Interview with MCPOCG Skip Bowen

2007 Slate of Officers
We were there when you landed on the northern coast of France.
We were there when you returned to the Philippine shore.
We were there when you fought in Korea and Vietnam.
We were there when you rolled across the deserts of Iraq.
We were there then.
We will always be there.
Proudly serving those who serve.

1-800-MILITARY
(1-800-645-4827)
Easier listening for everyone
- Watch and listen to TV while your husband or wife sleeps
- Transfers hard to distinguish sounds and voices clearly
- Perfect for those with slight, medium or extreme hearing difficulties
- Use at movies, theaters, Broadway plays, museums etc
- Works even when TV volume is totally off
- Kids play video games without driving you nuts

No more shouts of “Turn the TV down!”
There isn’t a family we know that hasn’t had a conflict over the volume of their TV. Too loud for mom, not loud enough for grandpa, never loud enough for the kids. Now you can listen to TV at your ideal personal volume with the help of the Bell+Howell TV Headset, utilizing innovative sound enhancement.

Clears up sound, sweeps away noise
The Bell+Howell is no ordinary headset. It amplifies volume, but more importantly, it helps those with hearing loss by transferring hard to distinguish sounds and voices clearly. Other cheap amplifiers amplify ALL the sounds so you can’t hear the words clearly against all the background noise. The Bell+Howell TV Headset keeps the background noise in the back where it belongs. In addition, sound is adjustable for each ear separately through volume balance control, so you can customize to your listening needs.

Light as a feather comfort
Remember those old fashioned wireless earphones? So bulky and heavy we all looked like helicopter pilots? Replace them with the TV Headset, which weights a mere 2 ounces. It fits under the chin for the ultimate in comfort - it won't even mess up your hair. The TV Headset is so lightweight you'll barely notice they're on.

Everyone loves this headset
“My wife doesn't complain the TV is too loud anymore”
“We use them at the movies too!”
“My kids are playing video games without blasting the rest of us out of the room.”
“It's like having a set of new ears!”
“Grandma refuses to use her hearing aids, but she loves her headset.”

LOADED WITH FEATURES:
- Bell+Howell performance
- Safe infrared wireless technology
- Amplifies TV volume and not background sounds
- Hear hard to hear words & voices for crystal clear listening
- Light weight (about 2 ounces)
- Huge wireless range (about 960 square feet!)
- Left / right ear volume balance control for customized listening
- 3 hour quick charge for up to 10 hours of listening
- 4 volt rechargeable batteries included

More and more theaters, places of worship, and other arenas are accommodating enhanced-listening headsets. So now you'll enjoy public events more than you have for many many years.

Freedom to move about - Totally wireless
Forget annoying leash-like wires. The wireless TV Headset uses safe infrared technology to transmit crystal clear sound from your TV to your headset up to about a huge 960 square foot area!

Bell & Howell Performance
For almost 100 years Bell+Howell has been a leader in providing cutting edge products and electronics. The Bell+Howell® TV Headset features the expertise and quality that you expect from the well-respected Bell+Howell® name.

How can we offer this state-of-the-art headset at such a price?
We have a special arrangement to offer you the Bell+Howell® TV Headset at a fraction of the price of other wireless headsets (due to high volume capabilities). But at this price, we expect our inventory to sell out fast! Ask for special pricing when you buy additional headsets. And we are so sure that you will love this headset that you get a 30-day, 100% money back product guarantee.

WARRANTED. NOT AVAILABLE IN STORES.
For fastest service, call toll-free
1-800-903-0587
24 hours a day, 7 days a week / we accept checks by phone
Bell+Howell® TV Headset Dept. 9472
P.O. Box 3012, Wallingford, CT 06492
To order by mail please call toll free 1-800-903-0587 for details.
It is in our darkest hours when you shine the brightest.

Semper Paratus. While 69 percent of you were victims of the hurricanes yourselves, the Coast Guard handled six years of search and rescue operations in one week, and saved 33,520 lives in 15 days. More than 1,700 FRA Shipmates were affected by the hurricanes; we are all grateful for your tremendous work.

FRA is always ready to serve the Coast Guard. Thank you for all you do.
Featured

14 INTERVIEW WITH THE NEW MCPOCG
An FRA exclusive interview with MCPOCG Charles “Skip” Bowen underscores the Coast Guard’s response to all hazards, all threats, in all environments.

Departments

4 FROM THE EDITOR
Meet San Reddy

6 NEs PERSPECTIVE
Introducing the new look for Naval Affairs

7 SHIPMATE FORUM
Hand salute vs. hand over heart

8 ON AND OFF CAPITOL HILL
NDAA freight trains on schedule...so far

13 MEMBERSHIP MATTERS
Guidelines for branches operating clubs or business enterprises

20 SLATE OF OFFICERS

22 NEWS FROM THE BRANCHES

24 FRA BENEFITS

27 ONWATCH
Health benefits under siege — what is FRA doing?

29 REUNIONS

30 LOOKING FOR...

33 TAPS

36 LA FRA NEWS
IT IS INDEED AN exciting time to be the new member of FRAs Editorial Team, with so many great things happening with Naval Affairs and our other communications to members! I look forward to getting to know you over the coming years and getting input from you on topics of interest and importance to you.

One enhancement I am most excited about is the expanded editorial calendar. A monthly feature section will become the mainstay of Naval Affairs, providing an in-depth look at major issues impacting you. Each month, a feature article will provide valuable information, written in an interesting and entertaining fashion. This month's spotlight falls on the U.S. Coast Guard, as it celebrates its birthday. Contributing Editor Lauren Armstrong brings us an exclusive interview with new Master Chief Petty Officer of the Coast Guard (MCPOCG) Charles Bowen on the evolving and expanding role of the U.S. Coast Guard. Additionally, this issue holds a special tribute to the United States Coast Guard from FRA, celebrating the service's 216th birthday on 4 August. An additional birthday greeting from many of our partners and friends is also enclosed.

More active duty news can now be found in our new On Watch page; this month we provide a peek into our upcoming focus on health care. Look for the next edition of our online quarterly magazine at www.fra.org/onwatch soon.

Most of all, remember, this is your magazine. Your feedback is important to us so that we can constantly improve the quality of this publication. We encourage you to contribute to Shipmate Forum, Looking for…, News from the Branches, and share your accounts about how fellow Shipmates are making a difference in their communities.

I look forward to serving you.

San Reddy joins the Naval Affairs team as Editor, bringing with him vast experience in journalism and public relations.

SAN REDDY
Editor

UPCOMING FEATURES

SEPTEMBER Health

OCTOBER Interview with the new MCPON
USN Birthday

NOVEMBER National Museum of the U.S. Marine Corps
USMC Birthday
Veterans Day & FRA's Birthday

DECEMBER Technology
EXCLUSIVE UNITED STATES MILITARY BIRTHSTONE RINGS

We proudly honor you with our Official United States Military Birthstone Ring, featuring your Service Branch Emblem in genuine solid 10 Kt. Gold.

This exclusive ring design is so special that it is registered with the U.S. Copyright Office! Your solid Gold Service Emblem is set atop a gleaming black onyx stone. The ring is cast in your choice of solid 10 kt. Gold or Solid Sterling Silver. The inside band is solid and smooth for maximum comfort. As a final touch of exclusivity, your choice of three genuine .05 ct. diamonds, or three synthetic birthstones, are set next to your Service Emblem, and your initials and years of service are engraved inside the band.

Thank you priced starting at a remarkably low $195* with an affordable payment plan available.

SATISFACTION IS GUARANTEED 100%, OR RETURN FOR REFUND OR REPLACEMENT WITHIN 30 DAYS.

FOR FASTEST SERVICE CALL TOLL FREE TO ORDER: 1-800-255-3048

Monday - Friday from 9am - 5pm EST  Have Credit card and ring size ready when ordering.

Or, Mail to: Veterans Commemoratives™ Military Rings, Two Radnor Corporate Center, Suite 120, Radnor, PA 19087-4599

I need send no money now. I will be billed in 3 monthly installments, as indicated at left, with the first payment due prior to shipment. My satisfaction is completely guaranteed.

Shipping Address (We CANNOT ship to P.O. Boxes) Allow 6-8 weeks for delivery.

