

YOUR MISSION, YOUR VOICE

FRA *today*

The magazine of the Fleet Reserve Association

JUNE 2018

A man with dark hair and a beard, wearing a blue button-down shirt, is playing an acoustic guitar. He is looking down at the strings of the guitar. The background is dark.

MUSIC THERAPY & DEALING WITH STRESS

INSIDE:

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The objective is to allow the veteran to adjust to his "new normal." It is not uncommon to see recovery progress rapidly once the veteran has developed mechanisms to cope with traumatic memory.

features

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The Department of Defense integrated music therapy into rehabilitation as early as 1945. Today music therapy has developed into a profession and as an accepted clinical approach to dealing with PTSD and TBI.
- 26** **The World Beneath The Waves: The U.S. Naval Undersea Museum**
The Naval Undersea Museum is an official naval museum located at Keyport, Washington. The museum is one of the 10 Navy museums that are operated by the Naval History & Heritage Command.



LOYALTY, PROTECTION AND SERVICE

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

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Two New Regional Presidents

A warm welcome to our new Regional Presidents who recently took office: North Central Regional President Barry White and West Coast Regional President Rick Athenour. They fill out the FRA Board under the leadership of National President William Starkey.

Shipmate Barry was active duty from 1971 to 1975 and Navy Reserve from 1985 to 2001. He resides in Saint Joseph, Missouri and is a member of the MO KAN Branch 161 in Kansas City. He has been a member of FRA for 22 years and held positions as Branch 379 President for three years and 10 years as secretary for Branch 379.



Barry

Barry says, "My vision for FRA is to recruit young. Start supporting Sea Cadets and let them know about the FRA and that we are on the same team. My concern is training from the top to bottom from National to our members. I am lucky to have been trained by a great President and the Gray Hats." Currently he is "studying to be ordained in Charismatic Episcopal Church at St. John's" and added "I like a good day of fishing."



Rick

Shipmate Rick lives in Gardnerville, Nevada and has been a member of FRA for nearly seven years holding numerous positions with Branch 137 and now elected Regional Vice President West Coast.

Athenour states, "It was my honor to serve in the Navy for eight years as an Aviation Fire Control Technician. My first fleet squadron was VA-22

maintaining the A7E Corsair II. Upon retraining, I was assigned to VFA-125 det. Fallon where we maintained the F/A-18 Hornet. My final three years were as a Quality Assurance supervisor where I was trained on, and inspected all areas of the aircraft."

Since leaving active duty Rick has been self-employed in residential construction. He has many outdoor active hobbies that include gold panning.

Rick believes advancing the Association will not be easy and there is no substitute for hard work. "Growing awareness of FRA will take more than the occasional parade or ceremony. Branch leaders need to organize public events and press the flesh with prospects. Too many rely on social media and the internet for recruiting. Our leaders, from the branch level up, must lead and Shipmates must support them. To do any less we fail our cardinal principles."

Much success to both new Regional Presidents! **FRA**

National Officers/Board Of Directors

National President	William E. Starkey Jr., South Jersey Branch 57
National Vice President	Robert Washington, Navy Department Branch 181
National Executive Dir.	Thomas J. Snee, Navy Department Branch 181
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National Chaplain	John W. Davis, Tennessee Valley Branch 44

Regional Presidents

Northeast/New England	Albert Davenport, Atlantic City Branch 013
East Coast	Paul A. Phelps, Chesapeake Branch 40
Southeast	James J. Thomas, West Jacksonville Branch 126
North Central	Barry White, MO KAN Branch 161
South Central	Bruce R. Talbot Jr., Space City Branch 159
Southwest	Bruce H. Davis II, Poway Valley Branch 70
West Coast	Rick Athenour, Sierra Tahoe Branch 137
Northwest	Roger L. Christopher, Gem State Branch 382

Active Duty Advisory Council

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Sergeant Major of the Marine Corps	Ronald Green
Master Chief Petty Officer of the Coast Guard	Steven Cantrell

Reserve Advisory Council

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

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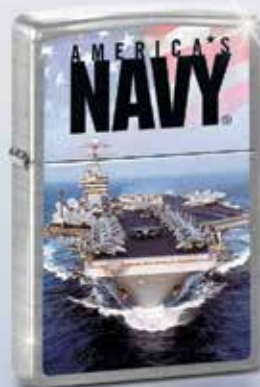
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1. Southwest Regional President and Poway Valley Branch 70 Bruce H. Davis, II met with Baillie Brown, Legislative Assistant for Rep. Scott Peters of California's 52nd District.

2. Northeast/New England Regional President Al Davenport and FRA's Brian Condon meet with New Jersey Congressman Frank LoBiondo.

3. FRA Leadership gets ready to "Storm the Hill" April 12 to push the issues that are most important to our members.

4. Northwest Regional President Roger L. Christopher from Gem State Branch 382 met with Congressman Raul Labrador.

5. Legislative Director John Davis prepares FRA leadership.

6. LA FRA leadership: (L to R) Veralyn Thomas, Gini Larson, Jean Smith, Nadeen Braudaway and Bea Parco.

7. The Pinnacle Award was presented to Congressman Mike Coffman, who serves on both the House Armed Services and House Veterans Affairs Committees.

8. Branch 137 and West Coast Regional President Rick Athenour met with his congressman from Nevada.

9. (L to R) Don Larson, Senator Mike Crapo (Idaho), Roger Christopher and Bruce Talbot, Jr.

10. Congressman Mike Coffman and NED Tom Snee.

11. Once the bus stopped at the steps of the Capitol Building, the LA FRA and FRA posed, before a busy day on the hill.

FRA's annual storming the Hill event provides the National Board of Directors, and other FRA activist members, the opportunity to go to Capitol Hill and meet with their Senators and Representative to discuss FRA's legislative agenda. In recent years Storming the Hill has been scheduled in conjunction with the Pinnacle award reception on Capitol Hill. The delegates at the FRA National Convention select the winner of this prestigious award, in recognition of the legislator's leadership and strong support for those men and women currently serving in the Armed Forces and those who have served in the past.

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***FRA*today Content**

Thank you for the excellent article in the March 2018 issue of *FRA*today about our beautiful memorial. I am a charter member of The Women's Memorial and also a proud Navy retiree and FRA member! The article brought the memorial to life for many of our veterans who are unable to visit it in person. I heard from a WWII veteran just this morning who was thrilled to receive her issue! I also appreciated the information from the Department of Veterans Affairs website that you printed on page 4. Women veterans do feel invisible but FRA recognizes our contributions and has welcomed us as equals and I am thankful.

Sincerely, Pat Childers, HMC, USN, (Ret.)

Can You Make the Type Larger?

I have been a member of the FRA for more than 50 years and in that time have seen our monthly informational publication grow, change editors, change names, change format (several times) and change content. As one of the older members still around, I am finding that I am having a bit of a problem reading the new fine print that *FRA*today seems to be leaning toward. I understand cutting costs by reducing the number of pages printed; but what good is an informational publication to the readers if they can't read it? I am probably not alone with this problem and as a voice for us "old goats," strongly urge you to consider increasing the print size so we can read it.

*In Loyalty, Protection and Service,
PRPEC Paul Dix, Annapolis, MD*

CPO Standards

The recent article in the *FRA*today was well written and brought back a few memories. In 1980 I put on the hat at RTC Great Lakes and was formerly initiated into the greatest fraternity in the world. Shortly after leaving RTC, I reported aboard the *USS NIAGARA FALLS* (AFS-3) and was informed by BMCM Carruth, that I was scheduled for an interview with the CO, Capt. Ross Terry. Capt. Terry he asked me what I thought was my primary duty aboard his ship. Being a "New Chief," I was nervous about answering his question.



I replied to Capt. Terry that I was going to keep 1st Division and the ship squared away and maintain high standards...but he interrupted my generic answer and said, "No Chief, I know all that stuff, what your real job is to train my junior officers." I realized he was correct and in fact I had already been doing that before I made BMC. The only difference now was as the Chief in charge, I also had to ensure that the division officer (normally a young Ensign just out of college or the Academy) received the benefit of my 12 years of experience. By the time I left Niagara Falls, I had trained four Ensigns and felt proud that I had helped mold a few of the Navy's officers into future department heads, XO's, CO's and perhaps even Admirals.

Bill Downs BMC(SW), USN (Ret.)

*FRA*today: Shipmate Downs, thank you for taking the time to share your experiences as a Chief with our readers. Your comment really resonates and helps me better understand a Chief's role. Believe it or not, the article was a straight re-print. No changes were made editorially per request. Some of the language in the article did not set well with some Shipmates. **FRA**

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

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ON & OFF *capitol hill*

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



John Davis DLP

Contacting Your Legislators is the Cornerstone of Democracy!

Throughout 2017, FRA members used the FRA Action Center to contact their legislators in record numbers. This user-friendly website generated almost 85,000 messages that were sent to Capitol Hill. Shipmates will need to be aware of important legislative activity as the FY2019 Defense Authorization, Agent Orange Blue Water Navy reform, and other key bills impacting member benefits move through the legislative process. Many of these legislative proposals could have a significant impact on Shipmate's pocketbook. Members are also urged to subscribe to *Newsbytes*, the weekly electronic legislative newsletter, and to periodically checkout the FRA Action Center on the website (www.fra.org) for important issues. Letting your elected officials know you are watching their votes on critical legislation is the cornerstone of a functioning democracy.

NDAA Moves Forward in House



The upcoming FY 2019 National Defense Authorization Act (NDAA) that is pegged the recent budget deal to limit sequestration cuts for Defense budget, began to take shape this week. The House Armed Services Committee (HASC) subcommittees began to mark up and approve their respective portions of the bill (H.R.5515). The Military Personnel Subcommittee provisions were

approved and passed on to consideration of the full committee. The markup provides:

- Providing no TRICARE fee increases or pharmacy co-pay increases;
- Requiring DoD to make a report to the HASC on the TRICARE structural changes impacting beneficiary access to health care services no later than March 29, 2019;
- Allowing the full by-law 2.6 percent pay raise for the troops—the largest in 9 years;

- Repealing scheduled 1 percent cut in Basic Allowance for Housing (BAH);
- Authorizing increased active duty end strength by 15,600 (Navy increased 7,500);
- Directing the Secretary of the Army to take steps to extend the life of Arlington National Cemetery;
- Requiring DoD to review mental health and wounded warrior programs for effectiveness; and
- Reforming the Transition Assistance Program (TAP).

Unfortunately the bill does not provide any improvements for concurrent receipt. The full HASC was scheduled to markup the bill (H.R.5515) on May 9th and then the full House will review and approve the bill. The Senate Armed Services Committee will start its markup process soon. Once both chambers of Congress approve their legislation, a conference committee will be appointed to resolve the differences between the two bills. This final version will then be voted on by both chambers of Congress and if approved will be sent to the president to be signed into law or vetoed.

Members are urged to use the FRA Action Center online (www.fra.org) to ask their legislators to support concurrent receipt reform.

