if you need more power)

Simple. Affordable.

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

The new HearClear™ HCR3 Rechargeable Digital Hearing Aids are now available to you for an unbelievably affordable price! The HCR3 is packed with the 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 HCR3 hearing aids work at a fraction of the cost of name-brand hearing aids, and you won't have to keep changing the batteries! You will love the discreet, comfortable, lightweight Open-fit design. The HCR3 is pre-programmed for most moderate to significant hearing losses, so you won't need professional appointments to make costly adjustments. **It is shipped directly to you and will help you hear better right out of the box!**

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*

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!



MONEY SAVING OFFER!

Use Coupon Code: **FR95**

1-888-312-2324

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



The HCR3



Visit and Save: www.AdvancedHearing.com/FR95

House Passes Veterans Bills

The House recently passed two veteran's proposals and sent them to the Senate for further consideration. The VET HP Act (H.R.1271), sponsored by Rep. Marcy Kaptur (Ohio), would require the Department of Veterans Affairs to carry out a pilot program to provide undergraduate students with clinical observation experience within the VA. The objective is to increase the awareness of medical conditions common to veterans and encourage potential careers in the VA.

The House also passed the Burn Pit Registry Enhancement Act (H.R.1381), introduced by Rep. Raul Ruiz (Calif.), which creates a process to ensure that the burn pit registry is updated with the cause of death of a deceased registered individual.

The FRA is supporting the Burn Pits Accountability Act (H.R.663/S.191). This legislation directs the DOD to provide service members in Iraq and Afghanistan periodic health assessments during deployment and during military separation. The assessment is 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. FRA Members can weigh in on this issue by going to the FRA Action Center to ask their legislators to support these bills.

President Selects New USMC Commandant

Lt. General David Berger has been nominated by President Trump as the next (38th) Marine Corps commandant. He is currently in charge of the Marine Corps Combat Development Command. Berger would replace General Robert Neller, who has been commandant since Sept. 24, 2015, and is scheduled to retire later this year.

Berger was commissioned as a Marine infantry officer in 1981 and before his current assignment he commanded U.S. Marine Corps Forces, Pacific. He also deployed to Afghanistan and Iraq. Berger would be promoted to a four-star general as commandant. This appointment requires Senate confirmation.

President Creates Veteran Suicide Task Force

President Donald Trump signed a new executive order dubbed the President's Roadmap to Empower Veterans and End a National Tragedy of Suicide (PREVENTS). The executive order is an effort by the administration to combat veteran suicide. On average, 20 veterans commit suicide every day.

President Trump said, "It is a tragedy of staggering proportions."

The VA secretary noted that 14 out of the 20 veterans who die by suicide each day are not in the VA health care system. The FRA welcomes the task force and believes that an effective mental health care program for veterans is of paramount importance in reducing veteran suicide. This past year, President Trump issued an executive order titled Supporting Our Veterans during Their Transition from Uniformed Service to Civilian Life. The order directs the departments of Defense, Veterans Affairs and Homeland Security to develop a plan to ensure that all new veterans receive mental health care for at least one year following their separation from service.

FY2020 Budget Roll Out

The administration released its FY2020 budget request on March 11, 2019. The request is more than a month behind schedule because the government shutdown slowed its arrival on Capitol Hill. This is a "skinny" budget that does not provide as much detail as a full budget request. The proposed budget includes \$750 billion for the Department of Defense for FY2020, which is \$34 billion more than the current spending level. There is no proposed TRICARE fee increase included in the request. It provides a 3.1 percent active duty pay increase—the largest increase in a decade and provides additional funding for childcare centers on bases. The budget provides funding for 46 more Navy ships in the next five years.

The Department of Veterans Affairs budget request provides for a 9.6 percent increase in overall spending for the agency (\$19.3 billion above the current budget). The proposed budget includes a 9.5 percent increase in medical care that includes a surge in mental health, women's health and homelessness funding. The budget increases spending for the modernization of disability claims processing and appeals reform. The FRA will monitor the budget process to ensure adequate funding for the VA, with special attention to VA health care to ensure access and care for all beneficiaries.

Breakthrough technology converts phone calls to captions.

No Contract
No Monthly Fee

New amplified phone lets you hear AND see the conversation.

The Hamilton® CapTel® Captioned Telephone converts phone conversations to easy-to-read captions for individuals with hearing loss.

Do you get discouraged when you hear your telephone ring? Do you avoid using your phone because hearing difficulties make it hard to understand the person on the other end of the line? For many Americans the telephone conversation – once an important part of everyday life – has become a thing of the past. Because they can't understand what is said to them on the phone, they're often cut off from friends, family, doctors and caregivers. Now, thanks to innovative technology there is finally a better way.

A simple idea... made possible with sophisticated technology.

If you have trouble understanding a call, captioned telephone can change your life. During a phone call the words spoken to you appear on the phone's screen – similar to closed captioning on TV. So when you make or receive a call, the words spoken to you are not only amplified by the phone, but scroll across the phone so you can listen while reading everything that's said to you. Each call is routed through a call center, where computer technology – aided by a live representative – generates voice-to-text translations. The captioning is real-time, accurate and readable. Your conversation is private. Internet Protocol Captioned Telephone Service (IP CTS) is regulated and funded by the Federal Communications Commission (FCC) and is designed exclusively for individuals with hearing loss. To learn more, visit www.fcc.gov. The Hamilton CapTel phone requires telephone service and high-speed

Internet access. WiFi Capable. Callers do not need special equipment or a captioned telephone in order to speak with you.

Finally... a phone you can use again.

The Hamilton CapTel phone is also packed with features to help make phone calls easier. The keypad has large, easy to use buttons. You get adjustable volume amplification along with the ability to save captions for review later. It even has an answering machine that provides you with the captions of each message.



"For years I avoided phone calls because I couldn't understand the caller... now I don't miss a thing!"



SEE what you've been missing!



See for yourself with our exclusive home trial. Try a captioned telephone in your own home and if you are not completely amazed, simply return it within 60-days for a refund of the product purchase price. It even comes with a 5-year warranty.

Captioned Telephone

Call now for our special introductory price!

Call now Toll-Free

1-888-899-6288

Please mention promotion code 111476.

The Captioning Telephone is intended for use by people with hearing loss. In purchasing a Captioning Telephone, you acknowledge that it will be used by someone who cannot hear well over a traditional phone. Hamilton is a registered trademark of Nedelco, Inc. d/b/a Hamilton Telecommunications. CapTel is a registered trademark of Ultratec, Inc.

Female Veterans Task Force & Legislation

Rep. Mark Takano (Calif.) is the new chairman of the House Veterans' Affairs Committee. He is creating a new congressional task force to address barriers that female veterans face when trying to obtain Department of Veterans Affairs benefits and health care. The FRA works to increase access to gender-specific medical and mental health care to meet the unique needs of female service members and transitioning female veterans. Congresswoman Julia Brownley (Calif.) has been selected to serve as chairwoman of the task force. Details about the structure of the task force were not available at press time.

Today, women make up 14 percent of active duty military and 17 percent of the reserve component. Women are serving in combat conditions alongside their male counterparts, which raises new issues for these veterans. That is why the FRA supports the Deborah Sampson Act that was recently introduced in the Senate, sponsored by Sens. John Boozman (Ark.), and Jon Tester (Mont.). The act was also introduced in the House and sponsored by Rep. Julia Brownley (Calif.). It seeks to improve and expand the VA's programs and services for female veterans. Major provisions of the bill include:

- Empowering female veterans by expanding peer-to-peer counseling, group counseling and call centers for female veterans.
- Improving the quality of care for infant children of female veterans by increasing the number of days of maternity care VA facilities can provide and authorizing medically necessary transportation for newborns.
- Eliminating barriers to care by increasing the number of gender-specific providers and coordinators in VA facilities and training clinicians, and retrofitting VA facilities to enhance privacy to improve the environment of care for female veterans.
- Providing support services for female veterans seeking legal assistance and authorizing additional grants for organizations supporting low-income female veterans.
- Improving the collection and analysis of data regarding female veterans and expanding outreach by centralizing all information for female veterans in one easily accessible place on the VA website.

This bill is listed on the FRA Action Center located on the association's website to provide members with the opportunity to ask their legislators to support this bill.

Active Duty Tenant Bill of Rights

The Navy, Army and Air Force secretaries announced at a hearing of the Senate Armed Services Committee that they are preparing a joint Tenant Bill of Rights in an effort to ensure service members and their families have safe, quality homes and communities along with clear and understandable rights while living in them. It is intended to increase the accountability of privatized housing companies by putting more oversight authority in the hands of local military leaders. The SACS hearing was an oversight meeting to review alleged abuses of on-base privatized housing. A subcommittee hearing in February examined allegations of substandard housing.

The Military Family Advisory Network's survey of active duty personnel found that 56 percent of the nearly 17,000 respondents, reported a "negative" or "very negative" opinion of their living conditions, which the network concluded showed a "systemic problem." Many families claimed health concerns and repairs had become "all-consuming," diverting their focus from military duties and upcoming deployments. Concerns included mold, lead paint, raw sewage and other toxic exposures that have health impacts for all residents, many of whom are young children. Also termites and rodents were reported. Much of military base housing was privatized in the mid-1990s due to deplorable conditions with government managed military housing.

All three service secretaries claimed they have seen firsthand and reviewed problems in housing units. The Tenant Bill of Rights is intended to help remedy them by both protecting and empowering service members and their families. The Tenant Bill of Rights will be enforced through renegotiated leases with the privatized housing companies. **FRA**

Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health



by David Waxman
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from of 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it

causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

One AloeCure Capsule Daily

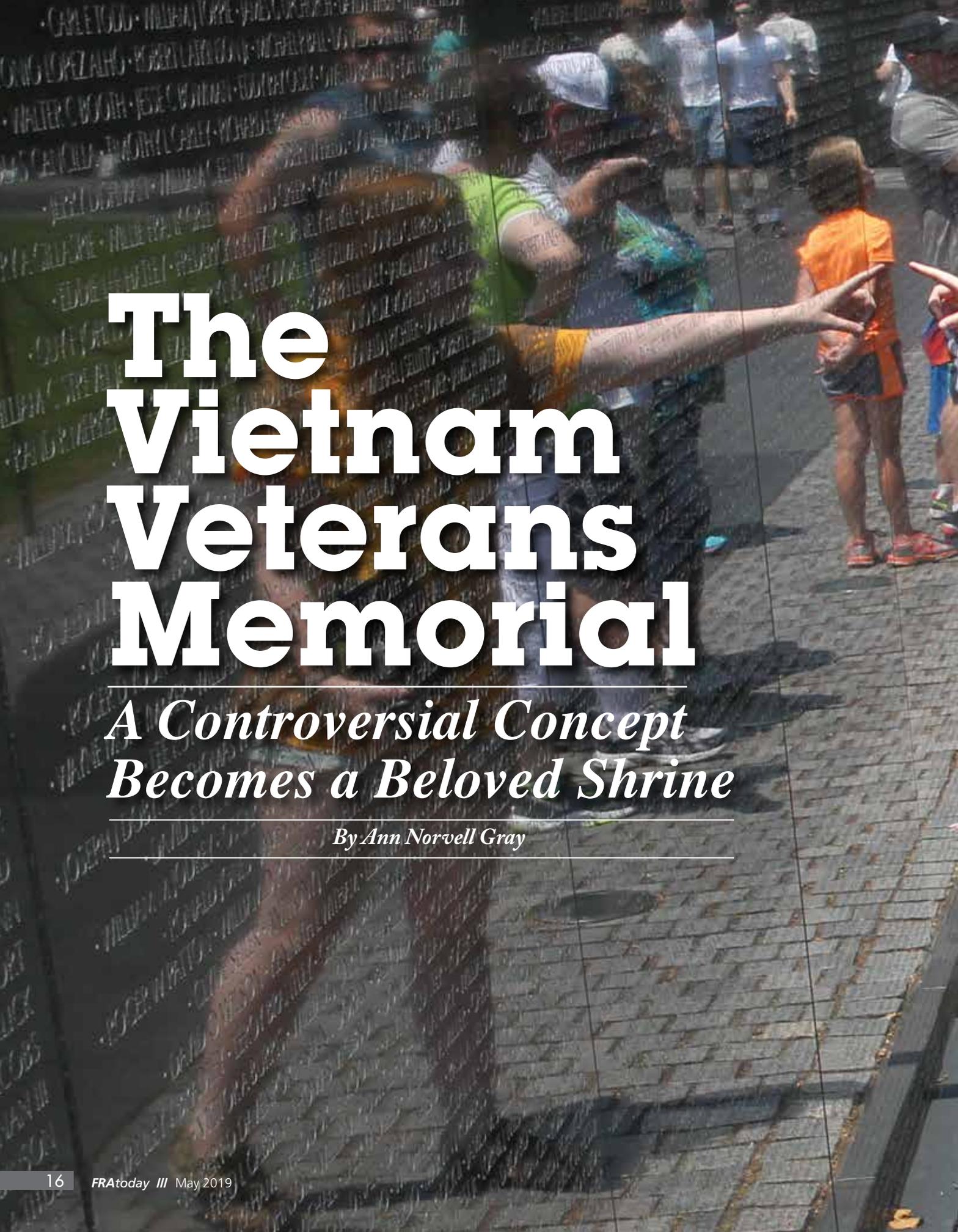
- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-746-2951. Only a limited discounted supply of AloeCure is currently available.