Name ____________________________
Address _______________________________________
City____________________________State______Zip ____________
Signature__________________________
Phone ____________________________

** April (3 Diamond Birthstones) add $100* to first payment. © ICM 2003-2006
* Price guaranteed for only 30 days, because of increasing cost of silver and gold.
* Plus $9.95 for engraving, shipping, and handling. PA residents add 6% state sales tax

 Visit Veterans Commemoratives™ ONLINE AT www.Vetcom.com
I AM VERY PLEASED to introduce the updated look and feel of Naval Affairs! As you read this month’s issue, you will certainly notice a fresh appearance and several expanded features. This enhanced format is a direct result of the readership survey conducted last year, as well as feedback we get from shipmates through phone calls, letters and e-mails throughout the year. While quality of content will continue to be the hallmark of this publication, we hope the fresh design and layout will not only reflect the energy of our dynamic organization, but also make information more accessible.

All of your favorite departments are still present, and we have expanded the magazine to provide you more content by making the publication consistently 40 pages. The additional pages allow us to broaden the scope of Naval Affairs. This month that scope includes an interview with the 10th Master Chief Petty Officer of the Coast Guard, Skip Bowen who visited National Headquarters shortly after assuming his new responsibilities. As an FRA shipmate, MCPOCG Bowen has a unique understanding of how FRA works with the services. The meeting provided a great look at the future of the Coast Guard and tremendous insight on how FRA can continue to enhance its advocacy work — and even some ways in which we can expand our presence within the Coast Guard community.

Distribution of Naval Affairs will also consistently include key Sea Service leaders, Department of Defense officials and elected officials and their staff on Capitol Hill, which will help increase awareness of FRA’s legislative agenda and other important programs.

The OnWatch page is another new feature within Naval Affairs, providing information pertinent to active duty and Reservist FRA shipmates. This will be a great supplement for the quarterly online version of OnWatch, found at www.fra.org/onwatch.

You will note changes in the placement and number of advertisements in the magazine as well, which allows for more article spreads and greater use of photos. The new look, themed editorial plan, and expanded distribution is crucial to our marketing efforts. Our new plan for advertisers will also result in improved revenue with a reduced number of ad pages, giving you the benefit of more content and a positive impact on the budget!

I would also like to take this opportunity to introduce some changes in FRA staff. We are pleased to have San Reddy join Naval Affairs as the new Editor. He comes to FRA with extensive experience in the communications field, spanning from working at the Chicago Tribune to working for a news agency in South Africa where he interviewed then Secretary of State Colin Powell, the Clinton Administration’s Secretary of Defense William Cohen and many other important military and political leaders.

We are very pleased that Lauren Armstrong, who skillfully served as Editor, Naval Affairs for the past seven-and-a-half years is continuing as a member of the headquarters team, albeit in a more limited, but nevertheless important role as Contributing Editor. Each month, you will read a feature article submitted by Lauren (see From the Editor on page 4 for the coming editorial calendar). Her first project is the feature interview with MCPOCG Bowen, and I’m sure you will agree that retaining her on staff is a win for everyone!

Overseeing production and advertising is Eileen Murphy, FRAs Director of Marketing and Communications. Both San and Lauren are working closely with her and their collective and formidable professional experience, coupled with the design talents of FIREBRAND, have been combined to produce a dynamic look and lively content for Naval Affairs.

Additional enhancements are envisioned in the future and I welcome your input as you explore the magazine each month.

Joe Barnes is FRA’s National Executive Secretary and Chairman of the National Committee on Legislative Service. A member of Navy Department Branch 181, he is also an advisor to the National Committees on Budget and Finance and Membership and Retention.
AFRH in D.C.?
Whoever Margaret P. St. Jean is (Naval Affairs, June 2006), I completely disagree with (her). No way would I want to live in the Washington DC area. I know about Gulfport and I do agree it is definitely in a high hurricane area. So maybe they should build one farther north, but definitely not in Washington. I presently do not live in an AFRH, but I am retired and 69 years old.

There may be those cultural facilities as she said, but how far would your relatives have to travel to see you.

John D. Holtwick, USN (Ret.)

Salute with Cover
BM1 Bloomer, my company commander in Boot Camp, way back in 1955, taught me one does not salute without a cover, therefore, if one is not covered, they do not salute anybody or anything. If the occasion calls for some sort of recognition, stand, face the subject, and render honors by placing one’s hand over one’s heart.

I was taught that in the United States Navy, proper dress required one to remove their cover when entering a building, unless they were on an official task.

I do not know what RADM Gallo has said in regards to this matter, as referred to in your reader’s letters in the June 2006 issue. As soon as I recognized the person who is trying to change the world for us peons was a United States Naval Admiral, my first thought was that some poor bloke didn’t jump to attention and give him a salute as he passed by. I will say this to the Admiral — “Sir, if you want to salute anybody, anywhere, anytime, you can do it. Just don’t try to change my way of life to emulate yours.”

Rolan Conoley, ENC, USN (Ret.)

Hand Salute
I live in a retirement community in Central Florida and we have our own Veterans Organization within our community. We have a membership of slightly over one hundred from all branches of the service.

I read a portion of RADM Gallo’s letter at our May meeting and suggested we adopt the hand salute vs. the hand over the heart as our policy. My suggestion was approved.

During our Memorial Day service — I, and most of the other Veterans present, rendered the hand salute while Taps was played. It was much more rewarding. Hopefully this practice will spread nationwide.

QMCS (SS) Theodore W. Beals, USN (Ret.)

THE BLUEJACKETS’ MANUAL STATES:

SALUTING THE FLAG IN CIVILIAN DRESS

If you are wearing a hat, remove it with your right hand and hold it over your chest with your right hand over your heart. If you are not wearing a hat, place your right hand over your heart. Women in civilian dress salute in the same manner also.

Do not merely stand at attention. Standing simply at attention is the way aliens are supposed to honor the American flag. American citizens not only stand at attention, but salute by placing hat or hand over the heart.

For those interested in reading RADM Gallo’s letter on veterans saluting, it can be found in the May 2006 issue of Naval Affairs.

FRA’s guidelines on saluting can be found in the C6-BL, Section 1508–1509.

If the occasion calls for some sort of recognition, stand, face the subject, and render honors by placing one’s hand over one’s heart.
NDAA Freight Trains on Schedule...so far

IF THE HOUSE AND Senate defense authorization spending bills were freight trains, they would be on schedule to make it to the President’s desk for signature on time. Both houses have approved their versions of the spending bill selecting, what they believe, should be on the train. Before they make it to the President for signature, they must come together in conference committee where members from both houses will decide what freight will be on the final train coming from Capitol Hill to the White House for approval. The engineers (leadership in both houses) can now start negotiating on the differences and come up with a final, compromise defense spending bill. It’s impossible to put in every item everyone wants. The budget constraints, including budget resolutions and appropriation bills, limit the size and freight of this train. An early start on negotiations doesn’t automatically mean an agreement will be concluded before the start of the new fiscal year on 1 October. With this being an election year, many elected officials are eager to return home and campaign for re-election, creating a sense of urgency to put the NDAA on the fast track, and complete the defense budget well before the election. However, early completion of their work on the NDAA may be derailed because of the wide disparity between the House and Senate versions.

The following table compares the two bills (S. 2766 and HR 2507) as they relate to issues of importance to FRA members:

### COMPARISON OF THE TWO NDAA BILLS

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>SENATE</th>
<th>HOUSE</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>PAY</td>
<td>Increases pay 2.2% effective 1 January 2007.</td>
<td>Increases pay 2.7% effective 1 January 2007.</td>
<td>Both bills have similar provisions for targeted pay increases for senior enlisted.</td>
</tr>
<tr>
<td>TRICARE FEES</td>
<td>One-time enrollment fee of $25 ($40 for families) for TRICARE Standard and prohibits TRICARE Prime fee increases until 30 September 2007. Standard beneficiaries can enroll at any time.</td>
<td>No increases in any TRICARE fees until 31 December 2007.</td>
<td>Both bills mandate Government Accounting Office (GAO) study of Department of Defense (DoD) health care costs. National President Ed Zerr testified before the Senate Armed Services Committee, Personnel Subcommittee earlier in the year opposing TRICARE fee increases until other cost-saving procedures are fully implemented.</td>
</tr>
<tr>
<td>PHARMACY</td>
<td>Requires use of mail-order for maintenance medications and freezes retail pharmacy copays until 31 December 2007.</td>
<td>Raises copays to $6 generic and $16 for brand name (copays are currently $3 for generics and $9 for brand name in both systems; copays cover a 1-month supply in the retail system; 3-month supply by mail-order).</td>
<td>Both bills eliminate copays for formulary drugs by mail-order.</td>
</tr>
<tr>
<td>SBP</td>
<td>SBP paid-up date changed to 1 October 2006 from 1 October 2008, and repeals requirement to deduct DIC payments from SBP benefits.</td>
<td>Has no similar provision.</td>
<td>The FRA legislation team will push for this provision to be kept in the final NDAA.</td>
</tr>
</tbody>
</table>
## COMPARISON OF THE TWO NDAA BILLS