FRA Co-sponsors House Guard and Reserve Caucus Breakfast

As part of its strong support of Sea Services Reserve Component enlisted personnel, FRA joined other military and veterans' organizations in co-sponsoring the House Guard and Reserve Caucus breakfast on Capitol Hill. Representative Steven Palazzo (Miss.), co-chair of the bipartisan caucus, directed the meeting. Attendees included caucus members Rep. Bobby Scott (Va.), Rep. Tim Ryan (Ohio) and Rep. Mike Coffman (Colo.), legislative staff, Reserve Component senior enlisted leaders and members of key military associations, including FRA.

Speakers included General Joseph L. Lengyel, who is the Chief of the National Guard Bureau and member of the Joint Chiefs of Staff; Rear Admiral Andrew McKinley Director, Reserve & Military Personnel, U.S. Coast Guard; Lieutenant General Rex McMillian Commander of Marine Forces Reserve; and Lieutenant General Mary Ann Miller, Air Force Reserve. The Navy Reserve was not present at the meeting.

USMCR Lt. Gen. McMillian stated to the group that the Marine Reserves are at 99 percent of end strength. He explained the difficulties faced when Congress does not pass a budget which results in limited training. Additionally stating that 16,000 Marines were scheduled to go to training this past year, but only 8,000 actually received training. He also thanked the staff NCOs for their dedication and professionalism.

USCGR Rear Admiral Andrew McKinley informed the audience that his authorized end strength is 7,000 but only has 6,200. He also mentioned that the Coast Guard Reserve has been mobilized seven times since September 11, 2001.

USAFR Lt. Gen. Mary Ann Miller pointed out that the reserves have 96 percent of their needed pilots and the shortage of pilots in the active duty Air Force is much worse. She claimed the Air Force end strength has been reduced by 30,000 over the past eight years.

FRA Storms Capitol Hill

The FRA National Board of Directors and other Association leaders recently "stormed" Capitol Hill. Storm the Hill is designed to bring the enlisted perspective to Capitol Hill as members visit their elected officials in Washington, D.C. These Shipmates shared the Association's position on priority legislative issues with their senators and representatives. They asked their legislators to extend veterans disability benefits to "Blue Water" Vietnam veterans exposed to Agent Orange while serving off the coast of Vietnam. Additionally, requests were made to pass concurrent receipt reform and to exclude Defense from sequestration. FRA would like to thank members who used the FRA website to weigh in on these and other issues.

AFRH Residents Scheduled to get Huge Increase in Rent!

Armed Forces Retirement Home military retiree residents in Gulfport, Miss. and Washington, DC are scheduled to see a 50 to 100 percent increase in rent effective October 1, 2018. The maximum monthly rent will be increased from \$1,458 to \$3,054. Many of the residents there are elderly and on a fixed or limited income. This undoubtedly will place a financial burden on those who have served our Nation.

FRA supports adequate funding for the operation of the Armed Forces Retirement Home's two facilities and continues to monitor and advocate adequate care for its residents. Members are urged to use the FRA Action Center online (www.fra.org) to ask their legislators to stop this excessive increase.

FRA Honors Congressman Mike Coffman

For the past 22 years, FRA has presented its highest award to a member of Congress who goes above and beyond in advancing FRA's Legislative Agenda. FRA presented its prestigious annual Pinnacle Award to Congressman Mike Coffman. He was first elected to Congress in 2008. He currently serves as Chairman of the House Armed Services, Military Personnel Subcommittee. Under his leadership, the Subcommittee has blocked TRICARE fee increases (last year's TRICARE fee increases were proposed in the Senate Defense Authorization bill) and authorized a larger than requested active duty pay increase. Coffman is the only veteran in the Colorado delegation and the only member of Congress to have served in both Iraq Wars. His military service include, serving in the Marine Corps, the Marine Corps Reserve, the Army and Army reserves.

CG Commandant Designee Hearing in Senate

As first reported in the May 2018 On & Off the Hill, President Trump has appointed Vice Admiral Karl Schultz to take over as the Commandant of the U.S. Coast Guard. This appointment requires Senate confirmation and will replace Commandant Admiral Paul Zukunft after he steps down in June 2018.

Recently, the Senate Committee on Commerce, Science and Transportation held a confirmation hearing for Vice Adm. Schultz. Acting Committee Chairman Senator Roger Wicker (Miss.) described Schultz as "well qualified."

Schultz indicated the Coast Guard had a tremendous year and has shown its value by seizing an estimated \$6.6 billion worth of cocaine, apprehending more than 600 smugglers and responding to the busy hurricane season. Adm. Schultz described the Coast Guard as an "unparalleled relevance." Schultz continued by saying the Coast Guard will remain responsive to the Nation's needs and stay true to their motto of "Semper Paratus" (always

ready) by being ready, relevant and responsive.

During questioning, Schultz pointed out that

Congress's Continuing Resolutions are problematic for the Coast Guard. They interfere with the civilian employees as well as maintaining force readiness. He communicated to the committee that he agrees with Admiral Zukunft about needing a 5 percent budget increase just for maintenance purposes.

Some other topics discussed during the hearing included the number of ice breakers needed, the new Coast Guard museum, the Coast Guard's role in the opioid epidemic, and a \$1.6 billion backlog in maintenance and sexual misconduct.

Vice Admiral Schultz has been with the Coast Guard for more than 30 years and has headed its operations in the Atlantic area since 2016. If confirmed, he would become the 26th Commandant of the Coast Guard.



New Study on Military Suicide

Recently, a new military suicide study was published in the Journal of American Medical Associations (JAMA) Psychiatry from Uniformed Services University of the Health Sciences. It indicated an increase in suicide risk when service members are repeatedly deployed with six months or less between rotations; and also when being sent to war too soon after they join the military. Unfortunately, by having troops present in Afghanistan, Iraq and Syria, frequent deployment has become common in the military.

The study looked at 593 men and women in the U.S. Army who had been deployed twice and who attempted suicide between 2004 and 2009. The research looked for specific factors affecting suicide risk. FRA has long sought improved mental health service for deployed active duty as a vital priority, along with a better understanding of these conditions.

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Bills to Expand VA Choice Stall in House and Senate

In December, both the House Veterans' Affairs Committee (HVAC) and the Senate Veterans' Affairs Committee (SVAC) passed legislation improving VA Choice. The SVAC passed "Caring for Our Veterans Act" (S.2193) and HVAC passed "The VA Care in the Community Act" (H.R.4242). Both bills streamline the Department of Veterans Affairs (VA) community care accounts into one veteran-centric program that replaces the Choice Program, removing the current 30-day, 40-mile requirement to give veterans more timely access to community care.

The Senate bill (S.2193), unlike its House companion bill (H.R.4242), includes expansion of the VA Caregiver program. Currently, the program only provides benefits to veterans disabled on or after September 11, 2001. FRA's 2018 Legislative Agenda calls for extending the VA Caregivers Act to full-time caregivers of catastrophically disabled veterans from conflicts before September 11, 2001.

Despite initial success, the bills have stalled. Efforts to include the bill on the FY2018 omnibus spending bill failed and there are legislators concerned about how much care should be provided outside the VA. Previous VA Secretary David Shulkin supported the expansion of choice but his untimely termination did not help move these bills forward.

Members are urged to use the FRA Action Center to weigh in on this issue and encourage your Senators to support the Senate bill (S.2193).

Acting VA Secretary Urges Congress to Pass VA Choice Reform

Acting Director of the Department of Veterans Affairs (VA) Robert Wilkie requested that Congress pass the bipartisan "Caring for Our Veterans Act" (S.2193). This Act is designed to reform the VA's health care system by providing easier access for veterans to meet with private-sector doctors. Furthermore, it expands the VA's caregivers assistance program. The bill includes \$3 billion in additional funding for the current VA Choice Program and was strongly supported by former VA Secretary David Shulkin. Robert Wilkie's letter to House and Senate Veterans Affairs Committee Chairmen as well as Ranking Members, states "America's veterans are

looking to Congress and VA to come together now to provide them the best possible solutions for their care."

FRA supports this legislation and members are encouraged to use the FRA Action Center to weigh in on this issue.

VA Secretary Nominee Drops Out

President Trump's selection to become Secretary of the Department of Veterans Affairs (VA), White House physician and Rear Admiral Ronny Jackson, has withdrawn his nomination. The Senate Veterans Affairs Committee postponed a confirmation due to allegations of misconduct. In addition many in Congress expressed concerns about his lack of management experience. As *FRAtoday* goes to press no VA Secretary nominee has been named. The position requires Senate confirmation.

Senate Appropriations Committee Chairman Changes

The Senate announced Senator Richard Shelby (Ala.) as the Chairman of the Senate Committee on Appropriations for the remainder of the calendar year. Shelby is concurrently serving in his sixth term as senator, and taking the place of Senator Thad Cochran (Miss.), who retired from office earlier this month due to failing health.

Like Cochran, Shelby will serve as both the Chairman of the full Committee and the Chairman of the Appropriations Subcommittee on Defense. Senator Shelby said he was, "proud to take on a larger role, helping to secure funding to strengthen our military."

White House and congressional negotiators have already set a spending outline for FY2019 defense spending at \$716 billion. However, the Defense Subcommittee will be responsible for outlining the spending specifics in the next few months.

In addition, Senator Jerry Moran (Kan.) is stepping down as Chairman of the Senate Appropriations Subcommittee on Military Construction and Veterans Affairs (MilCon/VA) to serve as Chairman of the Senate Appropriations Subcommittee on Commerce, Justice, Science, and Related Agencies. The new Chairman of the MilCon/VA will be Senator John Boozman (Ark.), who also serves on the Senate Veterans Affairs Committee.

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ANC Survey

The Arlington National Cemetery (ANC) Advisory Committee tasked with providing independent advice for extending the availability of the ANC has been considering altering or restricting the eligibility criteria for burial. The possible criteria changes would be placed in hopes of extending the accessibility of the cemetery for future generations.

The Advisory Committee is conducting a public survey to gather input from the general public about the future of the cemetery. Members are urged to participate in the survey. Email Brian Condon (BrianC@fra.org) at FRA

headquarters for the link. Around 150 funerals a week and accommodates approximately 3.3 million guests every year. Currently, ANC does not have any plans for expansion beyond the Southern Expansion project. It was pointed out however, that even if



all options of expansion were to be utilized and no changes to eligibility were to be made, ANC would eventually have to close.

Last year, FRA surveyed members on their thoughts and concerns regarding burial eligibility at ANC. A very large majority (92 percent) believes that ANC should pursue all possible options for acquiring additional land before making any restrictions

on the current eligibility. More than 67 percent want to reserve a set amount of space for Medal of Honor recipients and/or active duty deaths. ANC is managed by the Department of the Army and does not fall under any

of the rules and regulations of veterans' cemeteries administered by the Department of Veterans Affairs. FRA will continue to monitor developments on this issue.

Expanded Chiropractic Care for Veterans Pass

The recently passed omnibus spending bill for FY2018 includes a provision to expand access to chiropractic's non-drug approach for pain relief to veterans. There are many veterans suffering from back pain and other musculoskeletal conditions as a result of their time in service.