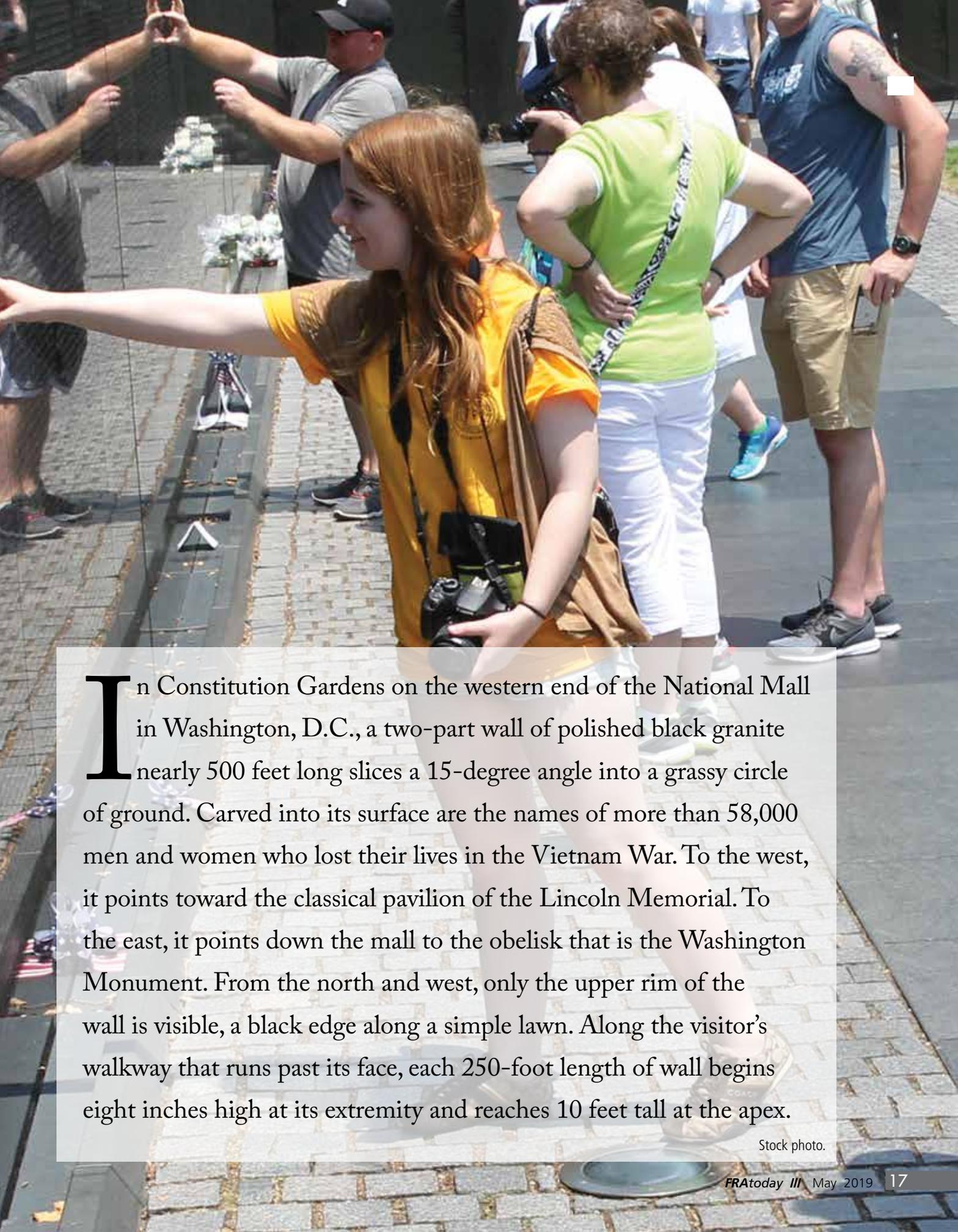
Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-746-2951 today.



The Vietnam Veterans Memorial

*A Controversial Concept
Becomes a Beloved Shrine*

By Ann Norvell Gray



In Constitution Gardens on the western end of the National Mall in Washington, D.C., a two-part wall of polished black granite nearly 500 feet long slices a 15-degree angle into a grassy circle of ground. Carved into its surface are the names of more than 58,000 men and women who lost their lives in the Vietnam War. To the west, it points toward the classical pavilion of the Lincoln Memorial. To the east, it points down the mall to the obelisk that is the Washington Monument. From the north and west, only the upper rim of the wall is visible, a black edge along a simple lawn. Along the visitor's walkway that runs past its face, each 250-foot length of wall begins eight inches high at its extremity and reaches 10 feet tall at the apex.

Stock photo.



Stock photo.

The wall was installed in 1982 and is the first of the three parts of the Vietnam Veterans Memorial. The second is “The Three Servicemen,” a statue by Frederick Hart unveiled on Veterans Day in 1984, which includes the first representation of an African American to appear on the National Mall. The final piece is the Vietnam Women’s Memorial, sculpted by Glenna Goodacre and unveiled in 1993. These second and third parts of the memorial honor not only the dead, but also the survivors whose lives were forever affected by their time in-country.

The wall is the original piece, and the most instantly recognizable. Its iconic design was the result of a blind competition. More than 1,400 entries came in, many from some of the most prominent architects and designers in the country, but none of the designers were identified during the selection process. Until the decision was made and the winning entry was announced, no one had any idea that it expressed the vision of Maya Lin, a

student of architecture at Yale with no professional experience. It was certainly unusual, and it was not received enthusiastically by many people who expected something else entirely. Some critics objected to her youth, and some to her Asian roots, arguing that her vision couldn’t possibly be an authentic expression of the veterans’ stories. In some quarters, the negative reactions were so strong that several congressmen lodged complaints.

In October of 1981, *The New York Times* published an excerpt from the testimony before the United States Fine Art Commission written and delivered by Tom Carhart, a West Point graduate who had earned two Purple Hearts in Vietnam and who was then serving as a civilian lawyer at the Pentagon. Here is part of what he said:

“Unless something unexpected happens, ground will soon be broken for the Vietnam Veterans Memorial . . . Although I have long awaited this moment, as it now approaches, I feel only pain. I

BREAKING NEWS...

CoQ10's Failure Leaves Millions Wanting

Use this pill to supercharge your brain and think better than ever.

BREAKING NEWS: Millions of Americans take the supplement CoQ10. It's the "jet fuel" that supercharges your cells' power generators, known as mitochondria.

As you age, your mitochondria begin to die. In fact, by age 67, you lose 80% of the mitochondria you had at age 25. But if you're taking CoQ10, there's something important you should know.

As powerful as CoQ10 is, there is a critical thing it fails to do. It can't create new mitochondria in your cells.

Taking CoQ10 is not enough

"There's a little-known NASA nutrient that multiplies the number of new power generators in your cells by up to 55%," says Dr. Al Sears, owner of the Sears Institute for Anti-Aging Medicine in Royal Palm Beach, Florida. "Science once thought this was impossible. But now you can make your heart, brain and body young again."

"I tell my patients the most important thing I can do is increase their 'health span.' This is the length of time you can live free of disease and with all your youthful abilities and faculties intact."

Medical first: Multiply the "power generators" in your cells

Al Sears, M.D., recently released an energy-boosting supplement based on this NASA nutrient that has become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of over 500 scientific papers on anti-aging and recently spoke at the WPBF 25 Health & Wellness Festival featuring Dr. Oz and special guest Suzanne Somers. Thousands of people listened to Dr. Sears speak on his anti-aging breakthroughs and attended his book signing at the event.

Now, Dr. Sears has come up with what his peers consider his greatest contribution to anti-aging medicine yet — a newly discovered nutrient that multiplies the number of tiny, energy-producing "engines" located inside the body's cells, shattering the limitations of traditional CoQ10 supplements.

Why mitochondria matter

A single cell in your body can contain between 200 to 2,000 mitochondria, with the largest number found in the most metabolically active cells, like those in your brain, heart and skeletal muscles.

But because of changes in cells, stress and poor diet, most people's power generators begin to malfunction and die off as they age. In fact, the Mitochondria Research Society reports 50 million U.S. adults are suffering from health problems because of mitochondrial dysfunction.

Common ailments often associated with aging — such as memory problems, heart issues, blood sugar concerns and vision and hearing difficulties — can all be connected to a decrease in mitochondria.

Birth of new mitochondria

Dr. Sears and his researchers combined the most powerful form of CoQ10 available — called ubiquinol — with a unique, newly discovered natural compound called PQQ that has the remarkable ability to grow new mitochondria. Together, the two powerhouses are now available in a supplement called **Ultra Accel II**.

Discovered by a NASA probe in space dust, PQQ (Pyrroloquinoline quinone) stimulates something called "mitochondrial biogenesis" — a unique process that actually boosts the number of healthy mitochondria in your cells.

In a study published in the *Journal of Nutrition*, mice fed PQQ grew a staggering number of new mitochondria, showing an increase of more than 55% in just eight weeks.

The mice with the strongest mitochondria showed no signs of aging — even when they were the equivalent of 80 years old.

Science stands behind the power of PQQ

Biochemical Pharmacology reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants.

"Imagine 5,000 times more efficient energy," says Dr. Sears. "PQQ has been a game changer for my patients."

"With the PQQ in **Ultra Accel II**, I have energy I never thought possible," says Colleen R., one of Dr. Sears' patients. "I am in my 70s but feel 40 again. I think clearer, move with real energy and sleep like a baby."

It works right away

Along with an abundance of newfound energy, users also report a sharper, more focused mind and memory, and even younger-looking skin and hair.



NASA-discovered nutrient is stunning the medical world by activating more youthful energy, vitality and health than CoQ10.

Jerry M. from Wellington, Florida, used **Ultra Accel II** and was amazed at the effect.

"I noticed a difference within a few days," says Jerry. "My endurance almost doubled. But it's not just in your body. You can feel it mentally, too," says Jerry. "Not only do I feel a difference, but the way it protects my cells is great insurance against a health disaster as I get older."

Increase your health span today

The demand for this supplement is so high, Dr. Sears is having trouble keeping it in stock. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling or looking older than their age... or for those who are tired or growing more forgetful."

"My favorite part of practicing anti-aging medicine is watching my patients get the joy back in their lives. **Ultra Accel II** sends a wake-up call to every cell in their bodies... and they actually feel young again."

Where to find Ultra Accel II

Right now, the only way to get this potent combination of PQQ and super-powered CoQ10 is with Dr. Sears' breakthrough **Ultra Accel II** formula.

To secure bottles of this hot, new supplement, buyers should contact the Sears Health Hotline at 1-877-353-0632 within the next 48 hours. "It takes time to get bottles shipped out to drug stores," said Dr. Sears. "The Hotline allows us to ship the product directly to the customer."

Dr. Sears feels so strongly about this product, he offers a 100%, money-back guarantee on every order. "Just send me back the bottle and any unused product within 90 days, and I'll send you your money back," said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number will be shut down to allow them to restock.

Call 1-877-353-0632 to secure your limited supply of **Ultra Accel II**. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. To take advantage of this great offer use Promo Code **FRAT0519UA** when you call in.



Portraits of a U.S. service member killed during the Vietnam War lay against a polished granite panel that is part of the Vietnam Veterans Memorial in Washington, D.C., Nov. 11, 2018. Photo by Sean Kimmons.

believe that the design selected for the memorial in an open competition is pointedly insulting to the sacrifices made for their country by all Vietnam veterans. By this we will be remembered: a black gash of shame and sorrow, hacked into the national visage that is the Mall.”

A compromise had to be reached. The solution was to commission a work of sculpture, something that felt more like a traditional monument, from one of the nation’s most respected artists. Frederick Hart, born in 1943 and influenced by the work of Daniel Chester French, maker of the 1920 statue of Abraham Lincoln inside the Lincoln Memorial, was chosen. His simple bronze portrait of three young comrades in arms gives a human face to the names carved into the granite. Hart expressed respectful understanding of the spirit of Maya Lin’s concept, and described his solution in this way:

“I see the wall as a kind of ocean, a sea of sacrifice that is overwhelming and nearly incomprehensible in the sweep of names. ... They wear the uniform and carry the equipment of war; they are young.

... There is about them the physical contact and sense of unity that bespeaks the bonds of love and sacrifice that is the nature of men at war. ... Their true heroism lies in these bonds of loyalty in the face of their awareness and their vulnerability. ... I place these figures upon the shore of that sea, gazing upon it, standing vigil before it, reflecting the human face of it, the human heart.”

The three soldiers, ethnically diverse, clearly hot and weary, stand shoulder to shoulder, gazing into the distance. Their faces carry expressions too heavy for such young men. With their addition to the memorial, and a growing appreciation of the effectiveness of Maya Lin’s unexpected design, some of the outrage began to die down.

Two years after it was chosen, the finished monument began to emerge as a place of pilgrimage. In 1983, another story in *The New York Times* made these observations:

“Even now, nine months after it opened amid controversy over its design, the Vietnam Memorial is still the most emotional spot of ground in

*Introducing
the future of personal
transportation.*



The Zinger folds to a mere 10 inches.