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>SENATE</th>
<th>HOUSE</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CONCURRENT RECEIPT</strong></td>
<td>Authorizes an end to the benefit offset on military retirees deemed 100% “unemployable” by the VA retroactively back to 1 January 2005.</td>
<td>Has no similar provision.</td>
<td>Unfortunately, another FRA supported amendment filed in the Senate addressing concurrent receipt for medically-retired retirees with less than 20 years service was not approved. The FRA legislative team will be working to obtain full concurrent receipt for all veterans.</td>
</tr>
<tr>
<td><strong>RESERVE HEALTH INSURANCE</strong></td>
<td>Makes improvements to TRICARE. Reserve coverage and limits FY07 TRICARE premium increase for Guard/Reserve members at 2.2%</td>
<td>Authorize TRICARE coverage (effective 1 October 2008) for all drilling Guard and Reserve members at the same premium rates now available for mobilized active duty; direct a Pentagon study of allowing mobilized members to continue a private employer’s coverage for their families, subsidized by the DoD. No premium increase before 31 December 2007.</td>
<td>FRA supports increased access to TRICARE benefits for Reservists and their families.</td>
</tr>
<tr>
<td><strong>RESERVE RETIREMENT</strong></td>
<td>Lowers the minimum retirement age for Reservists and Guard from 60 to 50, allowing 90 days of active duty service to permit 90 days of earlier retirement.</td>
<td>Has no similar provision.</td>
<td>FRA supports reducing the age when Reserve members are eligible for retirement pay, particularly those who have experienced extended mobilizations.</td>
</tr>
<tr>
<td><strong>RESERVE MGIB</strong></td>
<td>Allows Reservists to draw on their MGIB benefits up to 10 years after service just like active duty members. Currently Reservists can only use MGIB benefits while they are in the Reserves.</td>
<td>Has no similar provision.</td>
<td>FRA supports enhancements to MGIB for Reserves to provide incentives for young citizens to enlist and remain in the Reserves.</td>
</tr>
<tr>
<td><strong>PREDATORY LENDING</strong></td>
<td>Prohibits creditors from imposing an annual percentage rate higher than 36 percent when extending consumer credit to service members or their dependants.</td>
<td>Has no similar provision.</td>
<td>FRA Legislative Team met with Hill staff and other interested parties to make sure this was included in the Senate NDAA.</td>
</tr>
<tr>
<td><strong>COMMUNICATION</strong></td>
<td>Reduced telephone rates for deployed and hospitalized service members.</td>
<td>Service personnel in Afghanistan or Iraq will be provided free postage for mailing letters, sound and video recordings, and ground parcels up to 15 lbs. at no cost.</td>
<td>FRA supports this to reduce stress on active duty enlisted personnel.</td>
</tr>
<tr>
<td><strong>NAVY</strong></td>
<td>Has no name change provision.</td>
<td>Changes name of Sec. of Navy to Sec. of Navy and Marine Corps.</td>
<td>FRA strongly supports the Department name change.</td>
</tr>
<tr>
<td><strong>EDUCATION ASSISTANCE</strong></td>
<td>Authorize $35 million in aid to school districts impacted by military populations, with an additional $10 million for districts affected by base closures or other military population changes.</td>
<td>Authorize $50 million in aid to school districts impacted by military populations, with an additional $15 million for districts affected by base closures or other military population changes.</td>
<td>Supplemental Impact Aid Funding via DoD enhances program funding under the Department of Education.</td>
</tr>
</tbody>
</table>
ADVANCED TECHNOLOGY
Atomic Watch Sets Itself

Atomic Wrist Watches by La Crosse Technology provide you with the modern convenience of atomic time in a traditional case design bearing the distinguished La Crosse Technology name.

Experience the accurate advantage of WWVB time. Just select your time zone and this Advanced Atomic Wrist Watch will automatically synchronize itself to the most accurate clock in the world! Radio and television stations have been using this exact technology for years. For further information about WWVB technology, please visit the NIST website at: www.nist.gov

The secret is inside!
This Atomic Watch has a built-in receiver that automatically acquires the WWVB signal broadcast by the U.S. Government’s National Institute of Standards & Technology (NIST) in Fort Collins, Colorado. Receiving this signal ensures that the clock is synchronized to the regulating cesium clock, and will always display the most accurate time and date.

The La Crosse Technology Atomic Wrist Watch is available in a variety of different styles to suit your taste...

WT-9971L

Atomic Advantage...
Never set your watch again!
Select a time zone and the watch sets itself!

LCD Features:
- 5:17 Perpetual Date Display
- 37° Precise Seconds Display
- 21° 24 Time Zone Selection

FREE Atomic Travel Alarm Clock with Purchase!
$24.95 Value!

WT-971L Atomic Wrist Watch
$69.95 + Shipping

INNOVATIVE HOME PRODUCTS

- All major credit cards accepted!
- Order Online: www.innovativehomeproducts.com & mention this promotional code... 553-971L
- Order by Phone Toll-Free: 866-205-5335 & mention this promotional code... 553-971L

Call toll-free!
866-205-5335
PROMO: 553-971L
## COMPARISON OF THE TWO NDAA BILLS

<table>
<thead>
<tr>
<th>ISSUE</th>
<th>SENATE</th>
<th>HOUSE</th>
<th>COMMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>UNIFORMED SERVICES FORMER SPOUSE PROTECTION ACT</strong></td>
<td>Has provisions to eliminate the 10 year rule; allows for DFAS cost-of-living adjustments if ordered by court and allows targeted member to waive DFAS notification requirements.</td>
<td>Has no similar provision.</td>
<td>The FRA Legislative team is working to eliminate inequities in the USFSPA.</td>
</tr>
<tr>
<td><strong>EXTRA POV</strong></td>
<td>Has no POV provision.</td>
<td>Has a provision allowing military personnel to have two POVs shipped if they are anywhere in US, including US territories. Currently service members are allowed two POVs inside continental US and only one anywhere else.</td>
<td>The FRA Legislative team met with Hill staff to strategize on how to keep this provision in the final NDAA.</td>
</tr>
<tr>
<td><strong>INJUNCTIVE SEPARATIONS INCENTIVES</strong></td>
<td>Authorize military services to offer payments up to four times involuntary separation pay amounts to encourage voluntary separations to achieve force reduction requirements in designated skills or other populations.</td>
<td>Similar provision, except maximum payment is two times involuntary separation pay.</td>
<td>Dismissal from honorable service as a result of downsizing has caused some mid-career service members to seek opportunities in the private sector. FRA supports incentives to ease the transition for service members with more than 6 years but less than 20 years of service.</td>
</tr>
<tr>
<td><strong>ID CARD</strong></td>
<td>Require military services to issue permanent military ID cards to disabled family members who are medically certified as being permanently dependent on a retired service member.</td>
<td>Require a Defense Department study of issuing permanent ID cards for permanently disabled family members. In addition, require a Defense Department review of alternatives to printing Social Security numbers on military ID cards.</td>
<td></td>
</tr>
<tr>
<td><strong>DAMAGED HOUSEHOLD GOODS</strong></td>
<td>Require Defense Department to provide full replacement value for lost or damaged household goods in contracts with movers by 1 March 2008.</td>
<td>Has no similar provision.</td>
<td>This issue has been a concern for several years and FRA strongly supports immediate implementation of full replacement value.</td>
</tr>
<tr>
<td><strong>CHILDHOOD EDUCATION</strong></td>
<td>Authorize a three-year pilot program to promote early childhood education for military children affected by military deployment or relocation of military units.</td>
<td>Has no similar provision.</td>
<td>Quality education is an instrumental retention tool, and FRA supports enhancements in education benefits for military children impacted by military deployment or relocation of military units.</td>
</tr>
<tr>
<td><strong>PAY FOR WOUNDED SOLDIERS</strong></td>
<td>Require audit of wounded members’ pay accounts and report to Congress on actions taken to correct erroneous payments or recoupments; require toll-free call line for use by members and next-of-kin experiencing pay problems.</td>
<td>Allow services to waive recoupment actions on wounded soldiers’ pay for up to five years after separation.</td>
<td>Both bills provide some improvements for Reservists without dependents using BAH; increases end strength for Army (30,000), Marines (5,000), and the Guard (17,000).</td>
</tr>
</tbody>
</table>
VA Recovers Stolen Data

Veterans Affairs Secretary Jim Nicholson announced on June 29, 2006 that the stolen laptop and hard drive containing personal information of 27 million veterans and military personnel had been recovered intact. FBI officials said a preliminary review of the equipment by its forensic teams determined that the data base had not been accessed since it was stolen, but more tests were needed. Nicholson said the laptop and hard drive were turned into the FBI by an unidentified person in response to the offer of a $50,000 reward. He said the VA’s offer of free credit monitoring would remain in effect until the investigation was fully completed. Shortly before going to press, lawmakers said a supplemental funding request by the Administration for $160.5 million to pay for veterans’ credit monitoring services could require revision or elimination, following the recovery of the stolen laptop. Rep. James T. Walsh (N.Y.), who chairs the House Appropriations Military Quality of Life and Veterans’ Affairs Subcommittee, said appropriators would likely know by the August recess whether the supplemental request would be necessary. Earlier, National President Edgar Zerr and NES Joe Barnes met with House Majority Leader John Boehner (OH) and House Veterans Affairs Committee (HVAC) Chairman Steve Buyer (IN) to express deep concern about the lapse in security at the VA. FRA believes a thorough and independent audit of security procedures is necessary to include significant enhancements to ensure that such breaches do not reoccur. FRA is closely monitoring these developments and will provide updates in future editions of Naval Affairs and Newsbytes.