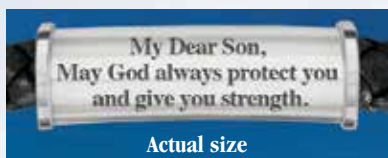
The provision is similar to FRA supported legislation sponsored by Senator Jerry Moran (Kan.), which man-

dates that the Department of Veterans Affairs (VA) expand the availability of chiropractic services at no fewer than two medical centers or clinics in each Veterans Integrated Service Network (VISN) by no later than Dec. 31, 2019; and at no fewer than 50 percent of all medical centers in each VISN by no later than Dec. 31, 2021. For the first time, the measure codifies and broadens chiropractic services in the VA to include services provided by doctors of chiropractic under the Preventive Health Services and Medical categories. **FRA**

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✦ Hand-crafted in Braided
Genuine Leather and
Solid Stainless Steel

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Dealing with Stress: One Chord at a Time

By W. D. Stevenson

Most people enjoy listening to music. The clinical or therapeutic value of music has been substantiated by research and first-hand testimonials for years. During World War II, music was used to boost the morale of returning veterans but music therapy was also used in physical and emotional rehabilitation. However, the general public and the media were not aware of these behind-the-scene services.

The Department of Defense integrated music therapy into rehabilitation as early as 1945 with the U.S. War Department's issue of Technical Bulletin 187, which details the use of music being incorporated in therapy for reconditioning service members recovering from trauma induced by war. There were 122 Veterans Administration (VA) hospitals that provided 80,000 service members one or more music programs with 7,538 patients receiving music therapy by medical referral and recommendation. Music was just part of the program that also included recreation, education, occupational therapy and physical reconditioning. Fast forward from 1945 to today and music therapy has developed into a profession and an accepted clinical approach.

The American Music Therapy Association (AMTA) located in Silver Spring, Md., released a briefing paper in 2014 titled, "*Music Therapy and Military Populations*". The paper provides current status and recommendations on music therapy treatment, programs, research and practice policy. It also focuses on service members and veterans involved in recent deployments. This very informative paper can easily be found on their website (www.musictherapy.org).





Petty Officer 3rd Class Elisa M. Wyatt and Petty Officer 3rd Class Tina A. Leet participate in music therapy at Naval Medical Center San Diego Feb. 28, 2018. The Wounded Warriors attend weekly music therapy where they learn to play various instruments, read sheet music and compose a song as a group. Photo by Lance Cpl. Lisa Tourtelot.

Mechanisms of Music Therapy

As a clinical service, music therapy is defined as “the clinical and evidence based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program as part of an individualized treatment plan.” There is even a Certification Board for Music Therapists (CBMT).

Targeted music therapy interventions may address cognitive, physical, communication, emotional and social needs of individuals. After assessment, the qualified music therapist designs and implements individualized treatment protocols. Interventions include creating music, singing, listening and moving to music. With such conditions as brain injury or stress, the music therapist is trained to provide specific evidence-based intervention that build life skills. The objective is to improve independence and allow the veteran to adjust to his “new normal.” It is not uncommon to see recovery progress rapidly once the veteran has developed mechanisms to cope with traumatic memory.

One of the interesting aspects of the AMTA paper is the fact that people are neurologically inclined to receive and process music in both hemispheres and multiple locations of the brain. This is why someone can listen to a song and be

reminded of a place or time from their past, usually a happy memory.

Music Makes You Healthier

An article published January 2015, in *Mind & Body* magazine titled “Five Ways Music Can make You Healthier”, discusses how music reduces stress and anxiety, decreases pain, improves immune functionality and aids memory all while motivating or helping people exercise.

LA FRA East Coast Regional President Shirley Vatter has always enjoyed singing and playing music. She reminded me that the great composer and pianist Beethoven, believed music could influence our moods and emotions. She said, “While doing my research into Alzheimer’s and other forms of dementia, I read where scientists have determined that we store memories associated with music differently than we store other memories. Those memories connected to music can be good ones or not so good ones.”

Shirley has personally experienced those connections and feelings while playing music for patients at Memory Care living in Charlotte Hall Veterans Home (CHVH) located in Southern Maryland. She recalled a time when a WWII veteran had burst out sobbing as she played a song from the war years. Vatter said, “When I asked him about

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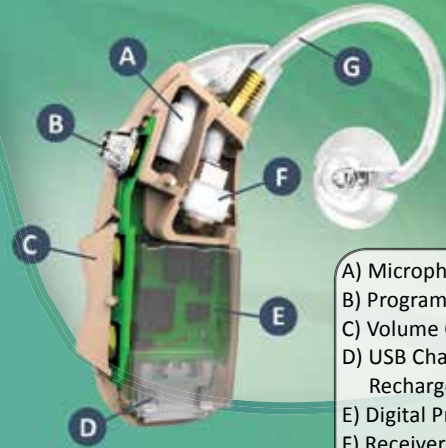


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The Second Lady of the United States, Mrs. Karen Pence, visited the Mild Traumatic Brain Injury Clinic, DoD-V.A at the Joint Base Elmendorf-Richardson in Anchorage, Alaska, Jan. 5, 2018. A session and discussion was held with their music therapist and other members of the hospital staff. Photo by Alejandro Peña.



his reaction he told me that he was 21, in Europe, had just been told the war was over and he was going home.” That one song brought all that back to him and his reaction was one of joy, relief and all the emotions that flooded him some half a century earlier.

Vatter recalls another patient had been sitting and staring into space with a blank look on his face until she played a song that he recognized from his youth. “I could see the light come into the eyes and the patient looked at me, smiled a little and tried to sing along. Music can touch where words can no longer reach,” said Vatter.

RP Vatter has noticed that with dementia patients, one of the last abilities to disappear is their reaction to music. Most of her work at CHVH is with Alzheimer’s and dementia patients. Their ability to respond and follow along with the beat of music by tapping a toe, a wave of a finger or a nod of their head to the rhythm of the song. “I have witnessed this myself as I play for them. Music has an emotional connection. It can be used to relax and release stress, it can be used to improve the moods

of someone depressed or suffering from any number of combat related emotional injuries.”

Some veterans respond well to music therapy, while on others it has no effect. There are many forms of therapy for Post-Traumatic Stress Disorder (PTSD) and other combat related emotional injuries that are available. It is important to match the person to the therapy based upon their preferences rather than trying a one-size-fits-all approach. Shirley is confident that music therapy is a more viable approach to relieving the symptoms of a variety of illnesses, rather than just overdosing with medications.

Strumming For Veterans

I learned about a unique non-profit organization called Strumming for Vets (www.strummingforvets.org) while speaking with FRA Life Member Bob Behm from Branch 113. This charity was founded by disabled veteran John Rola of San Jose, Calif., and teaches disabled veterans how to play guitar. It all started when John had to receive dialysis treatments at the Portland VA Medical Center. He



would take his guitar along to play as he waited and soon other vets were asking him to show them a few chords. During moments of sorrow, John will just grab a guitar and strum away his blues.

Rola served in Vietnam from 1969 to 1970 and recalls his personal trauma dealing with a kidney transplant and the post-traumatic stress counseling. "Your mind is on that stuff all the time," said Rola. "I was a corpsman in the war and while I am teaching these veterans today, I can just see the music filling their soul. They get so much enjoyment from it. They are not stuck in a wheelchair anymore. They are doing something they really enjoy and it keeps them away from their problems. When these guys smile and say, 'Thank you,' they really mean it."

Strumming for Vets donates an acoustic or electric guitar as well as one-on-one lessons to disabled veterans. The teachers donate their time and the vets are given a new type of therapy that works wonders. "Once they are playing guitar at a high level, the Strumming for Vets group performs at public venues such as the Summer Get-Together," said Rola.

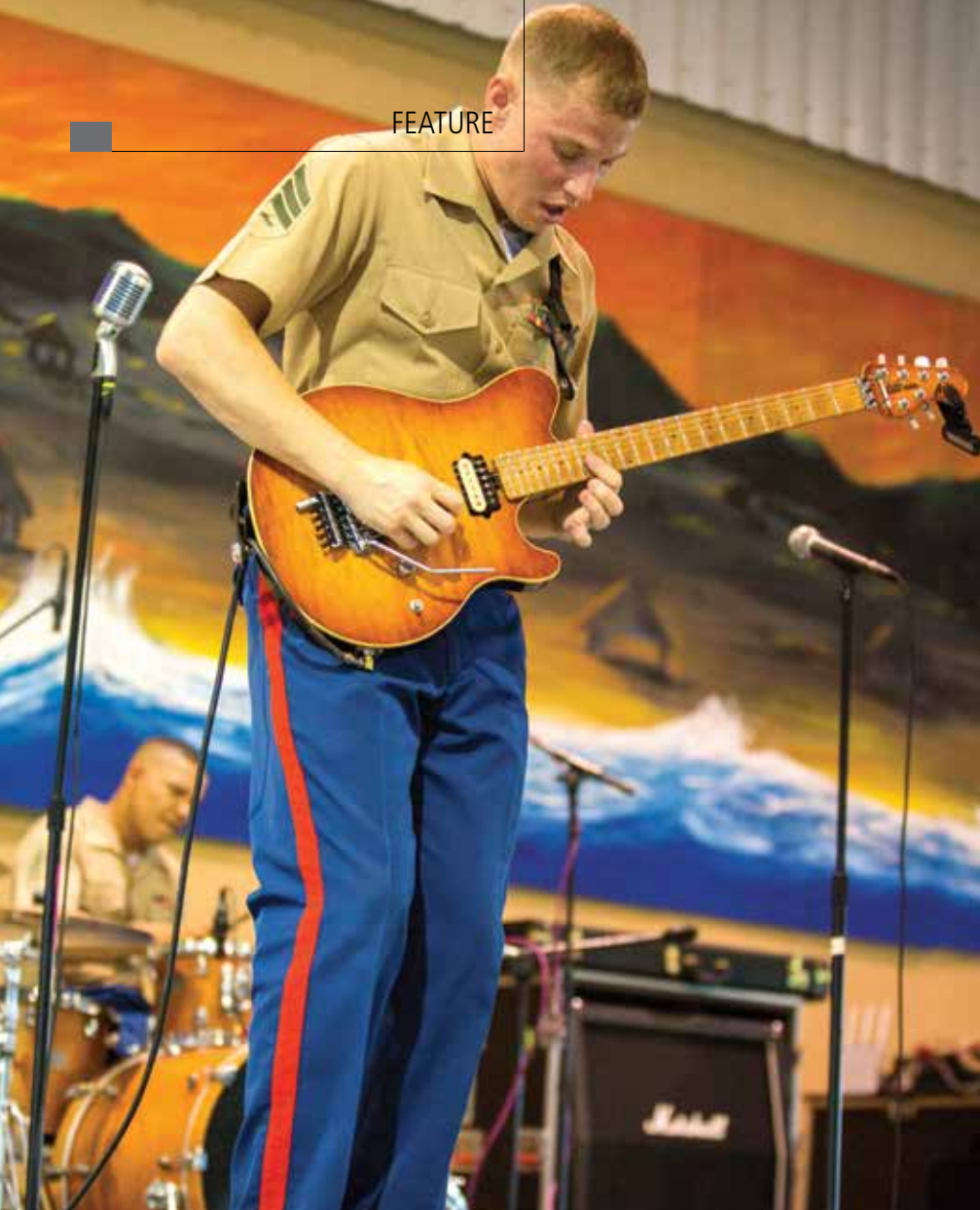
The guitars are donated, sometimes from very

notable celebrities or music shops. The group also sells shirts and other novelties during the music events to raise funds to purchase any guitars needed for the disabled vets.