It's not a Wheelchair...

It's not a Power Chair...

It's a Zinger Chair!

More and more Americans are reaching the age where mobility is an everyday concern. Whether from an injury or from the 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. 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 lever 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 convenient 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 rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 275 pounds, and it goes 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 and quality of life?

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

1-888-632-6912

Please mention code 111475 when ordering.

- 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

Zinger is not a wheelchair or medical device and is not covered by Medicare or Medicaid.

© 2019 firstSTREET for Boomers and Beyond, Inc.



The Vietnam Women's Memorial depicts a nurse cradling an injured soldier, a woman looking skyward and (at the back of statue, not visible in this picture) a kneeling woman holding a helmet. Stock photo.

Washington... Even the children, who can be seen romping around other Washington landmarks, fall quiet as they approach the V-shaped wall. ... A World War II veteran came to attention and saluted; a farmer paused in front of a name, removed his John Deere cap and stood there fighting back tears; a mother placed a Polaroid shot of her two small children near the name of her husband and, drawing the children around her, quietly wept. ... And, as they have done from the first day, many of the visitors indulge in the simplest human memorial, touching the cold, stony texture of the engraved names of the dead. For them, it is not enough just to read the names."

In 1984, Diane Carlson Evans, a former Army nurse, teamed up with Donna-Marie Boulay to

Online Resources:

www.nps.gov/vive/index.htm

<http://thewall-usa.com/>

www.vvmf.org/Wall-of-Faces/

www.vietnamwar50th.com/

form the Vietnam Women's Memorial Project. Information about the more than 10,000 women who served, most of them nurses and almost all of them young volunteers, was surprisingly absent in the official record. The project set about to rectify that and continues the work as the Vietnam Women's Memorial Foundation.

Nine years after the foundation of the Women's Project, Glenna Goodacre's deeply affecting statue of three nurses and one wounded soldier was added to the Vietnam Veterans Memorial just south of the wall. Like the three soldiers, the women are ethnically diverse and very young. One kneels on the ground cradling the soldier's helmet. One looks up anxiously, as though waiting for an evacuation helicopter to come for the gravely wounded man. The third holds the soldier tenderly in her lap. The composition bears a striking resemblance to Michelangelo's "Pieta."

Now, thirty-six years after *The New York Times's* 1983 observations were published, the power of visitors' responses to the memorial is undiminished. Even if no one known to the visitor is there, and regardless of how an observer may have felt about that war, the wall counts its human cost without comment. The names are all exactly alike, arranged in the order of their loss. Neither rank, length of service, nor honors or medals earned affect the attention they are given. In giving "the last full measure of devotion," they have become one.

The name of a beloved family member of mine is on that wall. The stillness and dignity of the place are oddly calming, inspiring a meditative communion with those who were lost. There is unimaginable power in placing your hand on the name of your brother, your trusted friend, someone you loved, someone you lost. When you touch their names and see yourself reflected in the shining stone, you are with them for that moment, and they are not lost. The simplicity of the gesture allows

FRA & LA FRA 2019 ANNUAL CONVENTION NEWS

Greeting Shipmates and Auxiliary Members

Memphis, Tennessee has been selected as the site for the 2019 National Convention by the National Committee. The hotel selected is the Crowne Plaza Memphis East at 2625 Thousand Oaks Blvd., Memphis, TN 38118. The dates are from September 22–29, 2019. It is located I-240 and Perkins 8 miles from the Memphis International Airport and 16 minutes from downtown & 13 minutes from Graceland.

There is on-site self-parking which is complimentary. Complimentary airport transportation to and from the hotel and within a five-mile radius of the hotel.

Room Rates are \$99.00 (without Breakfast) plus 17.75% tax and the City of Memphis Hotel Tourism Fee of \$2.00 per day or \$109.00 (which includes a Full and Complete Breakfast). Room rates apply for up to three days prior and three days following the convention dates.

The cut-off date for the block of rooms will be held until Sunday, September 1, 2019. Reservation requests received after 5:00 PM local time at the hotel on the cut-off date will be accepted based on guest room availability at the Group rate.

Telephone Number: Crowne Plaza Worldwide Reservations 844-750-1135.

Exercise Your Liberty

Comfort and class go hand in hand in the Liberty Walking Stick. Yours for **ONLY \$59!**

Featuring a genuine Liberty half-dollar

The right to free speech, freedom of religion, freedom of the press, and freedom of assembly are what make the USA the land of liberty. These constitutional rights are embodied in the Walking Liberty half-dollar, the famous coin showing Lady Liberty striding powerfully and purposely forward into the future.

The **Liberty Walking Stick** showcases this iconic symbol of freedom with a genuine Walking Liberty Silver Half-Dollar—90% pure silver—struck by the U.S. Mint. The perfect way to celebrate what makes this country great while putting some pep in your step.

Today these tributes to a gentleman's power, prestige, and posture are fetching as much as \$200,000 at auction. Because Stauer takes the quicker and less expensive route and goes right to the source, we can offer you the vintage-worthy **Liberty Walking Stick** for **only \$59!**

Your satisfaction is 100% guaranteed.

Experience the comfort and class of the **Liberty Walking Stick** for 30 days. If you're not feeling more liberated, simply send it back within 30 days for a refund of the item price. At Stauer, we walk the talk.

36" Liberty Walking Stick \$79*

Offer Code Price Only **\$59** + S&P **Save \$20**

40" Liberty Walking Stick \$99*

Offer Code Price Only **\$69** + S&P **Save \$30**

1-800-333-2045

Your Offer Code: LWS156-01

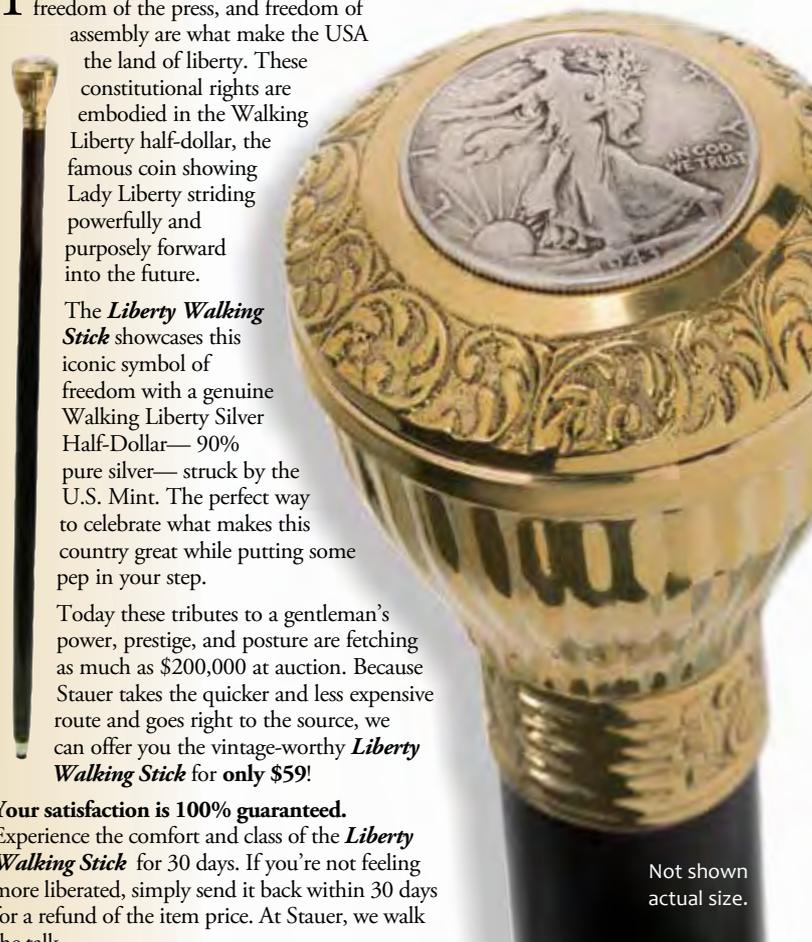
You must use the insider offer code to get our special price.

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

Stauer® 14101 Southcross Drive W., Ste 155, Dept. LWS156-01
Burnsville, Minnesota 55337 www.stauer.com

- Eucalyptus wood with cast brass handle containing; genuine obverse U.S. Walking Liberty Silver Half Dollar (1916 -1947); rubber tip
- Supports up to 250 pounds

Stauer... *Afford the Extraordinary.*®



Not shown actual size.

PRaise for Stauer Walking Sticks

"An excellent walking stick. Solid and elegant. Perfect for a night out. Well crafted."

— J. from Pacific Grove, CA



Rating of A+



A visitor to the Vietnam Veterans Memorial traces the name of a U.S. service member killed during the Vietnam War in Washington, D.C., Nov. 11, 2018. Photo by Sean Kimmons.

you to feel your sorrow in uncomplicated silence, to grieve without shame.

Reaction to the Vietnam War contributed to divisive political and social upheaval. The divisions among the generation most affected have still not completely healed. In a recent conversation, Tom Carhart said that he still does not like the wall, and that it still pains him to see it.

“Monuments all over the city are white, and rise upward,” he says. “This thing is a black ditch.”

He moved on long ago from the attempt to stop it, and is respectful of those who disagree, but he is rightfully proud of having stood up and made his objections known.

A retired senior corporate executive, who was a Navy hospital corpsman on the *USS INTREPID* off the Vietnamese coast in the late 1960s, has a

different reaction. He was a little reluctant when his wife gently urged him to visit the wall.

“I didn’t expect to like it,” he said. “It looked to me like a barrier without any warmth in the pictures. But once I got there, I loved it. When I found the names of two high school friends who died in Vietnam, that’s when I felt the warmth.”

FRA

1. Carhart, Tom, “Insulting Vietnam Vets,” *The New York Times*, Oct. 24, 1981.
2. Corbin, Julianne, “Memory and Form: An Analysis of the Vietnam Veterans Memorial,” *WR: Journal of the Arts & Sciences Writing Program*, Issue 4, Boston University, 2011-2012
3. Gailey, Phil, “Touching, Tears, Roses, Rain,” *The New York Times*, Aug. 30, 1983

New Male Potency Formula Makes “The Little Blue Pill” Obsolete

Soaring demand expected for new scientific advance made just for older men. Works on both men's physical ability and their desire in bed.

By Harlan S. Waxman
Health News Syndicate

New York – If you're like the rest of us guys over 50; you probably already know the truth... Prescription ED pills don't work! “Simply getting an erection doesn't fix the problem,” says Dr. Bassam Damaj, chief scientific officer at the world famous Innovus Pharma Laboratories.

As we get older, we need more help in bed. Not only does our desire fade; but erections can be soft or feeble, one of the main complaints with prescription pills. Besides, they're expensive... costing as much as \$50.00 each

Plus, it does nothing to stimulate your brain to want sex. “I don't care what you take, if you aren't interested in sex, you can't get or keep an erection. It's physiologically impossible,” said Dr. Damaj.

MADE JUST FOR MEN OVER 50

But now, for the first time ever, there's a pill made just for older men. It's called Vesele®. A new pill that helps you get an erection by stimulating your body and your brainwaves. So Vesele® can work even when nothing else worked before.

The new men's pill is not a drug. It's something completely different

Because you don't need a prescription for Vesele®, sales are exploding. The maker just can't produce enough of it to keep up with demand. Even doctors are having a tough time getting their hands on it. So what's all the fuss about?

WORKS ON YOUR HEAD AND YOUR BODY

The new formula takes on erectile problems with a whole new twist. It doesn't just address the physical problems of getting older; it works on the mental part of sex too. Unlike the expensive prescriptions, the new pill stimulates your sexual brain chemistry as well. Actually helping you regain the passion and burning desire you had for your partner again. So you will want sex with the hunger and stamina of a 25-year-old.

THE BRAIN/ERECTION CONNECTION

Vesele® takes off where Viagra® only begins. Thanks to a discovery made by 3 Nobel-Prize winning scientists; Vesele® has become the first ever patented supplement to harden you and your libido. So you regain your desire as well as the ability to act on it.

In a 16-week clinical study; scientists from the U.S.A. joined forces to prove Nitric Oxide's effects on the cardio vascular system. They showed that Nitric Oxide could not only increase your ability to get an erection, it would also work on your

brainwaves to stimulate your desire for sex. The results were remarkable and published in the world's most respected medical journals.

THE SCIENCE OF SEX

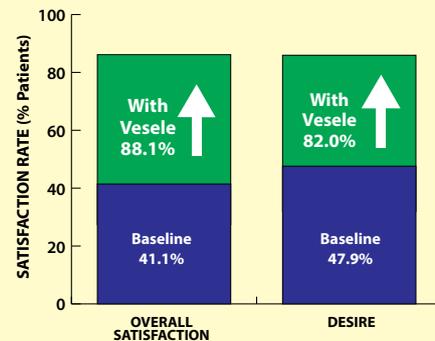
The study asked men, 45 to 65 years old to take the main ingredient in Vesele® once a day. Then they were instructed not to change the way they eat or exercise but to take Vesele® twice a day. What happened next was remarkable. Virtually every man in the study who took Vesele® twice a day reported a huge difference in their desire for sex. In layman's terms, they were horny again. They also experienced harder erections that lasted for almost 20 minutes. The placebo controlled group (who received sugar pills) mostly saw no difference.