SENATE FAILS TO APPROVE FLAG AMENDMENT

The Senate fell one vote short of passing a Constitutional amendment sponsored by Sen. Orin Hatch (R-UT), that would have allowed Congress to pass a law prohibiting flag desecration. The resolution (SJR 12) received 66 votes. The vote represents the strongest showing yet for such an amendment in the Senate, which last voted on the proposal in 2000, when it fell short of passage by four votes. The House passed an identical amendment in 2005. FRA is a member of the Citizens Flag Alliance and strongly supported this resolution.

$ For AFRH Approved!

As a follow-up to the story reported in the July issue of Naval Affairs, House and Senate conferees finally struck a deal and the President signed into law a $94.5 billion emergency supplemental appropriations bill for the current fiscal year that funds the military, hurricane relief and some other related items, including $176 million to rebuild the AFRH in Gulfport MS and $550 million to rebuild the New Orleans VA Medical Center.

House Passes 2007 Defense Appropriation Bill

The House passed the 2007 Defense Appropriation Bill (H.R. 5631) that would provide $427.4 billion, including $50 billion for the wars in Iraq and Afghanistan. The measure would provide $4.1 billion less than the Administration requested, but more than $19 billion more than the 2006 appropriation.

The bill would provide for 2.2 percent pay increase even though the House authorized a 2.7 percent pay increases and also makes provision for targeted pay increases for senior enlisted personnel and warrant officers as requested in the Administration’s budget. Senate appropriators have not taken up a Defense spending measure.
Many sh Ipmates JoIn FRA, not only to experience the rare fellowship of like-minded individuals who have dedicated their lives to serving this nation, but to make a vital contribution to their local communities. It is for this reason that many get involved with branch clubs and business enterprises that raise funds for worthy causes (i.e. scholarships or assisting fellow shipmates in need). FRA applauds such community involvement, but appeals to all members to keep the following guidelines (paraphrased from FRA’s Constitution & Bylaws) in mind:

• FRA shall not be responsible or financially liable for the operation or management of any club or business venture either sponsored or endorsed by an FRA branch.
• All FRA branches (or members) conducting business enterprises, including clubs, halls and other activities, are contingent upon membership in FRA.
• Individuals operating or managing an enterprise sponsored by an FRA branch shall prominently display the following notice, in a manner and size so that it can be read from a distance from at least ten feet: “This club is incorporated under the laws of the state. It is a nonprofit organization under the sponsorship of the branch of the FRA and members thereof. The National Organization of the FRA assumes no financial responsibility or liability for the operation or management of this club.”
• Any branch that sponsors or endorses the operation of a business enterprise shall have responsibility for the operation and management of such an enterprise.

If guidelines are not adhered to, your branch could be impacted in the following way:

• The National Board of Directors shall act to curtail operations of clubs or other business enterprises which pose a threat of unforeseen financial obligation against the branch, against the members of the branch or National Organization of the FRA, by reason of mismanagement, financial losses or actions which tend to reflect discredit upon the FRA, its branches or membership.
• Failure of any branch to comply with the provision of Section 1226 in the C&BL will be considered sufficient cause for the revocation or suspension of such branch’s charter in accordance with the provisions of Section 1203.

Bob Washington is FRA’s Director of Membership Development and serves as the Chairman of the National Membership and Retention Committee.

Rewarding Members

Bravo Zulu to Branch 99 President Charlie Baldwin for the unique program he has initiated to reward dedicated shipmates. Thanks to his efforts, 19 restaurants in the Virginia Beach area are donating dinner gift certificates the Branch gives away as prizes at branch meetings.

This is one of the reasons Branch 99 has consistently high turnout at branch meetings, and just one example of how branches are working closely with local businesses and the community to grow and retain membership.

Thank you so much for all you do!

Send us news on your branch initiatives to nafra@fra.org.
FRA: How do you hope to define your tenure as MCPOCG?

BOWEN: My job is to support Admiral [Thad] Allen and make his tour a successful one. Two of the major challenges on the horizon are the implementation of Deepwater and reorganizing our deployable units to enhance our ability to respond from shore-based, mobile and deployed positions.

FRA: Let’s talk about those challenges. What will Deepwater, the Coast Guard’s recapitalization plan, mean for Coast Guard personnel?

BOWEN: Coast Guard personnel have shown time and again that they can get the job done despite the significant challenges of maintaining an aging fleet and using antiquated equipment. Transitioning to the newer platforms and equipment associated with Deepwater will allow our people to be even more effective in performing their varied missions, and also provide a better work environment.

For example, I’m excited about the new National Security Cutter that’s expected to join our fleet sometime next year. In addition to the new electronics and mission-related equipment onboard, it also has a state-of-the-art galley, a gym, and 140 racks for a crew of 105 — it’s going to provide better habitability than any cutter we’ve ever had.

FRA: The Coast Guard plays a huge role in the Department of Homeland Security. How will reorganizing the Coast Guard’s deployable assets affect operations?

BOWEN: The Coast Guard’s role is rapidly expanding. As an example, we about to assume the responsibility of patrolling the air space over the National Capital Region, which includes the Washington, D.C. area.

Right now, the Coast Guard has a variety of specialized units that are deployable and capable of handling everything from search-and-rescue operations and oil spills to port security and terrorist threats. Commandant Allen plans to organize these units into a single command, known as the Deployable Operations Command (DOG). Under the DOG structure, we will be able to more effectively mo-

On June 14, 2006, Master Chief Charles “Skip” Bowen became the 10th Master Chief Petty Officer of the Coast Guard. He is a member and a long time friend of FRA. One of his first stops since assuming command was to FRA headquarters to meet with NES Joe Barnes. After their meeting, MCPOCG Bowen sat with Lauren Armstrong, Contributing Editor, to share his vision and goals as the senior enlisted leader of his service.

Quite frankly he’s really the right choice for the job. Skip Bowen’s operational background, experience as a command master chief and also his educational qualifications make him well suited to carry on the legacy of his predecessors, and allow him to move into his own personal character where he will create his own ‘fingerprint’ in the organization. His long-time professional relationship with ADM Allen will be an exceptional asset, as the two of them share a vision and goal that follows the path of the Coast Guard’s vision statement, ‘Ready Today, Preparing for Tomorrow.’ He will do very well serving the entire Coast Guard community.

Vince Patton, 8th MCPOCG (Ret.)
The Coast Guard continues to face enormous challenges, just as it has throughout its proud history but with MCPOCG Bowen’s collaborative efforts with FRA, our enlisted shipmates will continue to be well-represented on Capitol Hill.

Frank A. Welch, 9th MCPOCG (Ret.)

Leadership and Management Course so that every E-5 and E-6 can attend. I’ll also work to enhance our existing Advanced Law Enforcement Competency Program and create more formal training opportunities for all law enforcement personnel.

The Coast Guard has a great track record for recruiting and retaining strong performers. I hope to continue that tradition to maintain a qualified and diverse senior enlisted force.

FRA: One of FRA’s top priorities is maintaining parity between Coast Guard and the other military services, which impacts our people in rather unique ways.

BOWEN: Our service is unique. We are both a maritime law enforcement agency and a military service, and we have an array of varied missions. As a result, our force structure is different from the other military services, which impacts our people in rather unique ways.

For instance, our Chief Warrant Officers (CWO) serve a different function than their Army and Navy counterparts. In the DoD services, CWOs often perform very specialized duty, such as helicopter or fixed-wing pilots. As a result, DoD services sometimes offer incentives to retain those CWOs with specialized skills. In the Coast Guard, CWOs perform general service and middle management duties, much like our senior enlisted personnel.