Bells, Sheet Music and More

FRA Shipmate and Branch 214 member Felix Bernardo spoke with me briefly about his experiences with a small group of vets both who had gone through music therapy and had positive results. Although he is now discharged from the Veterans Affairs (VA), they continue to incorporate music, art and exercise in their regular routines.

Shipmate Bernardo directed me to SFC E7 Penny Deere (Ret.) who served 22 years in the military, ending with Desert Storm. Penny went through three years of music therapy and experienced all sorts of emotional connections. Her first effort was when she joined the Vets of Albany Choir, an organization that existed for nearly 24 years and won competition nationally. The choir did their rendition of "All I Have to Do Is Dream" by the Everly Brothers. The song brought her to tears



U.S. Marine Sgt. Joshua Waldie and the U.S. Marine Corps Forces, Pacific band performs at Leone High School, American Samoa Apr. 14, 2016. The band participated in their annual Flag Day ceremony. Photo by Sgt. William L. Holdaway.

as it triggered memories of her deceased son. Just by singing the song, it tapped into dormant memories and prompted emotions.

Penny then joined Stratton Bell Choir, Deere said, “It was because I could not sing very well but I could keep time and follow the prompts from the director. We all had our own bell and mine was 4-F.” The bell choir placed and eventually went on to national competition. During her time with the bell choir she was able to “Hang out with history” as she likes to recall. The folks in the choir were from WWII, Korea and Vietnam. All three generations in one room ringing bells in orchestrated rhythm. These are not the kind of bells you hear during the Salvation Army holiday coin drops, but beautiful tubular chime with a rich sustained tone—I

watched the YouTube videos Penny sent me.

Penny’s other class was targeted specifically to PTSD, in which they spent time reading over and discussing the lyrics from songs they liked. As a fan of country music, Penny also enjoyed Johnny Cash, but did not realize that his words dealt with a lot of dark topics such as drinking and drugs. She recalls a song that disturbed her physically. “It was some heavy metal song that really made me feel ill,” said Deere. Now that she has “graduated” from the Music Therapy program, Penny is still able to tap into a song and rekindle those feelings, whether they are happy, sad or when she just wants to dream about her son again. Deere says she really misses going to music therapy.

Share Your Music

There are 152 VA medical centers and hospitals across the United States treating some 293,000 veterans rated at 100% disabled. According to RAND, the nonprofit research think tank based in California, more than 20% of Iraq and Afghanistan

war veterans suffer from post-traumatic stress disorder (PTSD) or depression. For Vietnam veterans the figure can be as high as 30%.

If you are searching for therapy that is not an emergency, it is worth your time to look into how programs utilizing the power of music can help. There are endless organizations from non-profits to self-help groups all using music to help improve the lives of veterans suffering from TBI or PTSD. The medical field, including the VA, has fully embraced music therapy as part of their clinical approach to healing. So the next time you visit a VA center, retirement home or if you are just visiting a center try singing to a patient, listen to a favorite “oldie” on your iPod or even strum a guitar. I am sure it will bring a smile to your face and theirs. **FRA**



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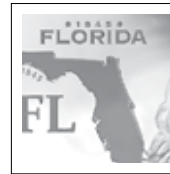


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set by the Federated Mint," Withrow said.

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NON-U.S. RESIDENTS Residents living outside the U.S. must pay double the state minimum set by the Federated Mint

The phone lines are ringing off the hook.

"That's because the first and only State Silver 100's in existence are actually being handed over at just the state minimum set by the private Federated Mint to U.S. residents who find the first two digits of their zip code printed in today's publication," said Mary Ellen Withrow, the emeritus 40th Treasurer of the United States of America.

The only thing residents need to do is call the Toll Free Hotlines before the 7 day order deadline ends.

Everyone who does is getting individual State Silver 100's at just the state minimum of \$99 set by the Federated Mint. That makes the Vault



■ **U.S. RESIDENTS GET 20 STATE SILVER 100'S FREE:** Pictured above is the new 50 State Silver 100's Collection™ shown off by officials from the Federated Mint. Lucky U.S. residents who are among the first callers who beat the 7 day order deadline to claim the 50 State Silver 100's Collection are actually getting 20 State Silver 100's absolutely free, the custom made State Treasury Display Chest is \$285, but it's absolutely free for U.S. residents plus free shipping and free handling too. That means U.S. residents cover just the \$99 state minimum set by the Federated Mint for each of the remaining 30 State Silver 100's which is a real steal because it's saving every U.S. resident a bundle today.

(Continued on next page)

(Continued from previous page)

Stacks (pictured in the bottom right hand corner of today's publication) each loaded with three State Silver 100's a real steal.

And here's the best part. U.S. residents lucky enough to be among the first callers to claim the entire 50 State Silver 100's Collection™, bottom left, are also getting 20 State Silver 100's absolutely free.

"I'm advising everyone who finds their zip code on today's Distribution List to get to their phones right now because the new State Silver 100's are only being released to callers who beat the deadline," Withrow said.

Remember, this is not legal tender paper money issued by the U.S. Gov't. These historic State Silver 100's are a magnificent adaptation of the United States Treasury's one hundred dollar Federal Reserve Note. They are the first and only State Silver 100's struck in high relief .999 solid silver proof finishes released exclusively from the vaults of the private Federated Mint.

Just imagine how thrilled your children and grandchildren will be when you give them one of these impressive collections for their

birthday, Christmas or any special occasion. Just be absolutely sure to keep the new .999 solid silver one ounce State Silver 100's and numbered certificates of authenticity inside the pro-

TECTIVE acrylic cases they come in.

These protective acrylic cases are custom made to hold, secure and protect both the State Silver 100's and the numbered certificates of

authenticity in a heavy-duty transparent acrylic case that allows the State Silver 100's to be viewed without ever being touched by human hands, thus preserving their pristine, original

condition.

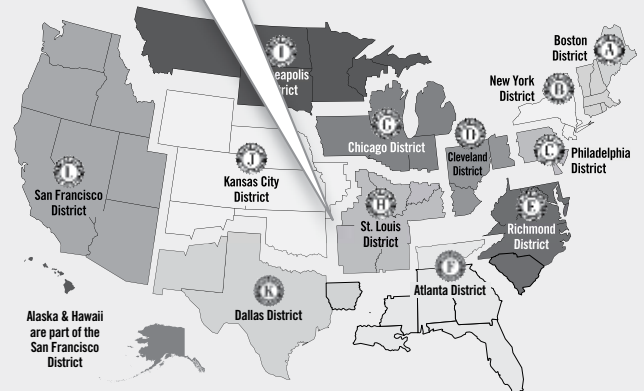
"We're bracing for all the calls and doing everything we can to make sure no one gets left out. So if lines are busy keep trying, all calls will be answered," said Withrow. ■

U.S. RESIDENTS CALL: 1-866-626-3962 and use EXT. FMP866 if you find the first two digits of your zip code listed on the Distribution List below

AK 99	CO 80, 81	GA 30, 31, 39	IL 60, 61, 62	LA 70, 71	MI 48, 49	NC 27, 28	NJ 07, 08	OH 41, 43, 44, 45	RI 02	TX 75, 76, 77, 78, 79, 88	WA 98, 99
AL 35, 36	CT 06	HI 96	IN 46, 47	MA 01, 02, 05	MO 63, 64, 65	ND 58	NM 87, 88	OK 73, 74	SC 29	UT 84	WI 53, 54
AR 71, 72	DE 19	IA 50, 51, 52	KS 66, 67	MD 20, 21	MS 38, 39	NE 68, 69	NV 88, 89	OR 97	SD 57	VA 20, 22, 23, 24	WV 24, 25, 26
AZ 85, 86	FL 32, 33, 34	ID 83	KY 40, 41, 42	ME 03, 04	MT 59	NH 03	NY 00, 10, 11, 12, 13, 14	PA 15, 16, 17, 18, 19	TN 37, 38	VT 05	WY 82, 83

The Toll Free Hotlines open at precisely 8:30am this morning for U.S. residents only. If lines are busy keep trying, all calls will be answered. If you miss the deadline you'll be turned away from this offer and forced to wait for future announcements in this publication or others, if any.

U.S. residents who find the first two digits of their zip code on today's Distribution List above and call before the 7 day deadline ends are authorized to get individual State Silver 100's at just the state minimum of \$99 set by the Federated Mint. That makes the full Vault Stacks each loaded with three State Silver 100's a real steal. And here's the best part. Every U.S. resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because non-state residents must pay over six hundred dollars for each Vault Stack. All residents living outside of the U.S. must pay one hundred ninety-eight dollars for the State Silver 100's.



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■ **WHAT EVERYONE WANTS:** Pictured left reveals for the very first time the individual State Silver 100's struck in high relief .999 pure fine silver. Pictured right is a Vault Stack containing three of the only State Silver 100's known to exist. Residents who find their zip code listed above are authorized to get individual State Silver 100's at just \$99 state resident minimum set by the Federated Mint. That's makes the full Vault Stacks each loaded with three State Silver 100's a real steal. And here's the best part. Every U.S. resident who gets at least two Vault Stacks is also getting free shipping and free handling too. That's a real steal because all non-U.S. residents must pay over six hundred dollars for each Vault Stack.




By Ann Norvell Gray

In July of 1979, the United States Naval Undersea Museum was established by Secretary of the Navy W. Graham Claytor, Jr. Thirty-four years earlier, Claytor was the commanding officer of the destroyer escort *USS CECIL J. DOYLE*, the first vessel to arrive at the scene of the sinking of the cruiser *USS INDIANAPOLIS* by Japanese torpedoes. Fewer than 320 of her nearly 1,200 crewmen could be rescued but Captain Claytor's decisive actions were said to have prevented more loss of life.

Perhaps his wartime experience ignited an interest in the technologies of undersea warfare and search and rescue operations chronicled by this museum on Naval Base Kitsap land, across Puget Sound to the west of Seattle, in the beautiful Pacific Northwest.

Undersea Operations Are Nothing New

The history of submariners in exploration, commerce and warfare is remarkably long. Using only their bodies, their courage, and their skills, divers



The World Beneath the Waves: **The U.S. Naval Undersea Museum**

were engaged in military operations as long ago as the mythological Trojan War in the 12th century BC, boring holes in hulls and cutting anchor ropes. Thucydides wrote of Greek divers sent to clear the harbor during the Athenian siege of Syracuse in the 5th century B.C. Less than one hundred years later, Aristotle reported the submerging of a sort of kettle or diving bell to supply breathable air to sponge divers, already known for extraordinary lung capacity and their ability to dive deep.

Alexander the Great's scientific and military curiosity about the ocean is well known. The Getty Museum describes a 15th century manuscript illumination in a German text illustrating the legend of Alexander's underwater adventure in a bathysphere. In the story, he was allegedly submerged to spy on his mistress and her new suitor in a boat above. This tale is questionable at best, but we know that in 332 B.C., he sent sabotage divers to disable Persian ships during the Macedonian siege of Tyre.