AN UNEXPECTED BONUS: The study results even showed an impressive increase in the energy, brain-power and memory of the participants.

SUPPLY LIMITED BY OVERWHELMING DEMAND

“Once we saw the results we knew we had a game-changer,” said Dr. Damaj. “We get hundreds of calls a day from people begging us for a bottle. It's been crazy. We try to meet the crushing demand for Vesele®.”

JAW-DROPPING CLINICAL PROOF



	Vesele	Baseline
Overall Satisfaction.....	.88.1%	41.4%
Frequency of sex.....	.79.5%	44.9%
Desire for sex.....	.82%	47.9%
Hardness during sex.....	.85.7%	36.2%
Duration of erection.....	.79.5%	35%
Ability to satisfy.....	.83.3%	44.1%

VESELE® PASSED THE TEST

“As an expert in the development of sexual dysfunction, I've studied the effectiveness of Nitric Oxide on the body and the brain. I'm impressed by the way it increases cerebral and penile blood flow.



New men's pill overwhelms your senses with sexual desire as well as firmer, long-lasting erections. There's never been anything like it before.

The result is evident in the creation of Vesele®. It's sure-fire proof that the mind/body connection is unbeatable when achieving and maintaining an erection and the results are remarkable” said Dr. Damaj. (His findings are illustrated in the chart at left.)

HERE'S WHAT MEN ARE SAYING

- I'm ready to go sexually and mentally.
- More frequent erections at night and in the morning.
- I have seen a change in sexual desire.
- Typically take 1 each morning and 1 each night. Great Stamina, Great Results!
- An increased intensity in orgasms.
- My focus (mental) has really improved... Huge improvement.
- Amazing orgasms!
- I feel more confident in bed

HOW TO GET VESELE®

This is the first official public release of Vesele® since its news release. In order to get the word out about Vesele®, Innovus Pharma is offering special introductory discounts to all who call.

A special phone hotline has been set up for readers in your area; to take advantage of special discounts during this ordering opportunity. Special discounts will be available starting today at 6:00am. The discounts will automatically be applied to all callers. The Special TOLL-FREE Hotline number is 1-800-307-3156 and will be open 24-hours a day.

Only 300 bottles of Vesele® are currently available in your region. Consumers who miss out on our current product inventory will have to wait until more become available. But this could take weeks. The maker advises your best chance is to call 1-800-307-3156 early.



U.S. Marines with Fleet Anti-terrorism Security Team Europe lead high school students in an exercise routine to demonstrate the importance of health and fitness, Feb. 20, 2019. Following Exercise Camp, Marines spent the week meeting with members of the local community to celebrate 101 years of Estonian independence. Photo by Sgt. Averi Coppa.



(L to R) Cmdr. Derek D’Orazio works alongside Seaman Leonel Ramirez to help build a Habitat for Humanity home and ensure it is built to housing code on Thursday, April 22, 2010, in Newport, North Carolina. Many members of Coast Guard Sector North Carolina volunteered their time and energy to build the house, clean a state park and improve the environment during National Volunteer Week, which spanned April 18-24. Photo by U.S. Coast Guard.

The Playbook on Collaborating to Empower Veterans

By Jim Lorraine, President and CEO of America’s Warrior Partnership

All veteran-serving organizations should ask themselves if the veterans they support are empowered. While providing basic services is essential, organizations should also strive for an outcome where veterans, families and caregivers feel like they have control over the direction of their lives. An empowered veteran knows what resources, programs and services are available within the local community, and more importantly, understands how to access those opportunities. These veterans are able to achieve the higher quality of life they deserve, and in return, they

often are the ones who contribute the most to creating an environment where fellow service members can experience a seamless transition to a meaningful civilian life.

Empowering veterans is an admirable goal that every community across the country should strive toward. However, many community groups do not have the in-house resources, expertise or connections to provide holistic support. In other words, empowering veterans is a goal that most organizations cannot achieve on their own.

By combining our collective experience



Capt. Corey Keniston, commanding officer of the Ticonderoga-class guided-missile cruiser *USS GETTYSBURG (CG 64)*, helps an event attendee build a LEGO ship model of the *GETTYSBURG* during the 8th Annual LEGO Brick by Brick Shipbuilding Event at the Hampton Roads Naval Museum, on Feb. 2, 2019. LEGO shipbuilding is a free event hosted by the Hampton Roads Naval Museum. Photo by MassCom Specialist 2nd Class Jonathan Clay.

with insights from local partners across the nation, our team at America's Warrior Partnership has developed a comprehensive approach to empowering veterans that adapts to the unique needs of community organizations. This service model, which we call Community Integration, is built around four pillars.

- **Connect** – All veteran-serving organizations seek to connect veterans with needed services, but a local team can only assist the veterans that it knows. This is why every strategy must begin with proactively reaching out to the community to connect with veterans.
- **Educate** – In addition to educating veterans on the opportunities available to them through various programs, veteran-serving organizations should strive to educate the broader community about the value that veterans can bring. This will ultimately help businesses and civic leaders understand the benefits of supporting veteran-friendly initiatives.
- **Advocate** – Providing support programs is essential, but veteran-serving

organizations should also prioritize acting as an advocate for veterans to raise awareness of the unique challenges they may face in the transition to civilian life. This is particularly important when it comes to supporting military-connected families and caregivers, who often do not have a strong voice within their community.

- **Collaborate** – One of the most important roles that a veteran-serving organization should embrace is fostering collaboration between veterans and the broader community. Groups should constantly seek opportunities to share information and work together with businesses, civic leaders and other community members to secure the resources needed to fill the gaps in services for veterans.

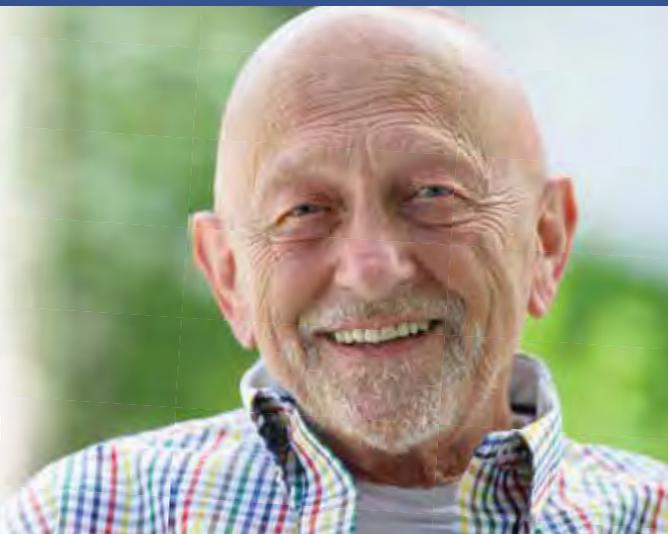
This fourth pillar, Collaborate, often raises the most questions because there are so many different audiences with which veteran-serving organizations can build relationships, such as fellow service providers, corporate foundations, donors and veterans themselves. Each group will be invested in different

IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

Did you know that 18% or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

MEN'S LIBERTY IS COVERED BY MEDICARE!



“I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend.” – John in Michigan

Regain your freedom, mobility, and confidence.

Men's Liberty is a life-changing solution. One unit keeps you dry up to 24 hours. This patented and proprietary external collection device for men ends dependency on adult absorbent briefs, pads and condom catheters — making embarrassing accidents a thing of the past!

Comfortable - non-invasive and time saving.

Men's Liberty is external, fits most anatomy and non-invasive. It keeps you dry and comfortable day and night.

Dependable - stay clean, dry, and free from infection.

Until Men's Liberty, men with urinary incontinence faced only uncomfortable choices. With more than 5 million used, there has never been a confirmed UTI or serious skin injury caused by Men's Liberty.

Affordable - available to most for little to no out-of-pocket cost.**

Adult diapers can cost up to \$300 a month when used regularly. Men's Liberty is covered by Medicare, VA/ TriCare and over 3,000 insurance plans. We take care of contacting your doctor and the paperwork for your insurance. If you're ready to save thousands of dollars a year, get your insurance card and give us a call today.

CALL TODAY AND RECEIVE A FREE WEEK'S SUPPLY WITH YOUR ORDER!*

1-833-501-7584 PROMO CODE: **FRA0519**



Hablamos Español

*30 days supply or more ** Standard co-pays and deductibles apply



www.MensLibertyLifestyle.com

BIODERM

Ayden builds a LEGO ship model of the battleship *USS MAINE (ACR 1)* during the 8th Annual LEGO Brick by Brick Shipbuilding Event at the Hampton Roads Naval Museum. LEGO shipbuilding is a free event hosted by the Hampton Roads Naval Museum. Photo by MassComm Specialist 2nd Class Jonathan Clay.



Participants practice using 3-D printing pens during the 21st annual Discover "E" Day at the U.S. Naval Undersea Museum Keyport. Discover "E" Day is a national event designed to engage the young people of our nation in science, technology, engineering and mathematics. Photo by MassComm Specialist 2nd Class Wyatt Anthony.

goals and priorities, so it's important to understand how to navigate potential partnerships. Here are a few tips that local FRA branches should consider if they are looking to collaborate with civilians, veteran service providers or corporations based within their community.

Fundraising Campaigns

An effective way to foster collaboration with general community members, whether

they be veterans or civilians, is through peer-to-peer fundraising campaigns. These campaigns empower participants with the option of doing more than simply donating money to a cause; they provide opportunities to connect with fellow participants.

Peer-to-peer fundraising can take many forms, one of which starts with a group hosting a campaign website where individuals can offer a donation or set up their own fundraising page to support the cause. Providing individuals with the option to establish a personal page incentivizes them to further support the cause by reaching out to their network of friends and family members to give additional donations. While conducting outreach, participants can personalize their request by sharing their own stories to show why they are passionate for a cause.

A peer-to-peer fundraising approach can be particularly effective in veteran communities, and we experienced this for ourselves when we first ran our I Am A Warrior campaign during the 2017 holiday season. The campaign began with our team members and partners creating their fundraising pages on the I Am A Warrior website and sharing links to their page through email and social media posts. By using the hashtag #IAMAWARRIOR in

their social media posts, participants could share their stories and photos as well as search for posts from other participants. The result was an invaluable opportunity for veterans, family members and civilians to connect with one another while raising funds to support veteran service programs.

We have seen more businesses and organizations start their own peer-to-peer fundraising campaigns, making this a worthwhile tactic for local groups that are looking for new ways to build support for veterans across their community.

Corporate Veteran Resource Groups

At networking events and seminars, representatives of veteran-serving organizations often ask our team how they can establish relationships with corporate foundations. An effective first step to connecting with a major business is to build a partnership

with that company's veteran resource group. Large companies often have these internal resource groups as a way to facilitate a veteran-friendly workplace by giving veteran employees an opportunity to form interoffice relationships with fellow veterans.

Many veterans struggle to replace the tight-knit bonds they shared with fellow service members when they enter civilian life, and these resource groups provide a way to overcome those challenges. Also, members of veteran resource groups often have significant input when a company's foundation is considering whether or not to offer a grant to a veteran-serving organization.

A great way to begin forming a connection with a company's veteran resource group is to reach out and offer members opportunities to volunteer within the community. Our 2018 Annual Survey of veterans from across the country found that volunteerism is

Never Lose Electricity Again!

Own the #1 Brand in Home Standby Power.



7 out of 10 buyers choose Generac Home Standby Generators to automatically provide electricity to their homes during power outages. GENERAC Home Standby Generators start at just \$1,999.*

*Price does not include installation.

CALL for FREE Generator Buyer's Guide, DVD, and...

19F91X © 2019

Limited Time Bonus Offer!

GENERAC



*Built in the USA using domestic and foreign parts

TOLL FREE **800-795-0639**
FreeGeneratorGuide.com

The Community Integration Playbook is available on the America's Warrior Partnership's website.



among their top three most sought-after resources, which means it is likely that a corporate veteran resource group would be open to discussing new volunteer opportunities that can be extended to its members. A mutually beneficial partnership that starts with volunteerism has the potential to develop into more robust collaborations down the road.

Online Communities for Veteran Services

Finding and building partnerships between local groups and national veteran-serving organizations based outside of a group's community may seem difficult at first, but there are a number of online resources that can help streamline the process. Platforms that are growing in popularity are membership organizations that serve as online communities where local groups can find national service providers that may be able to fulfill a unique



Less Pees, More Zzz's...

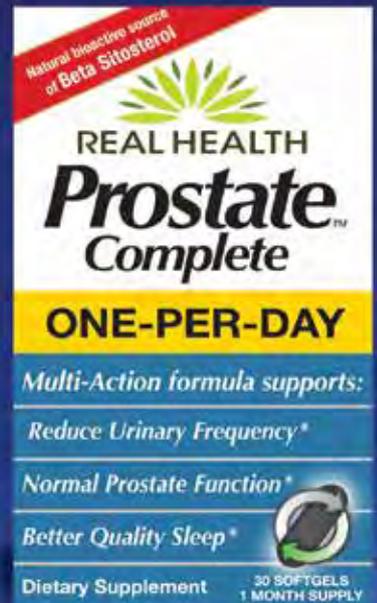
One of the signs of an aging prostate is an increased need to urinate, often many times per day.

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.

veteran need that they cannot provide in-house.