A proposal in the FY2007 National Defense Authorization Act (NDAA) to offer an eight-percent targeted pay increase to CWOs may make sense for the Army and Navy, but if implemented, a similar raise should be given to senior enlisted personnel.

Proportionally, we have more CWOs than the other services, but in certain skill areas, we need more senior enlisted personnel. Providing such an incentive may make sense for the Army and Navy, but if implemented, a similar raise should be given to senior enlisted personnel.

FRA: Let’s talk about the recent proposals to change the structure of military retirement. There seems to be a big push to bring military retirement benefits in line with “comparable” civilian pension plans. What is your opinion about how this would affect the Coast Guard?

BOWEN: I don’t want to give a personal opinion on the proposed changes, but it will say that the last time the retirement system was changed, we had to reverse course years later because it negatively affected retention.

The average retirement rank in the military is at the E-6 level and those folks don’t receive a huge retirement check. In fact, it’s a pretty small amount, but it’s an amount that’s critical to helping our people get by even with a civilian paycheck on top of it. I think the retirement system is one of the main reasons our people stay in the service.

FRA: How can FRA assist you in taking care of Coast Guard personnel and their families?

BOWEN: FRA consistently looks after the interests of service members, and I appreciate your work to maintain and enhance the quality of life for Coast Guard personnel. FRA pursues an ambitious legislative agenda and employs its expertise and resources to get the job done, and I’m consistently impressed with the Association’s results. If Congress is working on legislation that affects service personnel, FRA is on top of it — taking a stand for its members.

Lauren Armstrong now serves as the Contributing Editor for Naval Affairs after seven years as Editor.
TriWest Healthcare Alliance thanks the men and women of the United States Coast Guard who have stood ready to defend our borders and preserve our safety for over 200 years.

At TriWest, we are always ready and privileged to serve you and your families in our 21-state TRICARE West Region by providing access to TRICARE, the number one-rated health plan for customer service.

Visit www.triwest.com today to learn about how you can get the most from TriWest and your TRICARE benefits.
A salute to the dedicated men and women of the United States Coast Guard on their 216th birthday.

Thank you for making our nation a safer place.

www.TriWest.com

www.express-scripts.com

www.icgsdeepwater.com

www.frainsure.com

www.ucci.com

Thank you for making
United States Coast Guard on their 216th birthday.

Thank you for making our nation a safer place.

www.usfamilyhealthplan.org
www.wpsic.com
www.military.com
www.geico.com
www.usfamilyhealthplan.org
www.healthnet.com

our nation a safer place.
Candidate for National President

**JERRY SWEENY** has been nominated by Branch 181 in Arlington, VA for the office of FRA National President. NVP Sweeney is a Life Member and has maintained continuous Association membership for more than 40 years and is well versed in FRA's legislative, financial and membership efforts.

NVP Sweeney was an employee or salaried national officer of FRA for more than 14 years. He has dedicated himself to the offices of president, vice president, secretary and treasurer at the branch level; and as Northwest Regional Vice President and President and chairman or member of most regional committees. At the national level, Sweeney has served as NFS, a member of the national Budget and Finance, Life Membership, Naval Affairs, Americanism-Patriotism, and Membership and Retention committees. Additionally, NVP Sweeney has been a member of the National Board of Directors, advisor to the NBOD and Budget and Finance Committee; and chaired the 53rd National Convention (Seattle, Wash.) Committee.

Candidates for National Vice President

**JR. PAST NATIONAL TREASURER LAWRENCE “LARRY” BOUDREAUX** has been nominated by Hangtown Branch 275 in Placerville, CA for the office of National Vice President.

He has served as Regional Vice President 1995-1996 and Regional President 1996-1997.

Boudreaux was chairperson of the Mid-Year Convention West Coast Region thrice, and chairperson for the West Coast Regional Convention twice. On the national level, he has served on the Americanism-Patriotism Committee as Chairman (1998-1999) and National Treasurer (2000-2003).

Boudreaux is currently serving on the 2003-2006 Special Committee to Modernize the FRA's Constitution and By Laws, and Standing Rules.

**PRPWC THOMAS H. FORD** has been nominated by Lemoore Branch 261 in Lemoore, CA for the office of National Vice President.

Since joining FRA more than 30 years ago, Ford has participated in the last seventeen of nineteen national conventions attended. He has been a bulwark of Branch 261, occupying offices. He has been Chairman of all branch committees and has served on, or chaired, numerous committees at the Regional and National level.

Ford has served the West Coast Region as Regional Vice President 1996-1997 and Regional President 1997-1998. He has chaired and/or co-chaired the West Coast Regional Convention twice. Ford has also been recognized over the years by FRA for enthusiasm toward recruiting new members.
Candidate for President

**LA FRA NATIONAL VICE PRESIDENT SANDRA L. ROBBINS** has been nominated by First Coast Unit 91 in Jacksonville, FL, as a candidate for the office of LA FRA National President for 2006-2007.

Since joining LA FRA in 1986, Robbins has served in a number of positions of increasing responsibility. She was elected Southeast Regional Treasurer, Southwest Regional President, and also served on a number of key committees (Welfare, Activities, Audit, Budget and Americanism). At the local level, Robbins has served as President, Vice President, and Treasurer of Unit 91.

Candidate for National Vice President

**A FRA NATIONAL TREASURER GAIL DOLOWAY** has been nominated by Bonanza Unit 90 in Las Vegas, NV as candidate for the office of National Vice President for 2006-2007.

Doloway joined the LA FRA in 1965 and has served in several key positions at the unit level, including: President (21 terms), Vice President (2 terms), Secretary-Treasurer (2 terms) and Secretary (4 terms). At the regional level, she served as Regional President Southwest 2001-2002, Regional Vice President and as Regional Convention Chairman (2 terms). On the national level, Doloway served as Chairman of Americanism, Youth Activities and the National Arizona Memorial (Hawaii – 3 terms).

Candidates for National Treasurer

**LA FRA REGIONAL PRESIDENT WEST COAST HELEN A COURNEYA** has been nominated by Ladies of High Sierra, Unit 274 in Reno, NV for the office of National Treasurer for 2006-2009.

Courneya has been an active member of LA FRA for more than 24 years and has served at the unit level as President, Secretary and Treasurer, as well as chairman of several committees (planning committee for the 44th Regional Convention, Co-Chairman for the 47th West Coast Regional Convention, and Co-Chairman for the National Convention in Reno, Nevada in 2005). At the regional level, she served as Secretary, Vice President and President 2004-2006.

**LA FRA PAST REGIONAL PRESIDENT SOUTHWEST EILEEN MAGNAN** has been nominated by Unit 9, San Diego, California for the office of National Treasurer for the Association years 2006-2009.

A member of the LA FRA since 1988, Eileen has held a variety of positions in the unit and the Southwest Region. She has served as the unit’s president, vice president, chaplain and as a member of the unit’s board of directors. She held the post of Southwest Regional Vice President (1999-2000) and President (2000-2001), in addition to serving on numerous regional committees. On the National level she has attended four Pilgrimages, ten National Conventions and served on the Americanism, Unit President, Registration, Credential and the 2003 National Convention Committees.
BNANCH 175 ORANGE COUNTY, CA
Shipmate Joseph W. Moore (left) accepts his 30-year Continuous Membership pin from Branch President “Ole” Olson.

BNANCH 267 ST. LOUIS, MO
Branch President John Hollowood (second from left) presents plaques to Shipmates George Dodd (far left), Jim Teater (second from right) and Dale Ferrington (far right).

BNANCH 109 CLEARWATER, FL
Shipmate Tom Montgomery (left) accepts his 50-year Continuous Membership award from Branch President Al Vacca.
BRANCH 1  PHILADELPHIA, PA

FS-1 Kelly L. Napier, 1st District US Coast Guard Reserve Enlisted Person of the Year receives a certificate and bond from Branch President William Reese PRPNE (left), with US Coast Guard Reserve Master Chief Ronan Giehl and Capt. David Scott, Commanding Officer of the US Coast Guard Station Sector Delaware Bay, Philadelphia, PA looking on.

BRANCH 229  NEW WINDSOR, NY

Cast members of Marlboro High School’s production of *South Pacific* share ideas with Branch Secretary, Norman Sivertsen (left) and Branch President, Tom Hoey (right).
Take advantage of the following benefits and your membership will pay for itself!

WWW.FRA.ORG
Please login to www.fra.org to access members-only information and participate in online discussion groups with staff and other Shipmates.

NAVAL AFFAIRS
Through the Web site, you can also communicate with your elected officials using FRA's online Action Center, update your personal information, subscribe to NewsBytes, FRA's weekly e-mail update, read FRA’s OnWatch, (quarterly publication for the active duty and Reserve communities), or access the other member benefits listed below.