Exploring the Modern History

The U.S. Naval Undersea Museum is one of ten museums operated under the Naval History and Heritage Command. It presents the story of our modern navy submariners, and reveals, in their words, “how exceptional people and cutting-edge technology create an incredibly capable undersea force.” Its collection of more than 39,000 historic artifacts of undersea exploration, warfare and technology is a treasure trove of cultural significance.

The museum’s website describes its purpose in this way:

Mission

The mission of the U.S. Naval Undersea Museum is to collect, preserve and interpret naval undersea history, science, and operations for the benefit of the U.S. Navy and the people of the United States.

Vision

The vision of the U.S. Naval Undersea Museum is to make the undersea human experience relevant and accessible to all people.

Exhibitions and Resources

Although only a small percentage of the collection can be on permanent display at any one time, the museum rotates the collection through the public galleries with temporary exhibits throughout the

year. Their resources are available for appropriate research projects and the staff is more than happy to answer serious inquiries whenever possible.

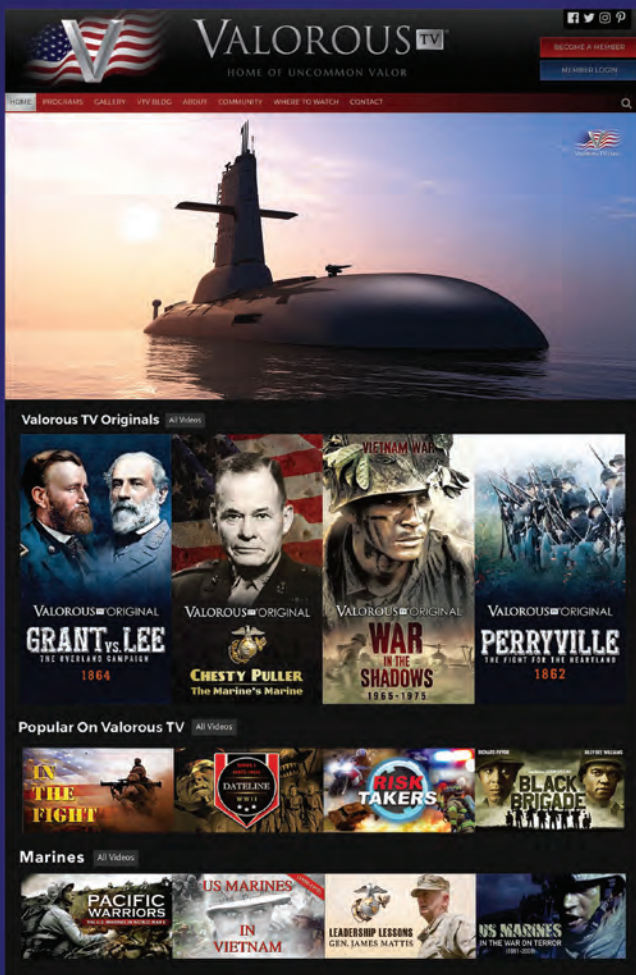
Engaging long-term exhibits create a comprehensive overview of the Navy’s history of operations under the sea. These installations include “The Ocean Environment,” an interactive education in the physical properties of the ocean that set the parameters for humans and equipment underwater. “Preserving Peace” documents the history of the U.S. Navy’s strategic deterrence program, from its beginnings in the 1950s during the Cold War through its continuing modernization. The development of torpedoes, mines and effective submarine rescue and escape are each presented, and you can step into the recreated control room of the Cold War era submarine *USS GREENLING* to appreciate the tasks of operating an undersea vessel.

The temporary exhibits use the museum’s remarkable repository of artifacts to tell more of the story. As of this writing, short-term installations include the story of how the Navy deploys highly-trained dolphins and sea lions; taking advantage of their natural acoustical, visual and maneuvering ability and speed to find all sorts of things under the water. “The *USS THRESHER* Legacy” exhibit describes how the Navy responded to the 1963’s tragic loss by

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developing profound and positive changes in submarine safety and deep water operations.

In September of this year, the museum will open “Search, Spy, Rescue, Recover: Navy Vehicles Under the Sea.”

Their introduction to this exhibit says: Undersea vehicles are the Navy’s eyes, ears, and hands in the ocean. Throughout the world, Navy vehicles recover lost objects, spy for information, disarm undersea mines, rescue accident survivors, investigate the ocean and more. Missions like these were once impossible, difficult, inefficient or dangerous to do.

Online Exhibit Experiences

For those of us not fortunate enough to get to the museum in person, seven absorbing virtual tours are available on their website (www.navalunderseamuseum.org/online/). Click on the title lines on that page to see these stories of invention, rescue, personnel and specific moments in undersea military history:

- *The Remarkable Story of a Howell Torpedo*
- *Saving Submariners: Submarine Rescue and Escape*
- *Navy Undersea Pioneers*
- *NEDU: Rising to the Challenge*
- *Undersea Mines in the Civil War*
- *Women Divers: Part of the Navy Team*
- *The Skin They are In: U.S. Navy Diving Suits*

Submarines, Torpedoes and Mines

How many future submariners have been inspired by Captain Nemo and the Nautilus in “Twenty Thousand Leagues Under the Sea,” that prophetic work of 19th century science fiction? A privileged childhood on the Loire River and the influence of shipbuilders and seafarers in his family ignited Jules Verne’s lifelong fascination with the sea. Simon Lake, the pioneering engineer and marine architect who, in 1894, made the first prototype that launched his career in submarine design for the U.S. Navy, credited his inspiration to “Twenty Thousand Leagues Under the Sea.” Lake’s autobiography begins, “Jules Verne was in a sense the director-general of my life.”

The Undersea Museum has one of the nation’s most extensive collections of artifacts related to U.S. naval submarine technology and operations. Their oldest submersible is a 1965 deep submergence vehicle Trieste II (DSV 1). The first Trieste was designed and built in 1952 by Swiss physicist and inventor August Piccard. In 1957, it was bought by the U.S. Office of Naval Research and assigned to what is now the Naval Ocean Systems Center. Its most significant scientific program involvement was Project Nekton, which sent it into the Challenger Deep, the deepest part of the world’s oceans.

The museum also houses a comprehensive inven-

New Arthritis Painkiller Works on Contact and Numbs the Pain in Minutes

New cream works faster and is more targeted than oral medications. Key ingredients penetrate the skin within minutes to relieve joint arthritis pain. Users report significant immediate relief.

By Robert Ward
Associated Health Press

BOSTON – Innovus Pharmaceuticals has introduced a new arthritis pain relief treatment that works in minutes.

Sold under the brand name *Apeaz™*, the new pain relief cream numbs the nerves right below the skin.

When applied to an arthritic joint, or a painful area on the body, it delivers immediate relief that lasts for hours and hours.

The powerful painkilling effect is created by the creams active ingredients, three special medical compounds.

Anesthetics are used in hospitals during surgery. They block nerve signals from the brain so that patients don't feel pain and they work fast.

The anesthetic found in *Apeaz™* is the strongest available without a prescription.

The cream form allows users to directly target their area of pain. It works where it is applied. The company says this is why the product is so effective and fast acting.

"Users can expect to start feeling relief immediately after applying," explains Dr. Bassam Damaj, President of Innovus Pharmaceuticals.

"There will be a pleasant warming sensation that is followed by a cool, soothing one. This is how you know that the active ingredients have reached the affected joint and tissue."

Works In Minutes

For arthritis sufferers, *Apeaz™* offers impressive advantages over traditional medications. The most obvious is how quickly it relieves pain discomfort.

The cream contains the maximum approved OTC dose of a top anesthetic, which penetrates the skin in a matter of minutes to numb the area that's in pain. This relief lasts for several hours.

Published pre-clinical animal studies have shown that the ingredients in *Apeaz™* can also prevent further bone and cartilage destruction.

There are also no negative side effects like from oral medication. *Apeaz™* delivers its ingredients through the skin. Oral medications are absorbed in the digestive tract. Overtime, the chemicals in pills can tear the delicate lining of the stomach, causing ulcers and bleeding.

When compared to other arthritis medications, *Apeaz™* is a fraction of the cost. At less than \$2 a day, the cream quickly is becoming a household name.

Those with terrible arthritis in their hands and fingers, love how easy *Apeaz™* is to open. The jar fits in the palm of the hand, which makes it much easier to use.

Instant Pain Relief Without a Prescription

Many *Apeaz™* users report significant improvements in daily aches and pain. Many more report increased flexibility and less stiffness. They are moving with less pain for the first time in years, like Henry Esber, an early user of *Apeaz™*.

*"I've tried more pills than I can count. I've also had a handful of cortisone shots. Nothing is as effective as this product. With *Apeaz™*, I get relief right away. I rub a little on my hands. It keeps the pain away. It also prevents the pain from getting really bad. It's completely changed my life."*

Apeaz™ is an FDA drug with approved claims for the pain relief of the following conditions:

- Arthritis pain
- Simple back pain
- Strains
- Sprains
- Athletic injuries
- Muscle stiffness/ pain
- Wrist, elbow, shoulder, hip, knee, ankle, foot, muscle or joint pain

How It Works

Apeaz™ contains the highest, non-prescription OTC dose of a medical compound that fights pain on contact. When applied to the skin it goes to work within minutes by penetrating right to the source of your pain, numbing the nerve endings.

"This is why *Apeaz™* is so effective for people with arthritis pain. It reduces pain while adding an additional potential layer of joint support," explains Damaj.

A New Way to Treat Pain

Although Dr. Damaj and his team say that their cream is the fastest and most effective way to relieve arthritis pain, they believe there is still a reason to take joint pills. **The most effective are those which help to further lubricate, strengthen and support the joints.**

That's why every container of *Apeaz™* comes with *ArthriVarx™*, a breakthrough supplement that's taking on joint support in an entirely new way.

ArthriVarx™ works on your joints, making it the perfect companion to *Apeaz™*.



Apeaz™: Quick Acting Pain and Arthritis Cream is Now Available Without a Prescription

"*ArthriVarx™* contains special compounds published to lubricate the joints and connective tissues that surrounds them. With daily use, they improve joint health and can give an extra cushion," explains Dr. Damaj.

"When combined with *Apeaz™*, it becomes the perfect system to tackle arthritis. While the anesthetic component of *Apeaz™* is working on the outside, relieving pain on contact, *ArthriVarx™* is working on the inside, adding cushioning to the joints"

A Powerful Combination For Arthritis and Joint Pain

With daily use, *Apeaz™* plus *ArthriVarx™* helps users live a more vital, pain free life without any of the negative side effects or interactions associated with oral drugs.

By delivering fast, long-lasting, and targeted relief from joint pain and supporting long-term joint health, *Apeaz™* and *ArthriVarx™* is the newest, most effective way to tackle your arthritis pain.

You can now enjoy an entirely new level of comfort that's both safe and affordable. It is also extremely effective, especially if nothing else has worked well for you.

How to Get Apeaz™

This is the first official public release of *Apeaz™*. In order to get the word out about *Apeaz™*, the manufacturer, Innovus Pharmaceuticals, is offering special introductory discounts while supplies last.

A special phone hotline has been set up to take advantage of deep discounts during this ordering opportunity. The discounts will automatically be applied to all callers.