Our own Four Star Alliance serves as an online community to help organizations connect the veterans they serve with opportunities to partake in adaptive sports, therapeutic recreation and wellness activities. Organizations that join the alliance are thoroughly vetted to ensure groups can confidently refer veterans to them for their services.

Groups that have trouble finding the right partners to bridge the gaps in available services for local veterans should research national online membership groups that may be able to connect them with the appropriate service providers.

A Playbook for Empowering Veterans

These are just a few tactics that can help local groups form collaborative partnerships with individuals, national service providers and businesses

to create more effective support programs for local veterans. There is a wealth of additional resources outlined in our Community Integration Playbook. The Playbook details best practices to help groups overcome challenges that have been recognized by a national task force of veterans, community leaders, military service organizations and representatives of the U.S. Department of Veterans Affairs.

More information about the Community Integration Playbook is available on our website at www.AmericasWarriorPartnership.org. **FRA**

About the Author

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

DR® IS PROUD TO INTRODUCE THE WORLD'S FIRST...

Battery-Powered Trimmer Mower!



**ALL-NEW
PULSE 62V
Model!**

ALL THE POWER OF GAS in a 62V fuel cell that lets you TRIM and MOW for up to 40 minutes on a single charge.

ENGINEERED FOR YOUR EASE—push-button electric start, ergonomic handlebars with vibration-dampening grips, PLUS the easiest and fastest cord changing system available!

NO GAS, OIL, OR PULL-STARTING thanks to its long-life Lithium-Ion battery.

See the FULL LINE of DR® Trimmer Mowers—Including Gas-Powered, Tow-Behind, and PTO models.

**62 VOLT
LITHIUM-ION
POWER!**

Uses the same battery that powers our 62V Lawn Mowers and Yard Tools.



19F92X © 2019

FREE SHIPPING | **6 MONTH TRIAL** | **EASY FINANCING**

SOME LIMITATIONS APPLY. GO ONLINE OR CALL FOR DETAILS.

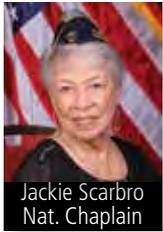
Go Online or Call for FREE DVD and Catalog!

 **DRtrimmers.com**

TOLL FREE **888-206-6584**



Message from the National Chaplain



Jackie Scarbro
Nat. Chaplain

The national chaplain delivers a prayer during the Mast of the USS Maine Ceremony to remember our country and all those who have given their lives to keep our country free.

The appointment of the Chaplain for the Auxiliary of the Fleet Reserve Association has been an important part of the organization since the founding of the Auxiliary in 1930. Chaplains are appointed by unit presidents, regional presidents and the national president as required by each position.

Unit, regional and national chaplains are important positions of the Auxiliary, officiating the arrangements of the altar, having charge of the Bible during meetings and rituals, providing spiritual comfort and aid to those in distress, offering the invocations at the

Opening and Closing Ceremonies of meetings, and taking part in the Initiation Ceremony, Burial Ritual, Ceremony for the Draping of the Charter, Memorial Services and other rituals as directed. They report a deceased member's information to update official records and ensure that the member is honored in the Regional and National Memorial Services.

The duties are provided in the LA FRA Constitution and By Laws, Standing Rules, and Unit Instructions and Rituals, which can be found online at: www.la-fra.org.

According to the LA FRA History Book (1930-2015), two of the first accomplishments of

the first Auxiliary Convention, held in 1931, were establishing rituals that the chaplain would be integral in performing: (1) "That all Units adopt an alter cloth, the colors to be Navy blue and gold, the colors of the U.S. Navy, to be used with the Bible for opening and closing services in the Unit and National meetings" and that (2) "The Unit Charter is draped for thirty days upon the death of a member and ... the death of a National or Past National Officer."

As a participant in The Annual Pilgrimage to the Tomb of the Unknown Soldier at Arlington National Cemetery, the national chaplain delivers a prayer during the Mast of the USS Maine Ceremony to remember our country; all those who have given their lives to keep our country free and those have defended our country. This is first mentioned in the History Book in the administrative year 1933-1934. The chaplains continue to participate in the rituals identified in the LA FRA History Book and carry on these traditions during LA FRA Unit, regional and national meetings and rituals.

In the event of the death of one of the current national officers of the LA FRA or FRA, their spouses or past national presidents of the LA FRA, the National Chaplain is authorized to send a memorial.

Upon receipt of a notification of a member's illness or death, the National Chaplain sends "Get Well," "Thinking of You," or condolence cards to members or their next of kin as appropriate.

During the National Convention, the National Chaplain officiates the annual National Memorial Service, which is conducted to memorialize deceased members of the LA FRA and the FRA who died between July 1 of the previous year and June 30 of the current year. A memorial flower is placed in remembrance of each member as his or her name is called during the Memorial Ceremony.

I am honored to have been appointed as the national chaplain of the Auxiliary of the Fleet Reserve Association by National President Christina Murray. It is a pleasure to serve the members of the Auxiliary and the national president. **FRA**

In Loyalty, Protection and Service,
Jackie Scarbro, National Chaplain

Jackie is the LA FRA National Chaplain and can be reached at: jackiescarbrowa@gmail.com



I SERVED FOR *his future*

With USAA, you've earned access to a membership that can be passed down from generation to generation. So no matter what reasons you served for, the best reasons are yet to come.

JOIN USAA AND BEGIN YOUR LEGACY.

CALL 877-FRA-USAA (372-8722) OR VISIT [USAA.COM/FRA](https://usaa.com/fra)



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

USAA means United Services Automobile Association and its affiliates. Fleet Reserve Association receives financial support from USAA for this sponsorship. Use of the term "member" or "membership" refers to membership in USAA Membership Services and does not convey any legal or ownership rights in USAA. Restrictions apply and are subject to change. To join USAA, separated military personnel must have received a discharge type of "Honorable." Eligible former dependents of USAA members may join USAA. © 2019 USAA. 250717-0219-FRA

The FRA congratulates the following Shipmates who became Life Members during the first quarter of 2019. This listing, which is arranged alphabetically and by the month joined, includes their branch number or Member-At-Large (MAL) designation. Call 1-800-FRA-1924 to learn how you can become a Life Member of the FRA.

January

Mark A. Anderson.....289
 Joseph G. Avila.....159
 Carl Baker.....17
 Pedro Banlao.....289
 George Barlow.....70
 Mike R. Barton.....MAL
 Donald R. Bell.....177
 Jerry Wayne Bogstad.....55
 Paul O. Cail.....MAL
 Vera Calpeno.....24
 Don M. Campbell.....91
 Robert E. Cole Jr.....MAL
 Robert Coles.....40
 Thomas R. Conn.....89
 Terrence F. Conwell.....MAL
 Eric Cooper.....20
 Francis David Courtney II....24
 Mark H. Craft.....166
 Robert E. Curtis.....MAL
 Marc J. Davis.....MAL
 William A. Dorn.....219
 William F Durkin.....MAL
 Michael E. Eberharter.....59
 Jimmy D. Erolin.....46
 David L. Farmer.....42
 Steven M. Fordham.....MAL
 Galo S. Gonzales.....04
 Charles C. Grubbs.....130
 Bienvenido C. Guerrero.....94
 John A. Hart.....261
 Orin T. Hatton.....181
 Jerry Hays.....MAL
 Harold T. Horton.....28
 Earl D. Hoy.....MAL
 Shawn P. Hughes.....24
 Stephen J. Kauffman.....42

William F. Kebschull Jr. ...MAL
 Jason L. Keiffer.....289
 Everett L. Kelly.....316
 Robert A. Lanham.....24
 Robert W. Lashlee.....86
 Leo S. Lessard.....MAL
 John W. Lindsey.....MAL
 William K. Lloyd.....MAL
 Louis P. Lopez.....59
 David N. Marinelli Sr.289
 Philip T. Markey.....292
 John E. McGeachy.....293
 Brad J. McKinley.....289
 Dale Metz.....MAL
 Ernest M. Meyer.....97
 Douglas M. Mitchell.....91
 Stephanie R. Motta.....24
 Charles D. Perchert.....61
 Jim E. Phelps.....MAL
 Lionel L. Prout.....70
 John E. Rasmussen.....170
 Douglas Rogers.....258
 Valeria D. Rylander.....24
 Robert E. Samson.....MAL
 George H. Scharf.....269
 Donald E. Smith.....115
 Charles R. Stettner.....MAL
 Gary N. Stevenson.....MAL
 William E. Stewart.....47
 Stanley N. Szuch.....MAL
 Scott C. Tacoma.....MAL
 Claude W. Thompson.....29
 Ronald R. Voss.....MAL
 Ed Washburn.....46
 Robert C. Watson.....MAL
 Michael G. Watts.....MAL
 Jason Weddle.....MAL

James R. Wilson.....276
 Samuel E. Witwer.....MAL
 David E. Wolfe.....106

February

Donald B. Adams.....346
 Karl F. Bach.....MAL
 Joseph M. Baker.....MAL
 Imants Baltgalvis.....172
 Lawrence L. Barber.....24
 Chester L. Beates.....MAL
 Guillermo V. Belantes.....MAL
 Wayne A. Bortner.....94
 John L. Busby.....MAL
 Garland O. Carter.....99
 George E. Cartmell.....MAL
 Jacob Chapman.....20
 Jose Comparativo.....MAL
 Roland K. Conklin.....136
 Salvatore Cortese.....MAL
 David P. Deans.....301
 Ted Diebold.....59
 Dan P. Dollison.....315
 John M. Doswell.....MAL
 Gordon E. Ebert.....MAL
 Roger A. Ege.....163
 Joseph P. Ford.....24
 Dwight W. Foster.....175
 Charles M. Gilbert.....72
 Adams Hall.....MAL
 Harvey E. Halvorson.....310
 William D. Hansen.....37
 Kenneth F. Hines.....90
 Howard A. Hisey.....MAL
 Gordon B. Hobgood.....269
 William H. Jacobs.....91
 Mary C. Jacobs.....91

Robert P. Jekanowski Jr. ...172
 James D. Johnson.....136
 Jan K. Johnson.....MAL
 Carlton E. Jones.....62
 Gerald B. Keefe.....MAL
 Robert E. Kelley.....289
 Kevin J. Kron e.....MAL
 Donald C. Manning.....MAL
 Danny C. Martin.....67
 James F. Mathisen.....294
 Michael E. McKinley.....MAL
 John D. McMillan.....MAL
 John H. Melvin.....61
 Thomas D. Melvin.....MAL
 Timothy E. Miller.....97
 Alfred D. Miller.....217
 Romulo Basco Montoya....154
 Robert Q. Nicholson.....91
 William A. Paschal.....MAL
 Paul R. Pelletier.....309
 Paul R. Peluso.....04
 Fred Perkins IV.....29
 Clyde E. Phillips.....22
 Rodney Preston.....289
 James P. Rabon.....289
 Arturo H. Ramirez.....170
 Eric Schau.....17
 James A. Shimer.....MAL
 William R. Singleton.....MAL
 Charles R. Smith.....98
 John C. Snyder.....24
 Ray D. Stanfield.....269
 Clifford F. Still.....MAL
 Mark E. Summers.....146
 Nicholas Tarulli.....MAL
 Terry L. Wagner.....MAL
 Alan D. Webb.....MAL

Richard M. Yates.....24
 Robert J. Yerke.....24
 Jiro YonedaMAL

March

Robin N. Anderson.....163
 Raymond L. Applewhite.....208
 Roger Armstrong.....MAL
 Henry M. Balagtas.....04
 David J. Ball.....70
 Johnnie E. Ball.....MAL
 Donald A. Barton.....269
 Michael R. Bates.....44
 Aaron E. Beals.....223
 Benjamin B. Brackin Sr.68
 Harry Brochard.....MAL
 Robert L. Brown.....214
 Lambert L. Burke.....90
 Jens N. Burkhart Sr.47
 Patrick M. Cain.....105
 Gary V. Carlson.....170
 James R. Coleman.....264
 Paul W. Conlin II.....40
 William Cox.....MAL
 Thomas Dougherty.....232
 Robert E. Doyle.....20
 James Dungan.....24
 J.F. (George) Etchison.....MAL
 Steve Fahrlander.....MAL
 Blaine Chris Faulkenberry.MAL
 Rodney E. Galles.....212
 Guy A. Gardner.....MAL
 Daniel K. Gnade.....289
 Archie L. Grant.....MAL
 Gene A. Gray.....22
 Joseph L. Goocher Jr.MAL
 Walter Harvey.....29
 James Henson.....MAL
 Frank R. Holmes.....MAL
 Bruce David Hunter.....MAL

Jackie Jenkins.....29
 Roland G. Johnson.....MAL
 Bernard Jordan.....67
 Thomas W. Kalisz.....166
 George D. Kennett.....93
 David J. Kenney.....31
 Jack Kirmse.....MAL
 James M. Koone.....MAL
 Carol A. Lamattina.....46
 William J. Lammey Jr. ...MAL
 Tomas G. Landas.....18
 Nicolas L. Lastrella.....127
 G. David Lee Jr.309
 Nadine Lewis.....268
 Charles A. Lineback.....MAL
 Daniel R. Long.....MAL
 William W. Makela.....136
 Joseph McCann.....MAL
 Karl R. Mellert.....294
 Donald J. Micco.....17

James H. Middleton.....208
 Kenneth R. Miller.....269
 Lester C. Miller Jr.294
 Andy C. Miranda.....04
 Gerald N. Miranda.....70
 James Moore.....MAL
 Romeo E. Mostajo.....8
 Francis Nemeth Jr.MAL
 Kenneth D. Ottley.....51
 Jo D. Parsley.....163
 Floyd Patton.....MAL
 Steven A. Perez.....94
 Jack R. Peters.....268
 Donald J. Phillips Jr.177
 Harvey A. Picotte.....40
 Roscoe C. Porter.....166
 Larry L. Ragan.....161
 David L. Scarpitti.....24
 John L. Shrum.....137
 Carl D. Spratlin Jr.MAL

Paul J. Sternisha.....MAL
 Theodore E. Streete.....29
 Bruce Sweeter.....31
 Earlston V. Teal.....MAL
 William Thiel.....97
 George J. Torr.....358
 David S. Tucker.....290
 Del Vivaldo.....289
 Robert L. Walker.....47
 Leslie K. Watters.....298
 James C. Weber Jr.290
 Vern E. Webster.....238
 Leroy White.....172
 Ross T. Whyte Sr.115
 Fred W. Willhoite.....MAL
 James D. Williams.....MAL
 Dale Winston.....59
 George P. Yatsko.....40

ARMED FORCES RETIREMENT HOME – WASHINGTON, D.C. AND GULFPORT MISS.