FRA SCHOLARSHIP PROGRAM
Over $100,000 in college and graduate school scholarships are awarded to FRA members, their dependants and grandchildren each year.

GEICO CAR INSURANCE
Auto premiums are discounted for FRA members in many states. Call 1-800-MILITARY (1-800-645-4827) and ask for the FRA member benefit discount.

FRA LIFE AND HEALTH INSURANCE PROGRAMS
As an FRA member, you are eligible for excellent coverage at affordable group rates by participating in FRA-endorsed insurance programs. Request information by calling 1-800-424-1120, or by following the link on the Membership Benefits page under My FRA on www.fra.org/benefits.

DENTAL PLAN
As a member, you and your family are eligible for dental insurance coverage. For information regarding the FRA Dental Plan, call 1-800-522-1857.

LENS CRAFTERS
Show your FRA membership card and mention Lens Crafters Plan #9134727 and receive a 20% discount on frames, lenses, coating and tints, optical accessories, safety frames and lenses, and non-prescription sunglasses at Lens Crafters. Some locations also offer discounts on eye exams and contact lenses. Call 1-800-522-LENS for information.

NAVY TIMES
FRA members qualify for a special subscription rate of 52 weeks for $39.00 or 35 weeks for $26.50. Call 1-800-368-5718 to start or renew your subscription. Use FRA priority member code number 1516N3.

FRA PLATINUM & DESIGNER MASTERCARD FROM MBNA
FRA members are offered FRA's exclusive MasterCard card with no annual fee. Choose a Platinum or Classic card that displays an image from the Navy, Marine Corps, or Coast Guard. Call 1-800-GET-MBNA (1-800-438-6262) for more information.

FRA CDS & MONEY MARKETS
FRA is pleased to provide the following financial tools through MBNA for the benefit of our members:
- GoldPortfolio – deposit accounts through MBNA America Bank N.A.
- GoldCertificate CD – consistently ranked among the best nationwide.
- GoldSavers Money Market – outperforms most money funds as well as other bank money market and savings accounts year after year.

Military Checks
Members of FRA can show association pride with high-quality, custom-designed bank checks, personalized with your name, address, and FRA emblem. Call 1-800-VET-CHEX to order.

AVIS CAR RENTALS
When making reservations through Avis, be sure to use your FRA membership benefit discount: AWD#T867500.

HERTZ CAR RENTALS
When making reservations through Hertz, be sure to use your FRA membership benefit discount: CDP#332104.

ONLINE TRAVEL PORTAL
The online travel portal provides FRA members special government rates for everything from airline tickets, hotels, or cars to last minute travel deals on cruises or golf packages.

FRA'S US BONDS 4U NETWORK
Shop for everyday items, gifts, and even hotel reservations, rental cars, and flights online, and each network merchant gives you a percentage of your purchase back as BondDollars™. Your FRA US Bonds 4U savings account grows with every purchase. Once your account reaches 50 BondDollars™, you can redeem for US Savings Bonds or other valuable benefits.
VETERAN SERVICE CAPS - "I SERVED WITH PRIDE"
You'll be proud to wear the service cap dedicated to every veteran who served in every branch and war of our Armed Forces.

Air Force
Army
Marines
Navy
Stars and Stripes

Korean
Vietnam
World War II

ONLY $7.95
2 FOR $14.95
4 FOR $24.95
Richly Embroidered Scrambled Eggs Add $4 each (shown).
MADE IN USA Also available: Coast Guard, Gulf War.

MILITARY SERVICE RINGS

PROUDLY MADE IN THE USA
ANY RING FOR ONLY $59.95

Also Available in 18k Gold Electroplate
All Styles Available in Sizes 8 to 15

Army
Navy
Marines
Air Force
Coast Guard
Special Forces

Each ring is distinctly designed with the official insignia of each branch of service. The sides contain finely sculpted emblems of each branch as well.
Richly crafted with 18k heavy gold electroplate or in pure white rhodium, hand finished and precisely set with Ruby or Sapphire Austrian Crystal. Logos are etched into stone with gold leaf.
Or choose our new rings in pure white rhodium with 18K gold plated insignias. Perfect for gift giving. Your military ring will be a treasured keepsake for generations to come. Order Now!

ORDER BY PHONE: 1-516-741-0346 OR ONLINE: WWW.RUSHINDUSTRIES.COM/679FG

Send To: Rush Industries, Inc. Dept.679FG
263 Horton Highway, Mineola, NY 11501

Enclosed is $ __________________ or charge it

Acct. #: ___________________________ Exp. Date: _______________

Name: _____________________________
Address: __________________________
City: _____________________________
State _____ Zip ________

SPECIAL: ANY 2 RINGS FOR ONLY $99!
For Caps please Add $1.95 S&H plus $1.50 per each extra cap.
For Rings please Add $3.95 S&H. Any two Rings Add $5.95 S&H.
Express Service add $5.00 per order (5 to 7 Business Days)
I love classic watches. They are finely tuned miniature mechanical marvels that are both beautiful and functional. But many Swiss models cost more than my new car. So we at Stauer decided to replicate the movement of a magnificent $26,000 Swiss Automatic watch but sell it to you for only $129. So you end up with $25,871 in change. That’s enough to buy a brand new sedan or SUV.

Is their watch really worth $26,000…

Well we don’t believe that any watch is. That’s the point. How did we build such a fine machine for such a low price? We decided that we could save you a fortune on the perfect watch if we moved the factory across the border and out of Switzerland. By using Swiss built machinery and Swiss trained engineers, Stauer is able to build this magnificent limited edition Stauer Monaco automatic timepiece for 93% less than a comparable luxury model.

Our factory spent over $22 million on Swiss made machinery to insure the highest quality parts. We hired Swiss trained engineers to manage the production. We even purchased Swiss calibrators to insure rigorous accuracy. But we avoided the high taxes and high marketing costs in Switzerland.

We built this brilliant timepiece with a 6-hand movement. The Stauer Monaco displays the date and day of the week. A third interior dial displays 24-hour military time. The exquisite automatic movement is powered by your body’s motion so it never needs batteries. The interior workings have over 185 parts assembled by hand. Twenty-four rubies act to minimize the friction on the gears and rotors so the movement maintains incredible accuracy. Every single watch is timed for 15 days before it leaves the factory. You can tell the quality by the smooth sweeping motion of the second hand. It doesn’t click like a mass produced quartz movement.

Show the world that you are not a slave to the brainwashing of the overpaid Swiss marketing mavens.

Our factory spent over $22 million on Swiss made machinery to insure the highest quality parts. We hired Swiss trained engineers to manage the production. We even purchased Swiss calibrators to insure rigorous accuracy. But we avoided the high taxes and high marketing costs in Switzerland.

We built this brilliant timepiece with a 6-hand movement. The Stauer Monaco displays the date and day of the week. A third interior dial displays 24-hour military time. The exquisite automatic movement is powered by your body’s motion so it never needs batteries. The interior workings have over 185 parts assembled by hand. Twenty-four rubies act to minimize the friction on the gears and rotors so the movement maintains incredible accuracy. Every single watch is timed for 15 days before it leaves the factory. You can tell the quality by the smooth sweeping motion of the second hand. It doesn’t click like a mass produced quartz movement.

Show the world that you are not a slave to the brainwashing of the overpaid Swiss marketing mavens.

Cut out the high priced jewelry store. Stop paying for the yacht race sponsorships and for outrageous 5th Avenue rents that inflate the prices of the “luxury” brands. Stauer brings the ultimate luxury watch directly to you. This one comes with the added luxury of keeping your money in your wallet, not on your wrist.

We are so sure that you will be stunned at the quality of this magnificent Stauer Monaco that we offer a 30-day money back guarantee. If you are not completely satisfied, just return it for a full refund of the purchase price.

Not Available in Stores
Call now to take advantage of this limited offer.
Stauer Monaco
Only 3 Payments of $43+S&H.
800-721-0373
Promotional Code SMC189-01
Please mention this when you call.
To order by mail, please call for details.
14101 Southcross Drive W.,
Dept. SMC189-01
Burnsville, Minnesota 55337
“I am third generation Navy, and after 30 years of service, I am extremely concerned about the erosion of medical, as well as other benefits. I have a very historical view of how much benefits that were believed to be everlasting for both active and retired service members have been decreased or terminated. The medical coverage was fundamental for my continued service after my initial enlistment. This once again is simply a break in faith. This philosophy needs to be suspended and the faith re-affirmed for past, present and future military generations.”

“A raise in premiums will drastically affect monies available for food and housing while on a fixed income.”