Your Toll-Free Hotline number is 1-800-424-5015 and will only be open while supplies last. Experience the guaranteed *Apeaz™* relief already enjoyed by thousands of consumers. Don't miss out, call 1-800-424-5015 today.

FEATURE



tory of torpedoes and supporting documentation. The oldest is a prototype Whitehead, believed to be one of the earliest in existence. Beginning in the 1860's, a nobly-born Italian-Croatian officer in the Austrian navy named Giovanni Luppis and a British marine engineer named Robert Whitehead collaborated on this first viable self-propelled cold-running torpedo, which ultimately supplied the British, French, German, Italian, Russian, Chinese and finally American naval forces.

Perhaps the most beautiful is a rare brass Howell torpedo, on loan for this exhibit from the Naval History and Heritage Command Underwater Archaeology Branch. The Howell was the first viable American version, developed by Lt. Cmdr. John

Howell between 1870 and 1881. The Howell was soon supplanted by an improved Whitehead, its flaws were never fully corrected, only 50 were produced by the Navy for tactical use and it fell out of use by the early 1900s.¹

Robert Fulton is widely known as a developer of the steamboat, but long before that success, he tried to sell the French his

submarine that crept under a ship and deposited an explosive charge. The French government rejected it out of hand as "an atrocious and dishonourable way to fight."² Confederate forces were the first to try protecting their harbors with systematic use of mines, for which they had no possible alternatives, and against which the Union forces had no effective countermeasures.³ The museum's collection includes two Civil War mines, a rare Mk 39 icebreaker mine, a Destructor mine and three mine neutralizing ROVs.

As if the Museum itself weren't enough of an enticement, the surrounding waterways and islands off the Washington State mainland coast are wonderful to visit, particularly in the temperate and relatively dry summer months. The museum's website is rich with details about what they have, what they do and what they know. Visit their Facebook page to learn about current activities and events.

Use the links below to research the area, and to get to know the ferry systems that will get you there. Those trips are restorative and lovely by themselves. Fair winds and following seas to you all! **FRA**

FOOTNOTES:

1. Frederick J. Milford, "U.S. Navy Torpedoes: Part One—Torpedoes through the Thirties." *The Submarine Review*, April 1996. (quarterly publication of the Naval Submarine League)
2. Richard S. Hartenberg, "Robert Fulton, American Inventor," *Encyclopedia Britannica*, www.britannica.com/biography/Robert-Fulton-American-inventor (Dec. 12, 2009).
3. Stuart Slade, "Mine Warfare," *NavWeaps:History and Technology*, www.navweaps.com/index_tech/tech-068.php, (April 18, 2000)

Address:

US Naval Undersea Museum
1 Garnett Way
Keyport, WA 98345

Museum Info:

1-360-396-4148
Website: www.navalunderseamuseum.org
Facebook: www.facebook.com/navalunderseamuseum

Admission & Parking

FREE

Museum Hours:

May - September: Daily,
10:00 a.m. to 4:00 p.m.
October – April: 10:00 a.m. to 4:00
p.m. except Tuesdays

Getting there

www.navalunderseamuseum.org
directions
The Museum staff recommends using this page to plan, as it links to the ferry schedules, and because GPS systems often fail to recognize the actual address.

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

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

Robert Ward,
Associated Health Press

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

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

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

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

NEW DISCOVERY IN BLADDER CONTROL

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

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

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

FREEDOM FROM SUDDEN URGES AND LEAKS

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

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

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

The active ingredients in *UriVarx*™ comes from a patented formula. It is both safe and healthy. There are also no known serious side effects in its history of use.

Scientists believe that the ingredients target the muscles of the bladder to grow stronger. These muscles are responsible for keeping the bladder tightly sealed. They also help the bladder to completely empty, allowing bacteria to be flushed from the urinary tract.

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

EXCITING RESULTS FROM URIVARX USERS

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

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

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

IMPRESSIVE CLINICAL RESULTS

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

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

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

Overall, the *UriVarx*™ group experienced:

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

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

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

HOW IT WORKS

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

The active ingredients are patented natural extracts.

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



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

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

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

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

BLADDER PROBLEMS GONE

With daily use, *UriVarx*™ can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs. Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

HOW TO GET URIVARX

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

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

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

2018 NATIONAL CONVENTION

September 25th-30th
San Antonio, Texas

Calendar of Events

July 20-21, 2018

East Coast Regional Convention
Holiday Inn at Solomons Island, 155 Holiday Dr.,
Solomons, MD 20688 410-326-6311
Contact: Brian J. Jones, 240-925-7818
email: papajones62@hotmail.com

July 29-August 1, 2018

West Coast Regional Convention
Sparks Nugget Hotel & Casino, 1100 Nugget Avenue, Sparks, NV 89431
800-648-1177 Use code: GFRA, \$49 + tax
Contact: Virgil Courneya, 775-882-9201 or Tonya Reyes, 775-461-0009
email: virgil_courneya@att.net

August 3-4, 2018

Southwest Regional Convention
Riverside Resort, 1650 S Casino Dr., Laughlin, NV 89029
800-227-3849 Use code: Fleet Reserve Assoc. (Wed.-Thur. \$39)
(Fri.-Sat. \$62) + 10% tax. RV parking available.
Contact: Alice Smith, 619-300-2384 or Aaron Jensen, 858-668-8715
email: blueitigger@yahoo.com

August 9-12, 2018

North Central Regional Convention
DoubleTree by Hilton Grand Rapids Airport 4747 28th St., SE.,
Grand Rapids, MI 49512 616-957-0100
Contact: Marty Posekany, 616-225-9264
email: posekany@chartermi.net

August 16-19, 2018

South Central Regional Convention
Wyndham Garden Shreveport, 1419 E. 70th Street,
Shreveport, LA 71105 318-797-9900
Contact: Bruce Talbot, 808-781-6542 or 281-489-9322
email: brucetalbotfra@outlook.com

August 17-18, 2018

Northwest Regional Convention
Riverside Hotel, 2900 Chinden Blvd. Boise, ID 83714
208-343-1871 ask for FLEET RESERVE rate \$102.00 + tax
(4 days prior - 2 days after)
Contact: Tom Flanik, 208-455-8100 or Bill Hall, 208-695-1664
email: gunny@sos.net

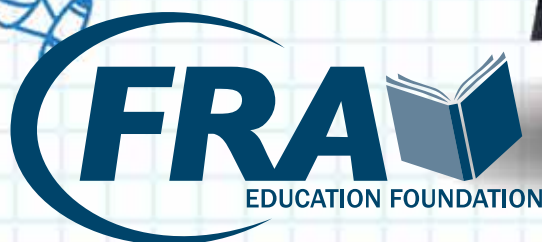
August 23-26, 2018

Southeast Regional Convention
Quality Inn & Suites, 51 Gulf Breeze Parkway,
Gulf Breeze, FL 32561 850-932-2214
Contact: JJ Thomas, 850-932-2214
email: aquaspaceventure@aol.com

September 5-7, 2018

Northeast / New England Regional Convention
Days Hotel Egg Harbor, 6708 Tilton Rd.,
Egg Harbor Township, NJ 08234 609-641-4500
Contact: Al Davenport, 609-415-5440
email: adavenport2@comcast.net

Visit www.fra.org/foundation
for the 2018 scholarship
applications and rules
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FRA's Education Foundation awards approximately \$100,000 in scholarship funds each year to recipients based on financial need, academic standing, character and leadership qualities. Our scholarship program is open to anyone who has an affiliation with the USN, USMC or USCG, through their own service or that of a spouse, parent or grandparent.

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

Questions?

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

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



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

William E. Combs



Bill Combs

Branch 166 in Virginia Beach recognized Past National President (1990-1991) Bill Combs this past April by presenting him with his 60 years of continuous service certificate for membership in the Fleet Reserve Association. Shipmate Combs joined Branch 37 in April of 1958 and served as a member of several branches including: 5, 12, 37, 40, 60, 99, 293 and is currently a member of Branch 166. Shipmate and National Vice President Bob Washington had the honor of presenting Bill with his pin.

“Bill is a fine Shipmate and wonderful person all around,” said Washington. Bill’s extended family attended the cake cutting and ceremony.

Shipmate Combs has served in many capacities of the leadership of FRA such as: Member of the board of directors, branch secretary, branch vice president, branch president, regional committee member and chairman, regional treasurer, regional vice president and regional president, several national standing committee member and chairman, national vice president and national president.

During his tenure as national president, the current national headquarters building just off King Street in the “Old Town” area of Alexandria, Va. was purchased and opened for service to the Shipmates of the sea services in May of 1991. “I had to sign the deed,” said Bill.



Shipmate Combs was born December 2, 1934 in Elizabeth City, N.C. and retired as a Chief Gunners Mate November 26, 1971. Bill married Carolyn D. Gilbert on February 27, 1982; they have one son, William III; two step sons, Kent and Dan; and three daughters Debra, Angela and Pamela.

Bill’s ships and duty stations were: *USS NEW JERSEY (BB62)*, *USS CHELAN COUNTY (LST 542)*, *USS INTREPID (CVA 11)*, ZP-1 NAS Weeksville, N.C., *USS DUXBURY BAY (AVP 38)*, Atlantic Reserve Fleet, Green Cove Springs, Fla., Gunners Mate “B” and “C” School, Great Lakes, Ill. *USS PLEDGE (MSO 492)*, *USS STEINAKER (DDR 863)*, Underwater Swim School in Key West, Fla., Naval Advisory Group Vietnam Junk Force 22, *USS CLAUDE V. RICKETTS (DDG 5)* and Leadership & Instructor Gunnery School, Naval Command, Norfolk, Va.

We are proud you are still serving the members of Virginia Beach Branch 166 as a member of the Board of Directors and honored to have you as a member of the FRA. Shipmate PNP William E. Combs we salute you and simply say Bravo Zulu!

FRA

MOVING FORWARD

2018 - 2019



Continuing Programs

Recruit 3 Program

Any FRA or Auxiliary member who recruits/sponsors three (3) 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 (2018)

Recruit 5 Initiative

Any FRA member who recruits/sponsors five (5) new or reinstated members will receive a "Recruit 5" 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.



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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:

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☐ 2 Years \$64.00 **FIRST TIME MEMBERS**
☐ 2 Years \$75.00 (for renewing or reinstating)
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Amount: _____ Credit Card No.: _____

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1. BRANCH 269, GOOSE CREEK, S.C.

Branch President Laurie Bailey presents Shipmate Trish Gallagher with her certificate and plaque as the 2016-2017 "Shipmate of the Year for Youth Activities."

2. BRANCH 118, CAPE CORAL, FLA.

Branch President Tom Olden (R) presents Shipmate Harold Robinson his 60 year anniversary pin and certificate.

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

Branch 13 presents a \$500 check to the John R. Elliott Hero Campaign for Designated Drivers. (L to R) Bill Elliott (John's dad), Branch Tres. Frank Williams, RP Al Davenport and Branch VP Bob Campbell. John Elliott, a graduate of the Naval Academy, was struck and killed by a drunk driver (www.herocampaign.org).

4. BRANCH 316, SPRINGFIELD, MO.

Ozark Empire Branch presents the plaques, certificates and checks to the first place branch winners of the Americanism Essay Contest. Photo by Charles B. Ewy.