Affordable Independent Living for Eligible Veterans!

The Armed Forces Retirement Home is an affordable retirement community for eligible veterans who served primarily in the enlisted ranks.

Whether it's at our scenic, wooded campus in Washington, DC, or on the beach-side campus in Gulfport, Miss., AFRH offers supportive care and shared camaraderie.



INCLUDED:

General Services:

- Medical, Dental & Vision
- Wellness Program
- Recreational Activities
- Full Service Library
- Dining Facility
- Computer Center
- Banking Center
- Mail Room
- Campus BX/PX
- Barber & Beauty Salon
- On/Off Campus Shuttle

Major Amenities:

- Private Room-Shower
- Internet-TV connection
- Deluxe Fitness Center
- Movie Theater
- Bowling Center
- Hobby Shops

Gulfport, Miss:

- Walking Path to Beach
- Outdoor Swimming Pool
- Ocean-view balconies

Washington, DC:

- 9-hole Golf Course
- Stocked Fishponds
- Scenic Walking Paths

For more information or to obtain an application, call **800.422.9988**
 admissions@afrh.gov | afrh.gov
 3700 N. Capitol Street, NW, Washington, DC 20011

The FRA Membership Directory Project

Dear FRA Members,



Christina
Hitchcock

You may have recently received a postcard in your mail. The FRA National Headquarters partnered with Publishing Concepts, Inc. (PCI) to assist Member Services with updating the membership records and publishing a directory, an exercise which has not been completed in five years.

One of the biggest administrative challenges we have is keeping Shipmates' information current. Many members have moved, disconnected their land lines in favor of mobile phones and changed or acquired new email addresses. We are most effective when we can stay connected to as many Shipmates as possible, but sometimes an extra effort is needed to keep our contact information accurate.

If you do not recall seeing a postcard, it is possible you missed it because it looked similar to bulk mail, often referred to as junk mail. Our partner, PCI, will be mailing up to 5 cards to each shipmate. You can stop them from being sent if you call PCI at the toll-free number and choose to opt in or out of our directory.

Our partner has been asked to reach out to all of our Shipmates with the purpose of updating your membership information. You will not be included in the directory without an explicit opt in. That can only be provided to PCI if you call their service center personnel and give them your permission to be included. You will also have the opportunity to order a copy of the final Member Directory for yourself, along with some new FRA-branded gear. No purchases are required to be included in the directory if you opt in. The base price of the FRA Member Directory is \$119.89 plus \$19.95 shipping and handling. PCI does offer FRA gear individually or you can purchase them as part of a package.

The primary advantages of being in the directory are to foster more new connections between Shipmates and to restore those which were lost due to changing circumstances over the years. We hope as many of you as possible will agree to be included. You can decide what personal information



is published: a phone number, an email address or a full postal address. It is entirely up to you.

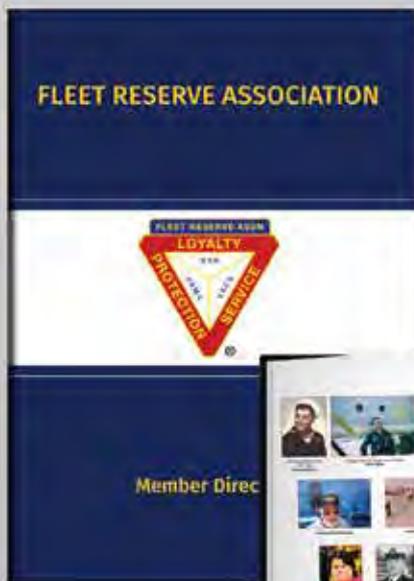
PCI recognizes that privacy is of paramount concern. They are not authorized in any way to disclose Shipmate contact information to other companies or groups. They were provided with our records of Shipmate contact information for the sole purpose of reaching out to you, but if those efforts fail they will simply stop further attempts.

The campaign officially began on March 25 and more than 10,750 shipmates have responded to the postcards, with more than 1910 choosing to order directories. This is a fantastic initial result and we want to keep the interest levels high throughout the effort to assemble the updated directory.

Please contact us at membership@fra.org or by calling: (800) 372-1924, extension 1, if you have any questions or concerns. For now, we want to assure Shipmates that the effort is legitimate and authorized by National Headquarters and is being pursued with all due respect to the privacy and personal choices of Shipmates. **FRA**

Yours in Loyalty, Protection, and Service,
Christina Hitchcock

Christina is the FRA's Director of Membership. She can be reached at ChristinaH@fra.org or 703-683-1400 (Ext. 123)



The Member Directory Project for **Fleet Reserve Association** is about to begin!

FRA has partnered with Publishing Concepts (PCI) to update our Members contact information and produce a Member Directory for those who choose to be included.

Starting soon, PCI will be contacting you via mail, phone and email to verify your membership information and provide an opportunity for you to share your story and reconnect with fellow Shipmates.

We understand security and privacy are a concern, but please know that PCI is a trusted partner with the Fleet Reserve Association and you can update your information with them and they will provide it to us.

Don't miss out on the opportunity to be included!

 **PCI** not the big company

www.publishingconcepts.com

1. BRANCH 222, SLIDELL, LA.

With help from local Mardi Gras Krewe of Dionysus, Titans, and Selene and the American Legion Post 374, our branch had a successful food drive for local Coast Guard families. (L to R) Secretary Mark Dernovsek and Krewe of Selene Publicity Chairwoman Cara Budde.



2



2. BRANCH 98, SHREVEPORT, LA.

(L to R) RPSC Emmett Smith, Secretary and Treasurer Lee Jeter along with Unit 371 member and RTSC Sandra Smith manning a recruiting table at the Overton Brooks VA Hospital.

3. BRANCH 23, BUFFALO, N.Y.

The oldest living member of the FRA, BMC Joe Ratke, USN WWII, was 102 years old when he recently passed away at the Veterans' Home in Oxford, New York. He was buried with military honors at Holy Mother of the Rosary Cemetery in Cheektowaga, New York.



4. BRANCH 294, CROSSVILLE, TENN.

Branch President Jack Fogel (far left) and Branch Chairman Stuart Litman (far right) present awards to Americanism Essay Contest winners (L to R) Sayna Rice, 7th grade, Stone Elementary; Josilyn Hurt, 8th grade, Pleasant Hill Elementary; Abigail Han, sophomore, Cumberland County High School; and Cally Copeland, senior, Cumberland County High School.

4

5. BRANCH 251, MT. HOME, ARK.

(L) Branch Chaplain Curtis Grant presenting the 65-year continuous membership certificate to Shipmate (R) Ralph X. Klotz. Shipmate Klotz passed away Feb. 10 from a severe brain aneurism.



8



6. BRANCH 162, NEW ORLEANS, LA.

(L to R) Shipmate Dan Fick receives his 1st place \$5000 raffle winnings from Shipmate Kevin Streittmater. Fick donated back \$1,000 to the Branch's Veteran Charities Account.

10



7. BRANCH 41, ROANOKE, VA.

Each year, Shipmate (R) John Cook and his wife (L) Mary give Christmas stockings to the Salvation Army for needy families. Branch members assisted them this year by filling the stockings.

11



5



8. BRANCH 89, ATLANTA, GA.

(L to R) Branch Membership Chair Wayne Barron presented Shipmate John Vanorden his pin for 25 years of continuous membership. They met at a restaurant near the Vanorden's home in North Augusta, S.C.

9. BRANCH 13, ATLANTIC CITY, N.J.

On March 2, a ceremony was held at the Mizpah Volunteer Fire Company to award the first annual Natalie Dempsey Memorial Award for Firefighter of the Year. The award and check were presented to Natalie's family. (L to R) Paul Guenther, Branch President Albert Davenport, Gary Brenner, Andy Wilbert, Branch Secretary Kim Yoder-Notaro, Branch Treasurer Frank Williams and Edward Crouse. Dempsey was only 21 when she lost her life while responding to a call out on Christmas morning.



10. BRANCH 101, SANTA CLARA, CALIF.

(L to R) Branch Chaplain Paul Gedling, LA FRA member Sandy Gedling, LA FRA member Karen Webster, Cee Cee Harvey, Shipmate Kate Blanton and Branch President Richard Ruiz participate in a Four Chaplains Service at St. Frances Cabrini Church.

11. BRANCH 15, WALHALLA, S.C.

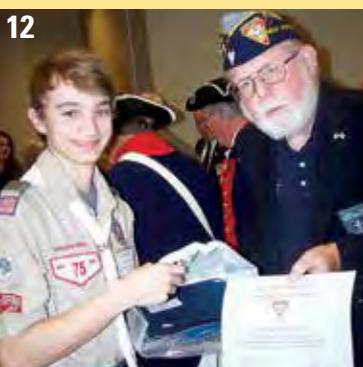
(L) Shipmate Tom Smith awarded Shipmate Marti Selby her 10-year Service Pin during the Jan. 19 Branch meeting held in Walhalla, South Carolina.

12. BRANCH 126, JACKSONVILLE, FLA.

(R) PRPSE and Branch President James J. Thomas attended the Black Creek District Eagle Scout Class Dinner held on Feb. 2, in Orange Park, Florida. Forty-seven new Eagles received their Branch certificates that night. Pictured is (L) Eagle Scout Johns who was first in line.

13. BRANCH 166, VIRGINIA BEACH, VA.

FRA National President (L) Robert Washington and LA FRA National President (R) Christina Murray attended the annual Hampton Roads Sailors of the Year (SOY) Awards Night.



Submit a photo for Shipmate News by email as an attachment in jpeg format to FRAtoday@fra.org. Please include a brief description and include the names of those pictured.

SOMETHING WORTH PROTECTING ...



GET THE FACTS — NOW!

★ FACT #1 ★

Accidents do happen! They are the 3rd leading cause of death in the United States.¹

★ FACT #2 ★

Accidental Death & Dismemberment insurance provides an easy way to add to your family's financial security!

KNOW YOUR OPTIONS!

Learn more today:

Call toll-free: **1-800-424-1120**

Visit www.frainsure.com

**You helped secure our nation's future.
Let us do the same for your family.**

The FRA-endorsed Accidental Death & Dismemberment (AD&D) Insurance Plan can help you prepare for the unexpected!

A car accident on the way to work... A fall off a ladder at home... An accident can happen to you at any time—leaving your family emotionally and financially devastated if you don't have enough financial protection in place.

With the FRA-endorsed Group AD&D Plan, you can easily secure additional financial protection to help safeguard your family's future if an accident happens to you. Advantages include:

- Choice of benefit amounts up to \$500,000.
- Guaranteed acceptance for you and your family.
- Includes EXTRA benefits for seatbelt usage, military air travel, rehab and more!
- Competitive group-negotiated rates.



¹National Safety Council, Injury Facts, nsc.org. <https://injuryfacts.nsc.org/all-injuries/deaths-by-demographics/all-leading-causes-of-death/>. Viewed 3/26/19.

Underwritten by New York Life Insurance Company
51 Madison Avenue, New York, NY 10010
under Group Policy No. G-29319-0
on Policy Form GMR-FACE/G-29319-0

Coverage may not be available in all states.

Information includes plan features, costs, eligibility, renewability, limitations and exclusions.

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

87425 (6/19), 87427 (11/19) Copyright 2019 Mercer LLC. All rights reserved.