These comments (taken from a recent FRA Health survey) reflect the anguish many Shipmates feel about the Administration’s plans to make military personnel pay more for their health care.

WHY IS THE ADMINISTRATION EMBARKING ON THIS COURSE?

Pentagon officials say annual health care costs have soared to almost $40 billion in the past five years, and are expected to rise to $64 billion by 2015.

To offset the projected increases, the Administration has proposed the following:

- A significant increase in fees paid by retired uniformed services beneficiaries (including tripling enrollment fees for TRICARE prime and TRICARE standard)
- A 67% increase in retail pharmacy fees for all active duty, Guard, Reserve, retired, and survivor beneficiaries.

(SOURCE: www.tricare.osd.mil/STb)

FRA’S HEALTH SURVEY — A RESOUNDING “NO” TO TRICARE INCREASES

FRA conducted an online health care survey in March to gauge members’ thoughts and attitudes regarding TRICARE and the proposed fee increases. More than 90% of the respondents OPPOSE the administration’s proposed TRICARE fee increases, with more than 70% strongly opposed.

FRA IS ON YOUR SIDE

FRA strongly believes the Administration’s proposed health care increases are shortsighted and may ultimately hurt long-term retention.

“Funding for other programs should not be sought by reducing the amount government spends on military health care and other personnel needs,” says FRA’s health benefits advisor, Bob Washington. “Despite tight budgets, government needs to pay for both weapons and health care.”

SEEKING VIABLE ALTERNATIVES

FRA believes that the Department of Defense (DoD) has not sufficiently investigated other options to make TRICARE more cost-efficient without shifting costs to beneficiaries. FRA proposes that DoD investigate the following:

- Promote retaining other health insurance by making TRICARE a true second-payer to other insurance (it is far cheaper to pay another insurance’s copay than having the beneficiary migrate to TRICARE);
- Change electronic claim system to kick back errors in real time to help providers submit “clean” claims, reduce delays and multiple submissions;
- Increase efficiency via a single contract for all claims processing;
- Implement effective disease management programs and ensure co-ordination across the entire system;
- Negotiate with drug manufacturers for retail pharmacy discounts (the most costly venue);
- Reduce/eliminate all mail-order copays to boost use of lowest-cost venue;
- Do more to educate beneficiaries and providers on advantages of mail-order pharmacy;
- Establish a central DoD facility to order/fill all prescriptions for exceptionally high-cost drugs (Air Force model has been successful).

Read our next issue of OnWatch, at www.fra.org/onwatch which focuses on health care. We’ll provide comprehensive feedback on our survey results, inform you about FRA initiatives to maintain and enhance your health care benefits, and also provide an easy-to-use guide on the various TRICARE options and how they impact you.
Erectile Dysfunction (ED) affects about 30 million men in the USA. The causes are varied and range from psychological reasons to health conditions. But as serious as it is, some men still compound the problem by not taking steps to deal with it. The result – often a complete breakdown in their most intimate relationship.

“My diagnosis of cancer came as a shock to myself and my wife – little did we know that it would also end our intimate experiences... that was until we found the Vacurect™ vacuum therapy system. So simple and easy to use... after several months of use I began to regain my normal function.”

– Mobile, AL.

Vacurect™ was designed by a 47 year old professional engineer who was experiencing ED himself. With the assistance of urologists and sexologists, he decided to tackle the problems of bulkiness and awkward method of use inherent in traditional Vacuum Erection Device (VED) design. The breakthrough result is an extremely compact and easy to use solution... see for yourself!

Typical conventional VEDS

Vacurect™

“For the last five years, my husband and I had been using an earlier model vacuum system... it was awkward to include in our lovemaking and the rings were uncomfortable for my husband. Now the Vacurect™ has unbelievably enhanced our intimate moments together”

– Clifton, N.J.

Additional Advantages

Control: You determine when, how long and how often.

Consistency: Vacurect™ produces an enhanced erection every time – no waiting!

Safety: No pills, no implants, no injections and no risky drugs!

Proven Performance: Over 96% effective for thousands of satisfied users!

Medically Approved Vacurect™ is FDA registered and approved by Medicare and most other Secondary Insurance Companies. For your convenience, we will obtain a prescription from your physician and file all insurance claims for you.

Why wait another day?
Live your life fully – bring intimacy back into your life TODAY! Call one of our trained clinical specialists right now to learn more and to request a FREE Patient Starter Kit or, if you prefer, complete and send in the coupon below. Be sure to include your telephone number.

We are so confident that you will find our product beneficial, that we offer an unconditional, 30-day money back guarantee!

Call today
TOLL-FREE!
877-266-7699

BONRO Medical Inc.
4490 Washington Rd.
Bldg. 100, Suite 16
Evans, GA. 30809

Visit our website
www.bonro.com

YES, please tell me more about the revolutionary Vacurect™.

Name: ___________________________

Address: ___________________________

City: ___________________________ State: __________ Zip: __________

Phone: ___________________________

E-mail: ___________________________

Please Fax: (706) 210-4740, or mail completed coupon to:
BONRO Medical Inc., PO Box 1880, Evans, GA. 30809
CORTRON 3 SHIPS (Cortdiv 31, Cortdiv 32, Cortdiv 33)
8-12 November 2006, Baton Rouge, LA. Contact Jack M. Price 144 Five Mile Road, Suffolk, VA 23434-6932, (757) 255-0505 or jmpsatd@earthlink.net.

National Chief Petty Officers Association
11-15 October 2006, Baton Rouge, LA. Contact W. A. Williams 106 Waring-Welfare Road, Boerne, TX 78006-7925 or (314) 537-4899.

SSBN 622 James Monroe
15-18 October 2007, Branson, MO. Contact James (Jim) Bayliss PO Box 426, Hazelwood, MO 63042 or (314) 428-6355.

SSBN’s 598 to 602
24-27 August 2006, Groton, CT. Contact W.t. (Doc) McCance 16 Chapman Lane Gales Ferry, CT 06355, 860-464-6758 or 11doc@comcast.net.

USS Arnold J. Isbell (DD-869)
5-8 October 2006, San Diego, CA. Contact Barry Dahlberg 16 Chapman Lane Gales Ferry, CT 06355, (314) 521-9414 or gking702@hughes.net.

USS Bache (DDE-470)
10-14 October 2006, Virginia Beach, VA. Contact Kit Hall 148 Buddie Ave., St. Louis, MO 63135-1015 or (314) 521-9414.

USS Chewaucan (AOG-50)
12-16 September 2006, Savannah, GA. Contact Bill Becker 1168-1 Village Creek Lane, Mt. Pleasant, SC 29464, (843) 849-6252 or becker1usn@aol.com.

USS Cimmaron (AO-22)
10-13 September 2006, Deadwood, SD. Contact George King, (702) 438-5165 or gking702@hughes.net.

USS Forster (DE-334, DER-334, USCG 434)

USS Gyatt (DD-712/DDG-1)
14-17 September 2006, Savannah, GA. Contact Bill Becker 1168-1 Village Creek Lane, Mt. Pleasant, SC 29464, (843) 849-6252 or becker1usn@aol.com.

USS Cimmaron (AO-22)
10-13 September 2006, Deadwood, SD. Contact George King, (702) 438-5165 or gking702@hughes.net.

USS Forster (DE-334, DER-334, USCG 434)

USS Gyatt (DD-712/DDG-1)
14-17 September 2006, Savannah, GA. Contact Bill Becker 1168-1 Village Creek Lane, Mt. Pleasant, SC 29464, (843) 849-6252 or becker1usn@aol.com.

Never wonder who to call for help.

As a member of FRA, you have a team working for you at Headquarters.

Never wonder who to call for help.

Our expert staff stands ready to answer your questions regarding:
Legislation
Health care
Education enhancements
Veterans’ service benefits
Survivor benefits
Finding former shipmates or placing reunion notices
Communicating with elected officials

Just one more way that FRA membership pays for itself.

1-800-FRA-1924      WWW.FRA.ORG
PCI Charles Noel (Ret.)
Last known assignment was the Terminal Post Office, Yokohama, Japan in the 1960s. Contact Howard Wetherell (Ret.), 8436 New York Avenue, Orange Park, FL 32073 or 904-215-7397.

HMCM Andrew J. Parker USN (Ret.)
Last known duty station was Armed Forces Institute of Pathology. Contact Ray Bauley at 989-856-7042 or raypbauley@webtv.net.

HM2 (HM1) Emile E. Trahan (discharged)
Last known work place was the National Institute of Health, Bethesda, Md. (1971). Contact Ray Bauley at 989-856-7042 or raypbauley@webtv.net.