5. BRANCH/UNIT 294, CROSSVILLE, TENN.

At the 39th Alabama & Tennessee Caucus held in March. Top (L to R) RPSE J.J. Thomas, Branch 294 PP/Plankowner Richard Martin, Branch 187 Pres. Kent Walker, PRPSE Jerry Brice, JrPRPSE James E. Robbins, PRPSE Fred Bolz, Branch 294 JrPP Jack Fogel and Branch 294 Pres. Bill Rhoads. Front (L to R) FRA JrPRPSE Vera Thomas, LA FRA PRPSE Mildred Brice, LA FRA Nat. Parliam. PRPSE/PNP Sandy Robbins, LA FRA RPSE Gail Bolz and LA FRA JrPP Julie Fogel.

6. BRANCH/UNIT 163, PHOENIX, ARIZ.

It was a beautiful sunny warm day for the Vietnam Veterans Day Ceremony held at the Vietnam Veterans Memorial in Phoenix. Shipmate Al Martinez Sr., Unit members Marion Cartland and Bea Parco pictured with the Archer-Ragsdale Ariz. Chapter Tuskegee Airmen along with (center) Arizona Dept. of Veterans Services Director and Ret. Air force Col. Wanda Wright.

7. BRANCH/UNIT 137, MINDEN, NEV.

The Sierra-Tahoe Branch hosted their annual Easter egg hunt at the Marine Corp Mountain Training Center in Coleville, Calif. There were 600 plastic eggs and bunnies made from washcloths that children can use instead of an ice pack (also known as boo-boo bunnies). West Coast RP Rick Athenour was the Easter Bunny with Unit JrPP, Jan Solberg was Mrs. Bunny.



**8. BRANCH 41, ROANOKE, VA.**

(L to R) Mary and John Cook and Branch President Joe Black present Shipmate Cook his 40 year membership award.

9. BRANCH 175, ORANGE COUNTY, CALIF.

The national second place committee award ribbons were displayed by (L to R) Gordon Olson (wears the Public Relations ribbon), HW & R Jerry Bayless, Branch President SWRP Bruce Davis and Phil Farmolaro (wears the Youth Activities ribbon).

10. BRANCH 146, JOHNSVILLE, PA.

The branch Essay award winners gathered at St. Isidore School in Quakertown, Pa. (L to R), Essay Committee member Tom Concannon, Branch Sec./Tres. Joe Millman, 7th grade 1st place Erica Gildea, 7th grade 2nd place Felicia Carroll, 8th grade 1st place Dante Frinzi, 8th grade 2nd place Matthew Peiffer and Father Reigler.

11. FRA NHQ, ALEXANDRIA, VA.

National President William Starkey receives his National President's plaque. It will be mounted on board located at FRA National Headquarters, which displays all the past FRA Presidents since 1924.

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

(L to R) Branch VP Bob Campbell and Branch President & RP Al Davenport present Woods Landing Social Committee co-chairs Jenyfra Nelson and Joanne Falcone with a \$200 check for the South Jersey breast cancer awareness campaign.

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

FRA National President William Starkey and LA FRA National President Jean Smith present Mike Coffman with his Pinnacle Award.



To submit a photo for Shipmate News, please email a photo as an attachment in jpeg format to FRAtoday@fra.org or mail a high-quality photograph to *FRA Today*, 125 N. West Street, Alexandria, VA 22314. Please include a brief description of the photograph and include the names of those pictured. Laser prints and scanned copies of photographs cannot be accepted.

The Duties of the National Chaplain



Gale M. Nathan

The duties of the National Chaplain are outlined in the LA FRA Constitution and By Laws (C&BL), Section 811. The National Chaplain performs nonsectarian devotional services at the National Convention and other duties as the National President requests. At the request of the National President, the National Chaplain may also send out get well cards, condolence cards and for National Officers, flowers to the sick and funeral wreaths for current National Officers, Past National President and/or a current FRA National Officer.

The rules of the Unit Chaplain are part of the C&BL Standing Rule 34, which states that the unit Chaplain will immediately notify the Unit Officers, Regional and National Chaplain and Membership Service Administrator (MSA) of the names of Unit members who have joined the Supreme Commander, along with the names and addresses of the next of kin.

The rules state, death notifications should be sent as soon as possible to the National Chaplain, the Regional Chaplain and the MSA. Regional Chaplains create reports based upon the information received from Unit Chaplains. It is, therefore,



important that the information sent to the Regional Chaplain is accurate and complete.

The National Convention will be held at the Omni San Antonio Hotel at the Colonnade, located in San Antonio, Texas from September 25th to 30th, 2018. It is imperative to have 100% response from all Regional Chaplains before the convention. This will ensure that each region with a loss of membership is recognized appropriately. **FRA**

Yours in Loyalty, Protection and Service,
Gale M. Nathan, NC

Gale Nathan is the LA FRA National Chaplain



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¹National Safety Council. *Injury Facts*®, 2017 Edition, p. 14.

²Facts from LIMRA, Life Insurance Awareness Month, September 2017

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In Memoriam

Name	Rating	Branch							
Adee, Donald C.	PO2, USN	14	Hart, Raymond J.	CAPT, USN	60	Radford, Norman C.	QMCS, USN	MAL	
Annear, Raymond L.	SK2, USN	60	Hazen, Elton F.	GMGC, USN	MAL	Rhoades, Vaughn L.	ASCS, USN	60	
Baggarley, Charles M.	ADRC, USN	18	Heard, Thomas P.	CPO (QMC), USN	MAL	Robinson, Stanley A.	HMCM, USN	MAL	
Baker, Paul G.	DPCS, USN	72	Hebert, Norman A.	EMCS/SS, USN	MAL	Romero, Edward R.	LCDR/BMC, USN	175	
Bell, William O.	AZCM, USN	97	Heckman, Thomas E.	PO1, USN	183	Rudman, William J.	SKC, USN	120	
Best, Michael C.	PO1	367	Henry, John M.	AKC, USN	MAL	Sandage, Dewey P.	TDCS, USN	MAL	
Black, Ronald W.	MMC, USN	MAL	Henry, Rolland E.	YNC, USN	101	Schaefer, David H.	YNC, USN	99	
Bowman, Pyrrhus D.	SH1, USN	MAL	Hillman, James H.	MSCS, USN	72	Schmidt, Charles	TMCM(SS), USN	29	
Bridge, Herbert M.	RADM, USNR	18	Hills, Loren W.	MS2, USN	109	Schockey, Fredrick T.	BM1, USN	117	
Brown, Floyd O.	ADCS, USN	234	Hoepfl, Thomas L.	AD2, USN	MAL	Schwarzbauer, Patrick	HTCS, USN	15	
Brunswick, William R.	YNC, USN	163	Hogue, Albert F.	EMC (SS), USN	276	Segree, George R.	POC, USN	MAL	
Bumpus, John C.	RMC, USN	67				Sellers, Robert D.	CDR, USN	11	
Cannon, James F.	RMC, USNR	201	Jaskulski, Alfred A.	MSGT, USMC	175	Shankster, William L.	MUC, USN	MAL	
Cannon, Howard	YNC, USNR	187	Johnson, Patricia A.	PO1, USN	MAL	Sheldon, Robert M.	PNCS, USN	MAL	
Case, Richard A.	FTGC, USN	MAL	Junge, William	EMC, USN	MAL	Sison, Pete T.	MLCS, USN	84	
Cheney, Hiram G.	HTC, USN	MAL				Skeldon, Walter E.	ABCS, USNR	109	
Connors, Thomas G.	YNC, USN	70	Keller, Douglas R.	MRCM, USN	166	Stalvey, Deray	STCS, USN	44	
Cook, Ralph A.	MSC, USN	MAL	King, Wayne	AD1, USN	112	Stewart, Chester V.	USN	MAL	
Cooper, Ralph E.	PN1	MAL	Kronlein, Roy W.	BT1, USCG	55	Stolarski, Stephen G.	AMHC, USN	MAL	
Cooper, Kenneth W.	HMC, USN	29	Kunde, Robert L.	ADRC, USN	101	Straney, Jerry S.	FTCM, USN	166	
						Swafford, James A.	EO1, USN	120	
			Leonti, Salvatore	GYSGT, USMC	269	Swedberg, Steven F.	PM1, USN	MAL	
			Long, Lawson C.	MSGT, USMC	MAL				
Dantone, Sam R.	HTC, USN	221				Teboe, Donald E.	MM1, USN	290	
Devault, Keith A.	ENC, USN	210	Macknet, Raymond W.	AX1, USN	126	Thompson, Frank A.	ETC, USN	175	
Diaz, Alfonso	SK1, USN	163	Maxwell, Clifford	SA, USN	MAL				
Disharoon, Gabriel R.	YN1, USN	MAL	McGarrigle, James R.	ATC, USN	293	Van Orman, Fred	HTC, USN	MAL	
Downer, James W.	ADCS, USN	18	McGough, John R.	ATCS, USN	263	Verdin, Antoine D.	ASC, USN	89	
Drenning, Harold E.	MS1, USN	22	McGrory, Earl	SC3, USN	MAL	Virden, Thomas H.	BM1, USN	324	
Drew, Alfred A.	AEC, USN	MAL	McManus, Merlin C.	SGTMAJ, USMC	162				
			Mollohan, Michael A.	SHC, USN	MAL	Wachtveitl, Anthony J.	CTC, USN	245	
Ebue, Jose I.	POCS, USN	263	Mondy, Othan N.	AFCM, USN	85	Waldrip, James S.	AVCM, USN	MAL	
Edgar, Austin	CS2, USN	MAL				Ward, Jack H.	ASC, USN	70	
Eittreim, Kinley	CDR, USN	112	Neil, Michael A.	LT, USN	73	Webster, James L.	SKCM, USN	166	
English, William	OSCS (SW), USN	MAL	Nelson, Dale	SN, USN	328	Wilkes, Felton G.	BM1, USN	MAL	
			Norton, Hershel	DPCM, USN	60	Williams, Robert	SH1, USN	4	
Farmer, William F.	HMCS, USN	MAL	Noud, Laurient H.	HTC, USN	MAL	Wills, Raymond P.	LICS, USN	MAL	
Federation, Eugene T.	YNCS, USN	263				Wilson, Robert W.	YN1(SS), USN	MAL	
Ferreira, Albert L.	AKCS, USN	60	Obray, Ralph K.	QMC, USN	MAL				
Fisher, Robert	CWO4, USN	115	PRPSC, Oliver, Michael D.	YNCS(SW), USN	307	Zieserl Jr., John	USN	115	
Foster, Paul M.	AECs, USN	285	Osborne, Thomas F.	DTCS, USN	53				
French, William	CWO4, USN	MAL	Otta, Earl S.	AZC, USN	93				
George, Donald A.	EOC, USN	120	Pachel, Francis J.	ETCS, USN	163				
Gober, W Glen	AMHC, USN	136	Pelletier, Raymond G.A.	USN	72				
Gordon, Thomas L.	PR1, USN	261	Polk, Donald C.	CTRCs, USN	MAL				
Gordon, Milford I.	LCDR, USN	MAL							

Any names in **red** indicate 50 year continuous members. Any names in **bold** indicate past national officers.