In Memoriam

TAPS

Name	Rating	Branch	Name	Rating	Branch	Name	Rating	Branch	Name	Rating	Branch
Acker, Albert D.	ADCS, USN	156	Fewox, Grover C.	TMCS, USN	269	Lozier, Vernon W.	UTC, USN	038	Robinson, Wayne E.	PN2, USN	MAL
Angelo, Frank M.	YNMCM(SS), USN	099	Folsom, George	DK1, USN	011	Luce, Gary L.	CPO, USN	MAL	Sabine, Frederick	CAPT, USN	099
Baker, Jackie L.	HMCM, USN	060	Forbes, Lester J.	ETC, USN	MAL	Machalinski, Raymond A.	ATC, USN	053	Saggio, Gary W.	ETC, USN	MAL
Bane, Wilson M.	HTC, USN	024	Forrest, Warren R.	EMCM(SS), USN	161	Maris, William L.	LT, USN	245	Schneider, Henry R.	ABEC, USN	MAL
Barnett, Leroy E.	LCDR, USCGR	MAL	Fortuno, Cesar R.	SKC, USN	127	Martin, Melvin D.	AQ1, USN	MAL	Sears, Earle M.	PICM, USN	029
Basinet, Donald L.	SSGT, USMC	339	Foster, James R.	ETC(SS), USN	287	Martinez, Alberto	CSCS, USN	MAL	Serna, Lodovico V.	HMCS, USCG	008
Bauer, George C.	RMC, USN	057	Fredrickson, Raymond G.	HMCS, USN	MAL	McCarty, Frederick W.	HMCM, USN	099	Shaffer, Carl R.	HM2, USN	181
Beer, Murray	RMC, USN	219	Fruling, Edward	AMM3, USN	254	McGregor, William A.	SMCM, USN	234	Shaver, Pleaman F.	ISCS, USNR	MAL
Blanco, Evaristo B.	MSC, USN	060	Fuller, Gerald D.	HMC, USN	047	McNabb, Glenn D.	RMCS, USN	070	Shay, Alexander L.	ENDC, USNR	012
Blansett, Walter T.	SKCS, USN	MAL	Gallagher, James P.	HMC(SS), USN	087	McPherson, James	RMCM, USN	047	Shore, Doyle	RM1, USN	334
Botte, Peter	CWO4, USN	MAL	Garrett, Harold H.	ADR1, USN	011	Meadows, Cecil E.	AT1(AC), USN	046	Shrier, Glenn M.	ADCS, USN	070
Bounds, James G.	ENCM, USN	136	Gaskin, Robert H.	MTC, USN	049	Mendoza, Robert J.	RMC, USN	136	Skapyak, Joseph	AOC, USN	126
Bradell, Wilbert A.	QMC, USN	049	Gass, Paul J.	ETCS, USN	316	Meyer, George F.	SGTMAJ, USMC	208	Smith, Norman D.	AMH2, USN	161
Bragg, Ralph L.	PHC, USN	MAL	Geer, William Francis	EM1, USN	234	Micca, Edwin M.	SHC, USN	226	Snow, Wayne	SMC, USN	181
Breedlove, Richard D.	YNC, USN	089	Gelinas, Gerard H.	HMC, USN	011	Miller, Arthur L.	BT1, USN	269	Sohlke, Jeff	ETC(SS), USN	046
Brehm, Bernard F.	UTCM, USN	MAL	Gibbs, Harold	HMC(SS), USN	MAL	Miller, Robert W.	SGTMAJ, USMC	024	Souder, Marlin G.	BM1, USN	MAL
Brindle, Dennis J.	AD1, USN	077	Goo, Glicerio I.	PO2, USN	046	Monroe, Francis L.	ENCS, USN	MAL	Souther, Fred L.	CE1, USN	163
Brockwell, Glen M.	GMGC, USN	MAL	Gray, Robert D.	ADCS, USN	268	Moore, Hunter F.	USN	147	Stafford, William H.	YN3, USN	091
Brown, Ray E.	MSCM/SS, USN	104	Gray, John T.	AE1, USN	MAL	Moreno, Dominic	QMC, USN	049	Stauff, Kurt M.	MNCM(SW/SS)	MAL
Brown, Donald B.	RMCS, USN	147	Grosskopf, Douglas O.	DTC, USN	040	Morrison, Thomas O.	TM1, USN	269	Stoppa, Frank J.	E4 USMC	091
Bugg, Norman D.	LCDR, USN	192	Harden, Herbert P.	RMC(SS), USN	269	Mosely, Leland C.	SCPO, USN	186	Stow, Robert M.	AE1, USN	MAL
Bunch, Louis M.	IC1, USN	226	Harmon, Nathaniel	OSC, USN	077	Mulcahy, William J.	SN/CAPT, USN	282	Stratton, Bobbie E.	CDR, USN	MAL
Casey, Martin J.	SKC, USN	089	Harrar, Donald	EQCM, USN	070	Myers, Charles L.	RM1, USN	MAL	Stravlo, Richard	TM3/C, USN	MAL
Catron, William F.	ENCS (SS), USN	105	Heitkemper, Bernard L.	YNC, USN	MAL	Myers, Thomas J.	CTMC, USN	268	Summers, Stanley K.	GMCM, USN	MAL
Center, James E.	BMC, USN	029	Heston, Leroy S.	ATC, USN	112	Neeley, Ward F.	BTC, USN	MAL	Swinnerton, Larry C.	ABH3, USN	276
Chapin, William D.	SS2, USN	024	Hill, Jerry L.	BTC, USN	147	Neven, George	CWO4, USN	263	Taylor, James M.	ADJC, USN	022
Chapman, Donald W.	SN, USN	230	Hill, Marvin L.	IC1, USN	238	Northey, Thomas J.	RMC, USN	290	Teague, Billy	GYSGT, USMC	346
Clark, John F.	MSGT, USMC	MAL	Howell, Robert O.	POC, USN	040	O'Connor, Robert J.	AMH1, USN	298	Tenney, Jerome D.	EMCS, USN	269
Cole, Jerry	PO1, USN	MAL	Howell, Delbert L.	BM1, USN	269	Olvey, James G.	ABEC, USN	163	Thomas, John C.	ADJC, USN	047
Collins, John P.	CE1, USN	MAL	Hull, Laurence N.	SK1, USNR	192	Parker, Harold R.	STC/SS, USN	022	Thompson, Buell J.	1STSGT, USMC	161
Concklin, Bryce G.	MUC, USN	067	Hurd, Daniel	LCDR, USN	MAL	Pasco, John P.	CWO3, USN	046	Timblin, Bruce	RMCS(SW), USN	038
Conklin, Thomas	CM1, USN	311	Jack, Gaylon Gene	HTC, USNR	011	Peake, Alfred E.	ETCS, USN	MAL	Tosi, Theodore R.	AT1, USN	060
Conner, Leland K.	AOC, USN	047	Jackson, James E.	CPO, USN	256	Pelzel, Lawrence	PO2, USN	024	Trimble, Thomas E.	TDC, USN	194
Conrad, James A.	RMCM, USN	MAL	Jeschke, Walter G.	CTC, USN	024	Phillips, Richard W.	CWO4, USN	086	Trottier, Lyle A.	QMCS, USN	MAL
Conrad, George M.	POCM, USCG	172	Johnson, Walter L.	AVCM, USN	029	Planichek, Frankie	BMCS, USN	MAL	Tupper, Russell L.	CDR, USNR	MAL
Cox, Robert D.	BMC, USN	MAL	Johnson, Fred A.	EMC, USN	MAL	Poiron, Eugene	ATC, USNR	146	Urban, Ray U.	MSGT, USMC	098
Cunningham, James W.	RM1, USN	105	Jones, Arthur L.	ENC(SS), USN	055	Portugal, Tobias	SD1, USN	127	Utsler, Doy J.	USN	166
Daugherty, Obal	GMGC, USN	194	Joseph, Robert F.	ICCS, USN	166	Price, William W.	AGCS, USN	MAL	Washington, George	BMC, USN	257
Davis, Willie E.	ICC, USN	126	Kehoe, Kevin J.	PO3, USN	MAL	Prince, Ronald	CPO, USN	MAL	Weber, Gustave	CDR, USN	MAL
Day, Dean E.	AE1, USN	086	Kelly, Donald J.	AMHC, USN	289	Proebstel, Gerald	HTC, USN	055	Weeks, Ervin E.	CSC, USN	068
Dechaine, James E.	MS1, USN	MAL	Kendrick, James P.	ADJ1, USN	MAL	Puch, Charles	MMCS, USN	MAL	Whisenant, James E.	MAC (SW), USN	290
Dodds, Dennis D.	ETCS(SW), USN	040	Kennedy, Odie R.	ABCS, USN	029	Pugh, Ronnie P.	YN1, USCG	MAL	Willis, Donald W.	ATCS, USN	089
Edwards, Casper H.	ADJC, USN	054	Klotz, Ralph X.	TM1(SS), USN	251	Purnell, James I.	MSCS, USN	024	Willis, James N.	BU2, USN	025
Erdman, Robert G.	AO1, USN	MAL	Kookan, Charles R.	PO1, USN	MAL	Quisenberry, Tandy B.	PNCS, USN	227	Wilvers, Glenn E.	EMCS, USN	049
Escher, Sidney E.	CPL, USMC	092	Lancaster, John W.	MMC, USN	MAL	Reguindin, Andres	MS2, USN	104	Wright, Arlof N.	EN1, USN	289
Evans, Paul H.	CWO2, USN	060	Lawson, Jearld	CPO, USN	MAL	Rich, Charles L.	ENCS(SS), USN	053	Wyckoff, Dennis	BU1, USNR	MAL
Ewers, Alfred C.	JOC, USN	060	Leonard, Reuben M.	ADCS, USN	060	Richards, Benjamin F.	AECS, USN	161	Young, Robert P.	ATCS, USN	091
Fernandez, Richard F.	CS1, USN	186	Letterman, Kenneth A.	SKC, USN	MAL	Roberts, Lawrence D.	MCPO, USN	166	Yourczek, Gerald	HTC, USN	136
			Limerick, James A.	STC, USN	251	Robinson, James K.	1stSGT, USMC	089	Zeine, Zenas E.	HMC, USN	018

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.



REUNIONS

USS ESSEX (CV-9)

8/11/2019-8/18/2019
Louisville, Ky.
Contact: Dan Genet
Telephone: 954-464-8000
Email:
ussessex@brighthouse.com

USS Takelma (ATF-113) / NAFTA

9/3/2019-9/7/2019
Green Bay, Wis.
Contact: Dick Schreifels
Telephone: 651-455-1876
Email:
richard_rosemary@msn.com

Destroyer Escort Sailors Association (DESA)

9/3/2019-9/7/2019
Albany, N.Y.
Contact: Dori Glaser
Telephone: 315-938-7000

USS Missouri (BB-63)

9/3/2019-9/8/2019
Norwalk, Conn.
Contact: John Mckinney
Telephone: 207-799-8513
Email: jmckinney1maine@yahoo.com

USS L. Y. SPEAR (AS-36)

9/4/2019-9/8/2019
Philadelphia, Pa.
Contact: Patty Kelso
Telephone: 913-677-1837
Email: pattykelso@usslyspear.org

USS Rasher (SS/SSR/AGSS-269)

9/4/2019-9/8/2019
Little Rock Ark.
Contact: Richard Moore
Telephone: 804-815-0730
Email: drifterpilot@cox.net

USS Abraham Lincoln (SSBN/SSN-602)

9/5/2019-9/8/2019
Pittsburgh, Pa.
Contact: Dennis Grim
Telephone: 724-622-5800
Email:
GandCBrown@gmail.com

USS Helena (CL-50, CA-75, SSN-725)

9/9/2019-9/12/2019
San Diego, Calif.
Contact: James McNamee
Telephone: 503-981-0873
Email: james1602@q.com

USS Damato (DDE/DD-871)

9/10/2019-9/14/2019
Virginia Beach/Norfolk, Va.
Contact: Chris Christenson
Telephone: 410-757-2313
Email: glchristenson@comcast.net

USS Tutuila (ARG-4)

9/11/2019-9/14/2019
Savannah, Ga.
Contact: John Ward
Telephone: 570-384-3057
Email: kandjw@epix.net

VP-4 Association

9/11/2019-9/15/2019
San Diego, Calif.
Contact: Larry Hames
Telephone: 503-688-9804
Email: Larry.Hames@VP4Association.com

USS Springfield Bluejackets

9/12/2019-9/15/2019
Washington, D.C.
Contact: Richard Wilson
Telephone: 425-736-6899
Email: oldtown98406@comcast.net

USS Sea Devil (SSN-664/SS-400)

9/12/2019-9/15/2019
North Charleston, S.C.
Contact: Eddie Lynd/John Flynn
Telephone: 609-238-5418 or 843-734-0427
Email: lyndkid@comcast.net

USS Randolph (CV/CVA/CVS-15)

9/12/2019-9/22/2019
Mobile, Ala.
Contact: Henry Levy
Telephone: 352-542-7513
Email: hardtimeshp@gmail.com

USCGC Westwind (WAGB-281)

9/13/2019-9/15/2019
Wilmington, N.C.
Contact: Alex Mavica
Telephone: 845-352-7040
Email: amavica@optonline.com

USS Power (DD-839)

9/15/2019-9/19/2019
St. Louis, Mo.
Contact: John Pinto
Telephone: 352-527-2352
Email: jpinto839@gmail.com



USS Cacapon (AO-52)

9/18/2019-9/22/2019
 Long Beach, Calif.
 Contact: Bruce Webster
 Telephone: 949-786-9663
 Email: bruce.webster@cox.net

USS Wahoo (SS-565)

9/20/2019-9/22/2019
 San Diego, Calif.
 Contact: Jim Van Vranken
 Telephone: 707-696-2578
 Email: olfatman@sbcglocal.net

USS Richard E. Byrd (DDG-23)