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REUNIONS

VRC-50 Association

09/05/2018-09/09/2018, Herndon, Va.
Contact: Dave Berry,
2003 Magnolia Ct., Unit 1
Dover, DE 19901
Telephone: 301-481-1180
Email: drbarry@verizon.net

Destroyer Escort Sailors Association (DESA)

09/09/2018-09/14/2020, Harrisburg, Pa.
Contact: Dori Glaser
Telephone: 315-938-7000
www.desausa.org

USS Toledo (CA-133)

09/10/2018-09/14/2018, Branson, Mo.
Contact: Paul Specht
Telephone: 405-737-7404
Email: ichisansan@cox.net

USS Wiltsie (DD-716)

09/16/2018-09/20/2018, Buffalo, N.Y.
Contact: Ted Laurila,
1101 S. Scheuber Rd., #53
Centralia, WA 98531
Telephone: 360-736-3853
Email: DD716ted@comcast.net

USS Simon Lake (AS-33)

09/17/2018-09/21/2018, Lexington, Va.
Contact: Richard Davis
Telephone: 540-463-3020,
www.simonlakeassociation.org

USS Albany Association

09/23/2018-09/28/2018, Norfolk/
Virginia Beach, Va.
Contact: Lewis Norlund,
2933 W Gibbs Rd.,
Virginia Beach, VA 23457
Telephone: 757-759-7589
Email: lnorlund@yahoo.com
www.ussalbany.org

Navy Hurricane Hunters Reunion

09/26/2018-09/30/2018, Jacksonville, Fla.
Contact: E. R. Eaton
Email: EREaton77@AOL.COM
www.navyhurricanehunters.com/index.htm

USS Tutuila (ARG-4)

09/26/2018-09/30/2018, San Antonio, Texas
Contact: Charles Estelle, 228 Main St.
New Milford, NJ 07646
Telephone: 201-262-0753
Email: boxcar_charlie@verizon.net
www.usstutuila.org

USS Ingersoll Vets (DD-652/DD-990)

10/02/2018-10/05/2018, Rapid City, S.D.
Contact: Gordy Morris, 25347 Jewell Rd.
Little Falls, Minnesota 56345
Telephone: 218-820-7011
Email: Dmranch@Brainerd.net

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



USS Mauna Kea (AE-22)

10/03/2018-10/07/2018, San Diego, Calif.
 Contact: Jerry Mouton, P. O. Box 98
 Mermentau, LA 70556-0098
 Telephone: 337-783-8270
 Email: mouton_jerry@yahoo.com

USS Tiru (SS-416)

10/04/2018-10/06/2018, Branson, Mo.
 Contact: Douglas Johnson
 Telephone: 770-634-6295
 Email: chiefjon@comcast.net
 www.usstiru.com

USS Remora (SS-487)

10/12/2018-10/14/2018, Louisville, Ky.
 Contact: Robert Sharpe, 16 Lake St.,
 Ledyard, CT 06339
 Telephone: 860-501-6161
 Email: ussremora@yahoo.com
 www.marriott.com/hotels/travel/sdfra-
 residence-inn-louisville-airport/

USS John F. Kennedy (CVA/CV 67)

10/23/2018-10/26/2018, Norfolk, Va.
 Contact: Bob Haner, 312 Wymore Road,
 Apt.103,
 Altamonte Springs, FL 32714
 Telephone: 407-682-2613
 Email: bobnghaner@yahoo.com

USS Bainbridge (DLGN-25 & CGN-25)

10/28/2018-10/31/2018, Phoenix, Ariz.
 Contact: Charles Gilbert, 356 Crescent
 Garden Dr.
 Penn Hills, PA 15235
 Email: chasgil12@verizon.net
 www.ussbainbridgeassociation.org

USS Robert H. McCard (DD-822)

11/01/2007-11/04/2019, Tampa, Fla.
 Contact: Dennis Replogle,
 56665 Tamarac Ln.,
 Three Rivers, MI 49093
 Telephone: 262-290-7855
 Email: dreplogle_McCard@yahoo.com

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How to Plan a Retirement Timeline

Retirement planning can be challenging but creating a timeline can help ensure your savings stay on track. Here are some expert tips for helping to ensure your retirement plans are on schedule at every stage.



Carl M. Trevisan, CFP®

Set an income goal—and know that it could change. For younger workers, it can be difficult to determine how much income will be needed in retirement and how much their income will increase over their lifetime. Many people start out looking at an income replacement ratio of around 80%. That said, when you're younger, 80% of your income is not going to be close to 80% of your income at retirement. That will change over time.

It is important to set goals early in your retirement planning process but be prepared to revisit them frequently as you get closer to retirement. Be sure to work with your financial advisor to make your goals as realistic as possible.



Stephen M. Bearce

Plan to increase your savings. If you are 20-years old, a savings goal of 10% of your current salary per year is a good start. By age 30 you should be putting away at least 15% per year.

If you have access to a qualified employer-sponsored retirement plan (QRP) such as a 401(k) or 403(b), start there. If your employer offers matching contributions, consider contributing at least as much as the match. This is free money you do not want to pass up. It can help you get to the right percentage.

At the same time, consider a Roth IRA or if available, the designated Roth account option in your 401(k) for their potential tax-free distributions.

Your savings rate should increase as you age; at the same time, you should explore additional investment options so you're getting the most benefit now and when you are in retirement.

Sketch out how long you could be in retirement. When creating a retirement timeline, one of the most difficult factors is estimating how long you can expect to be in retirement. We suggest planning for 20 to 30 years but strongly recommend a contingency plan in case something forces you into an unexpected early retirement, such as health problems,

perhaps, or an unforeseen layoff.

One way of thinking that can help you get there is to plan to retire at age 55. This will allow you to be prepared for unanticipated events and any money you make by working past that age will be a bonus.

Set the steps to reach your goals. If you get a late start on retirement planning or if you are rethinking your timeline around a plan to retire at age 55, there are effective actions you can take now to help pursue your goals.

Keeping a budget is essential. As part of that budgeting, be sure to look at your discretionary spending. If you have been supporting children through college, once they become independent, it might be tempting to reallocate that money to exotic travel or home renovations—but it is your retirement fund that should get the first deposit.

No matter when you start, planning a retirement timeline is effective only if you budget for saving and stick with that budget. Your financial advisor can help guide this conversation.

A final tip for those in their 60s: You may want to withdraw money earlier than you think. If the bulk of your money is in qualified retirement plans or IRAs, most of the money you will receive in retirement is taxable—you can even bump yourself into a higher tax bracket. At age 70.5, retired minimum distributions (RMDs) kick in, so if you're retired at age 62, for example, take some money out. This will lessen the impact of larger distributions later on. **FRA**

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

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Thomas J. Snee

By Victoria Duran

Ever heard the saying “Kindness is free, sprinkle that stuff everywhere”? More importantly, have you met someone that personifies that exact phrase? Let me introduce you to Thomas (Tom) J. Snee. An individual who “sprinkles” compassion to everyone he meets and will strike up a conversation with anyone from the pristine offices of Capitol Hill to a random individual at an airport. Many of you may know him as the NED for the FRA, but that is just one of the many hats he wears.

A native from Cleveland, Ohio, he graduated from Willoughby South High School, and contemplated becoming a teacher or joining the U.S. Navy. Choosing the latter, he enlisted and commenced his military career as a Yeoman. After 30 years in the military he retired as a Navy Master Chief/Surface Warfare Specialist. Having uncles and his own father—a Pharmacist Mate—in the military greatly influenced his

decision to follow along the family tradition that to this day fills him with great honor and pride.

Following his military retirement, he pursued a career in Education, teaching various subjects ranging from History to Sociology, to name a few. Teaching, as he envisions it, is not so much about instructing and giving lessons but more of “inspiring others.”

In addition to the tasks at the Association, he enjoys catching up on television shows or reading books, especially autobiographies. He also fulfills other duties associated with his commitment as a panel member for the Senate Congressional Educational Reform for Educators, serving as a member of several boards—such as Excelsior College and the Navy Memorial Foundation—or catching up on writing. Did I mention he is also an author? He is a proud author of “Whats up?...Life!” and coming soon, his next book “You Raise Me Up”. Both books are a compilation

of quotes he has gathered, which he hopes encourage and uplift the reader.

As a Vietnam veteran himself, he is optimistic the FRA can ultimately influence Congress to pass the Agent Orange/Blue Water Navy Bill. Additionally, he expects to continue spreading the word about the Association to “members and their families on what we do and the impact we have” on Capitol Hill.

Tom resides in Burke, Va. and was married to the late Karen Habina for 46 years. They have four children: Janet, Denise, David and Timothy; and six grandchildren. His term as NED concludes in the fall of 2019, and though his plans after FRA are not the norm, they certainly reflect the individual he is. He hopes to get back into schooling and is eager to continue his efforts of helping today’s youth and Eagle Scouts and also those troubled with suicidal thoughts. Tom, if we could only multiply your kindheartedness! **FRA**

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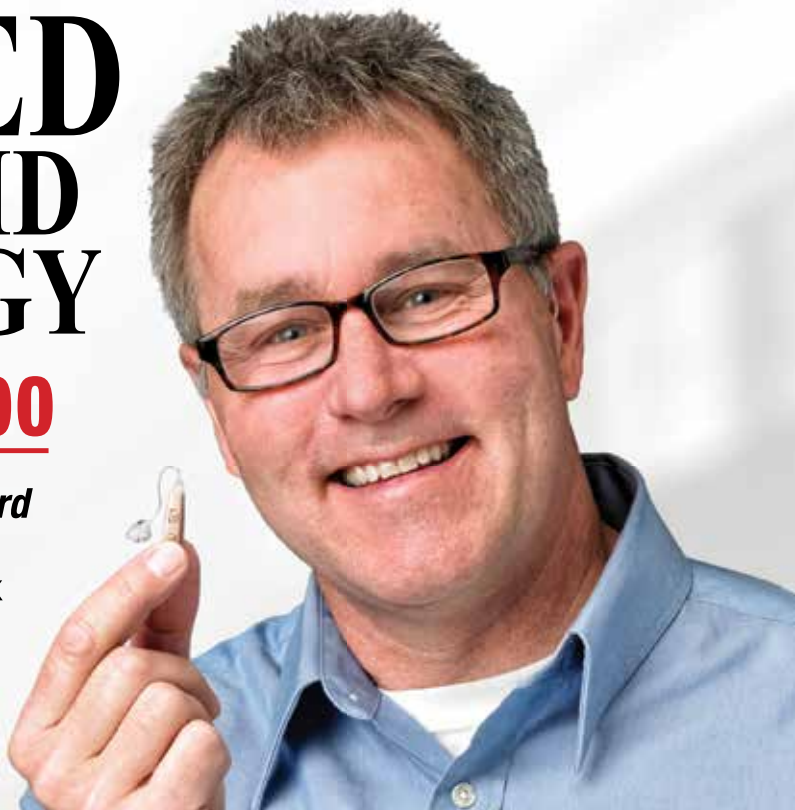
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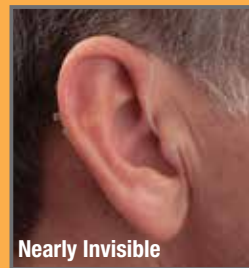
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