9/22/2019-9/25/2019
 Charleston, S.C.
 Contact: Bob Earnest
 Telephone: 724-554-1900
 Email: rebyrdreunion@gmail.com

USS Everglades (AD-24)

9/22/2019-9/26/2019
 Virginia Beach, Va.
 Contact: Gary Adams (CTA)
 Telephone: 415-467-6284
 Email: AD24History@att.net

USS Wiltsie (DD-716)

9/22/2019-9/26/2019
 Jacksonville, Fla.
 Contact: Ted Laurila
 Telephone: 360-736-3853
 Email: dd716ted@comcast.net

Tin Can Sailors-DesVets

9/22/2019-9/26/2019
 Jacksonville, Fla.
 Contact: Terry Miller
 Telephone: 508-677-0515
 Email: terry@desvets.org

USS Thomas A. Edison (SSBN/SSN-610)

9/23/2019-9/26/2019
 Norfolk, Va.
 Contact: Jim Simpson
 Telephone: 757-238-2193
 Email: jimmyjoesimpson@charter.net

USS Enterprise (CVAN/CVN-65)

9/24/2019-9/29/2019
 Columbus, Ga.
 Contact: David Mangieri
 Telephone: 706-505-0909
 Email: dadmangieri@yahoo.com

USS Ulysses S. Grant (SSBN-631)

Land: 9/24/2019-9/28/2019
 Sea: 9/28/2019-10/5/2019
 Orlando, Fla.
 Contact: Larry or Ruth Jordan
 Telephone: 940-569-8145
 Email: oceangirl1200@gmail.com

USS Prairie (AD-15) & USS Puget Sound (AD-38)

9/25/2019-9/29/2019
 Hershey, Pa.
 Contact: Brad Allen
 Telephone: 518-695-4821
 Email: Allan2017Ships@gmail.com

USS Sam Rayburn (SSBN-635)

9/26/2019-9/29/2019
 Groton, Conn.
 Contact: Larry Oiler
 Telephone: 207-651-5878
 Email: ssbn635aganger@gmail.com

USS Robert A. Owens (DDK, DDE, DD-827)

9/30/2019-10/4/2019
 Charleston, S.C.
 Contact: Larry McCoskey
 Email: larrymc3140@gmail.com

LOOKING FOR...

PH1 Louis Oberbeck, stationed aboard the *USS AJAX (AR-6)* in Sasebo, Japan, from 1963-1966. He was also aboard the *USS ENTERPRISE (CVN-65)* from 1976-1979. He was originally from Joplin, Missouri but may have retired in the Seattle area as that was where his wife was from. Please contact: JO1 Leonard E. Churilla: Lionchur@yahoo.com or call (209) 527-7045, FRA Branch 197, Modesto, Calif.

I am looking for any Shipmates stationed at the Todd Shipyard Pacific Reserve Fleet, in Tacoma, Washington in the 50's. Please contact Gene Walker: endlessummer@cfl.rr.com or call (386) 439-0558

A list of Reunions is at: www.fra.org/Reunions. All Reunions/lookingFor... must be submitted online, via email to reunions@fra.org or in writing to FRA Reunions/LookingFor... at 125 N. West St. Alexandria, VA 22314. Include your Member ID and a daytime telephone number. For help, contact FRA Member Services 1 800-FRA-1924.

MOVING FORWARD

2019-2020



Continuing Recruiting & Retention Programs

Recruit 3 Program

Any FRA or Auxiliary member who recruits/sponsors three new or reinstated FRA members will be eligible to receive the red/white/blue collectible pin.

Recruit 32 Program

Any FRA member who recruits/sponsors 32 new or reinstated members during the recruiting year will be eligible to receive a life membership or \$100 cash award if already a Life Member. For each subsequent 32 members recruited, a Shipmate will be eligible to receive an additional award of \$100.

Submit completed applications to:

FRA, 125 N. West St., Alexandria, VA 22314 -2754.

Remember to include payment and your full name and membership number in the "Sponsored by" section of the application.

Continuing Recruiting Initiatives (2019)

Recruit 5 Initiative

Any FRA or Auxiliary member who recruits/sponsors five new or reinstated members will receive a "RECRUIT FIVE" collectible pin and a one-year extension of his/her existing membership, valued at \$40. If the recruiter is already a Life Member, a special gift valued at \$40 will be awarded in lieu of paying for one year of membership dues. The recruiter is eligible to recruit only one set of five new or reinstated members during the recruiting year and receive the special incentive awards.

Retain 5 Initiative

To strengthen retention, we will randomly draw a total of 20 names of new or rejoined FRA members with one or two years of membership who are eligible for renewal. This drawing will be held quarterly to select five names each in July, October, December and April. Winners' memberships will be extended for one year, valued at \$40.

Artist's rendering of the Moving Forward Pins. Actual pin design may vary and is smaller than shown.



125 N. West Street,
Alexandria, VA
22314-2754
703-683-1400
800-FRA-1924
www.fra.org

Join FRA: Membership Application

Membership is open to all current or former enlisted members of the Navy, Marine Corps, or Coast Guard. I certify that I fulfill the eligibility requirements and want to join the FRA. Annual dues include a subscription to *FRAtoday*, NewsBytes and OnWatch.

SPONSORED BY:

Name: _____

Member No.: _____ Branch No.: _____

Name: _____ Rate/Rank: _____

Address: _____
Street Lot/Space City State Zip Code

Date of Birth: _____ SS No. (Optional): _____ Phone: () _____

Service: _____ Status: _____ Membership Pref.: Branch No. _____ Nearest to home Member-at-large

Previous FRA member: No Yes If yes, previous Member No.: _____

Email Address: _____ Spouse's Name: _____

Applicant's Signature: _____ Date: _____

DUES OPTIONS:

- 1 Year \$40.00
- 2 Years \$64.00 **FIRST TIME MEMBERS**
- 2 Years \$75.00 (for renewing or reinstating)
- 5 Years \$180.00

PAYMENT OPTIONS:

- Master Card Visa Discover American Express Check/Money Order Enclosed

Amount: _____ Credit Card No.: _____

Exp. Date: _____ Signature: _____

SPECIAL OFFER
FOR FIRST TIME MEMBERS!

2 Years for \$64.00

How to Maintain Your Lifestyle in Retirement



Carl M. Trevisan, CFP®



Stephen M. Bearce

You may have heard the rule of thumb that you need to replace about 80 percent of your preretirement income if you want to maintain your current lifestyle when you retire. But like many rules of thumb, that advice is much too general for most people, says Herbert Poole CFP® CRC®, Retirement Development Consultant for Wells Fargo Advisors. To help ensure that you can actually live as comfortably in retirement as you do now, Poole says you need to identify what your desired lifestyle costs. Next, you'll need a saving and investing strategy that matches your income needs. Here are the key questions for you and your financial advisor to consider:

What's my ideal retirement age?

This is both a financial and a quality-of-life question, says Poole. Financially speaking, you need to determine when you'll have amassed enough savings and investments to stop working. You want to be able to comfortably live on withdrawals from your accounts — without running out of money.

On the nonfinancial front, think about what you really want to do during retirement (Travel? Start an encore business?).

"Ask yourself: 'At what age could I retire and still be healthy enough to do these things?'" Poole suggests.

As you get closer to your actual retirement age, you can home in on when you can afford to leave work.

"Depending on your situation, working just a year or two more than you planned could make a big difference in how much money you have available to live on later," notes Poole.

How much money?

How much money will I need to support my current standard of living? This is perhaps the most important question to explore.



"However, you'd be surprised by how many people answer this question by saying to their financial advisors: 'I have no idea. Just tell me what kind of lifestyle I can afford,'" says Poole. You are much better off estimating your target retirement budget early, so you can help ensure you're saving and investing enough, says Poole. Your financial advisor can offer help estimating costs for items like health and long-term care for different parts of the country.

During this process, Poole says it's also a good idea to separate your necessary costs (mortgage/rent, utilities, food, transportation, etc.) from your discretionary expenses (fine dining, vacations, and more). That way, you know where you can cut

INDIAN CENTS

CIRCULATED FULL DATES!

ONLY \$1.00

NO MIN./10 COIN LIMIT PER COIN

FREE SHIPPING!

MAIL ORDERS ONLY
CREDIT CARDS NOT ACCEPTED ON THIS PROMOTION

VISIT US AT
LIGALLERIES.COM

Steve Visconti - Owner
Served in the U.S. Navy, 1977-1982

1-888-260-8111

or send payment to:

Long Island Galleries

9 SUSAN DRIVE • WADING RIVER, NY 11792
NYS Residents Add Sales Tax/Prices are Subject to Change

costs if your estimated retirement income ends up being different than you planned.

What are my retirement income sources?

You may have a tax-deferred retirement plan through your job, personal and/or Roth IRAs, rental property income, and more. Once you identify all your potential income streams, you can make some smart decisions — including increasing your investment contributions now — that could help boost your income when you retire. For example, your financial advisor can help you determine whether it would be wise to add more income-producing options, such as annuities or real estate, or to consider more tax-advantaged investments.

Wherever you are in the process, it makes sense to talk with your financial planner at least once a year.

How can I plan for the unexpected?

To avoid a financial snag that significantly affects your retirement income, Poole suggests having both contingency funds and contingency plans. For contingency funds, you could earmark money for your grandchildren but hang on to the funds in case of an emergency. This could be as simple as leaving money to your grandchildren in your estate plan, rather than putting the money in trust in their

names. Contingency plans might include paying for expensive home repairs like a roof replacement before retirement. You might also prioritize which assets (vacation home vs. business rental, for example) you would sell in a financial emergency.

Am I regularly monitoring my progress toward retirement?

Maybe you have 20 years left before retirement, or perhaps you are already in the middle of retirement and planning to live to age 100. Wherever you are in the process, it makes sense to talk with your financial planner at least once a year — or whenever you face a significant life change. After all, the financial markets and your investments are constantly changing. You change over time, too. You may decide to retire to a state with a different cost of living or change your mind about how much risk you want to take with your investments. All of those factors could affect your retirement lifestyle and how much income you need to live well in retirement. **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, Virginia 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.

SHIP AND AIRCRAFT PHOTOS FOR SALE
Thousands of photos available pre-WWII to present.

B & W 8 x 10 - \$15.00	11 x 14 - \$25.00
Color 8 x 10 - \$25.00	11 x 14 - \$40.00

Some ships not available in color.

Ask about our Wooden Mounted "Plakits"
Send payment with order.... Check or Money Order. Credit card orders accepted.

 **863-289-0596*** *Shipping & Handling included in price.*

ELSILRAC ENTERPRISES
PO Box 7109
Winter Haven, Florida 33883

**Please order by mail or email as a hearing deficiency has impacted our ability to handle phone requests.*

elsilracoi240@msn.com

30 YEARS LIMITED EDITION *Limited supply for 2019!*

DR® Field & Brush Mower

- 14.5 HP Briggs & Stratton OHV engine
- Power Steering gives you fingertip control
- Kryptek® camo pattern

FREE SHIPPING 6 MONTH TRIAL *Some Limitations Apply*

Get a **FREE DR® Brush Mower DVD & Catalog!**

DRfieldbrush.com
TOLL FREE **888-206-6584**



19F93X © 2019

NORTH AMERICA'S

#1 Selling Walk-In Tub

Featuring our *New Exclusive Shower Package*

NEW PRODUCT

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!



Call today and receive a
FREE SHOWER PACKAGE!

FOR A LIMITED TIME ONLY
Call Toll-Free 1-888-599-0235

SAFE STEP
WALK-IN TUB
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.
Must present offer at time of purchase.

"Trust me, your body will thank you!" – Terry Bradshaw

1-888-599-0235

FINANCING
AVAILABLE
WITH APPROVED
CREDIT



LIFETIME
LIMITED WARRANTY



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

Cell Phone Service At AAA Member Only Prices!



	Voice Only Plans		
	\$15	\$20	\$24
Minutes	350	Unlimited	Unlimited
Text	0	0	Unlimited

Ask about our
Share
 PLANS
 Add Up
 5 To
 Lines

	Voice, Text and Data Plans			
	\$20	\$25	\$28	\$35
Minutes	1500	Unlimited	Unlimited	Unlimited
Text	Unlimited	Unlimited	Unlimited	Unlimited
Data	1GB	1GB	2GB	5GB

Personal Emergency Response Systems at AAA Member Only Prices

Manage your safety and security virtually anywhere.



Equipment is **FREE** to use. When you choose a monitoring plan.

Affinity Guardian Mobile

Personal Emergency Response System

One press of the button and help is on its way!

- 24/7/365 US Operators
- Available with fall detection
- Take it with you wherever you go
- Waterproof
- Peace of mind for loved ones when they are alone
- Nationwide coverage
- No contracts

AAA Member Only Prices, call for details!

Manage your safety and security at home.



Equipment is **FREE** to use. When you choose a monitoring plan.

Affinity Guardian Home

Personal Emergency Response System

One press of the button and help is on its way!

- 24/7/365 US Operators
- Available with in home fall detection
- Waterproof Medallion for use when bathing
- No Contracts

AAA Member Only Prices, call for details!



Give us a call and see how much you can save on your cell phone service!

855-893-2889 Affinity CELLULAR

AffinityCellular.com Cellular Service

See website for details.