Shipmates from the USS Macdonough DLG 8
Would like to locate shipmates who suffered health problems (such as cancer) as a result of excessive exposure to #2 diesel fuel oil. Contact Johnny Rombs at 361-937-1169 or rombsfamily@aol.com.

VF 24 Shipmates
F-14 initial cadre & first cruise shipmates. Are you interested in a reunion? Contact B. Wall at azbudone@cox.net or H. Church at halggolfer@citlink.net.

EMCS SS Bob Chatman
Last known duty station was USS Wahoo. Contact Doc Woods at 804-743-9168.

RMCS Bill Traylor (wife, Bea)
Last known assignments – Kodiak, Alaska (1963-1966) and aboard COMSIXTHFLT flagship, off Gaeta (early 1970s). Contact CTOCM Charles Maack, USN (Ret.), 8201 E. Harry #1804, Wichita, KS 67207 or maack1@cox.net.

Recruit Company 57-47 (July 1947)
Contact Joseph Sauls at 843-238-0185 or tincansailor@webtv.net.

Recruit Company 339, Bainbridge Md. (22 July 1955 to 2 Oct. 1955)
QM1 Charlie Forman was the Company Commander of this Central New York Company. Contact Jerry Connors, RMC (Ret.) at 520-399-2106 or jerruth@cox.net.

Joseph Demuro OSI/OSC
Last known assignments: USS Ranger CIA-61 (1968-71); HAS TAIPEI, TAIWAN (1971-4). Originally from Bronx, N.Y. Contact Ron Bouchard, HC30 Box 2305, Concho, AZ 85924 or 928-337-3182.

Michael Morris
Last known assignment was serving aboard USS Mossberger DD 980, 1978-1982. Contact Mike Warren at mwarrenks@yahoo.com or 660-582-5567.

David A. Parker
Last known assignment was serving aboard USS Perch 313, 1957-1960. He retired as a firefighter somewhere in Southern California. Contact Don Masoero at dmseabee@comcast.net or 253-941-4133.

Recruit Company 420, Bainbridge, Md. (1952)
Company Commander was D.E. Wolf, BMI USN. Contact AEI Albert Weber (Ret.), RT1 Box 850, Webbers Falls, OK, 74470 or 918-464-2981.

Charles Gunzel (Lt.) and A.E. Mills

USS W.S. SIMS (DE/FF-1059)
Commissioned Jan. 1970, Charleston, S.C.; home ported, Mayport, Florida. Contact the USS WS Sims Association at info@ussSIMS1059.org or call Rob Muihead toll free at (office) 888-497-5285.

These notices are published on a space available basis. Notices must be submitted in writing. Email san@fra.org or mail your request to: FRA, Looking for…, 125 N. West St., Alexandria, VA, 22314.
If you or a loved one has been diagnosed with, or died from, asbestos-related lung cancer or mesothelioma, we may be able to help you get monetary compensation from the asbestos manufacturers.

Please contact the law firm of

Bergman & Frockt
705 Second Avenue, Suite 1601
Seattle, WA 98104
Toll Free (888) 647-6007
www.Bergmanlegal.com

No charge for initial consultation.

Please ask for Emily Murray.
In Memoriam
TaPs

<table>
<thead>
<tr>
<th>NAME</th>
<th>BRANCH</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abrams, Norman T.</td>
<td>AEC 091</td>
</tr>
<tr>
<td>Adam, Raymond W.</td>
<td>ENC 222</td>
</tr>
<tr>
<td>Alley, Gordon G.</td>
<td>HMC 041</td>
</tr>
<tr>
<td>Arsenault, Robert</td>
<td>BMC 020</td>
</tr>
<tr>
<td>Asercion, Alberto R.</td>
<td>MMCM 166</td>
</tr>
<tr>
<td>Austin, Hilton</td>
<td>CWO2 USN 147</td>
</tr>
<tr>
<td>Bailey, Hubert</td>
<td>PO1 USN MAL</td>
</tr>
<tr>
<td>Baker, Herbert G.</td>
<td>YNC MAL</td>
</tr>
<tr>
<td>Baker, Richard L.</td>
<td>BMC 020</td>
</tr>
<tr>
<td>Beck, Theron C.</td>
<td>POC MAL</td>
</tr>
<tr>
<td>Benjamin, Charles D., Jr.</td>
<td>YNC 050</td>
</tr>
<tr>
<td>Berger, Benjamin</td>
<td>ADR1 188</td>
</tr>
<tr>
<td>Bloschichak, Andrew, Jr.</td>
<td>BM2 042</td>
</tr>
<tr>
<td>Bordonaro, Raymond</td>
<td>IS1 MAL</td>
</tr>
<tr>
<td>Brew, Richard V.</td>
<td>ADR2 071</td>
</tr>
<tr>
<td>Brown, Jack P.</td>
<td>CWO USN MAL</td>
</tr>
<tr>
<td>Brown, Roscoe J.</td>
<td>BMCM 101</td>
</tr>
<tr>
<td>Bugg, Marshall</td>
<td>ADJ1 MAL</td>
</tr>
<tr>
<td>Burgess, Robert D.</td>
<td>BMC MAL</td>
</tr>
<tr>
<td>Buttke, Allen J., Sr.</td>
<td>PO1 USCG MAL</td>
</tr>
<tr>
<td>Calder, James H.</td>
<td>LT USN 009</td>
</tr>
<tr>
<td>Canupp, John C.</td>
<td>PHC MAL</td>
</tr>
<tr>
<td>Carpenter, Donald E.</td>
<td>CTCM MAL</td>
</tr>
<tr>
<td>Cartrite, Leonard E.</td>
<td>EN1 MAL</td>
</tr>
<tr>
<td>Chatham, John W.</td>
<td>PN3 MAL</td>
</tr>
<tr>
<td>Christina, William</td>
<td>CPO USN 346</td>
</tr>
<tr>
<td>Christensen, Vern</td>
<td>DPCS MAL</td>
</tr>
<tr>
<td>Clark, Malcolm G.</td>
<td>EMCM 060</td>
</tr>
<tr>
<td>Close, Lloyd E.</td>
<td>SWC 216</td>
</tr>
<tr>
<td>Cluey, Raymond C.</td>
<td>AOC 126</td>
</tr>
<tr>
<td>Cody, Robert M.</td>
<td>ADR1 289</td>
</tr>
<tr>
<td>Conley, Robert F.</td>
<td>ADJ2 091</td>
</tr>
<tr>
<td>Cooper, Charles G., Sr.</td>
<td>SG1 091</td>
</tr>
<tr>
<td>Curran, John V.,</td>
<td>FTGC 066</td>
</tr>
<tr>
<td>Davis, Norman</td>
<td>SKC MAL</td>
</tr>
<tr>
<td>Derbey, Peter H.</td>
<td>ADRC 022</td>
</tr>
<tr>
<td>Dolbier, Quentin L.</td>
<td>BMC 022</td>
</tr>
<tr>
<td>Dyrdal, Frederick F.</td>
<td>AMS1 042</td>
</tr>
<tr>
<td>Edwards, Fred</td>
<td>CPO USN 316</td>
</tr>
<tr>
<td>Farris, Lowell D.</td>
<td>PRC 009</td>
</tr>
<tr>
<td>Fike, Thomas F.</td>
<td>RMC 099</td>
</tr>
<tr>
<td>Flowers, William W.</td>
<td>ADRC 206</td>
</tr>
<tr>
<td>Ford, George P.</td>
<td>E8 USN 229</td>
</tr>
<tr>
<td>Foster, Larrabee F.,</td>
<td>SGTMAJ 061</td>
</tr>
<tr>
<td>Frid, Norman C.</td>
<td>MM1 008</td>
</tr>
<tr>
<td>Frost, Jack M.,</td>
<td>AK1 MAL</td>
</tr>
<tr>
<td>Gaddis, Gordon R.</td>
<td>ADR1 089</td>
</tr>
<tr>
<td>Gardner, Bruce G.,</td>
<td>HMC 228</td>
</tr>
<tr>
<td>Gennings, Robert A., WO1 USN</td>
<td>174</td>
</tr>
<tr>
<td>Gibson, Lewis W.,</td>
<td>YN2 124</td>
</tr>
<tr>
<td>Gieskieng, Edward C.,</td>
<td>SK1 267</td>
</tr>
<tr>
<td>Gilbert, George R.</td>
<td>HMCS MAL</td>
</tr>
<tr>
<td>Glaze, Doyle Richard</td>
<td>MNC MAL</td>
</tr>
<tr>
<td>Glennon, Walter B.,</td>
<td>AMH1 091</td>
</tr>
<tr>
<td>Goula, Ignatius J.</td>
<td>ADRC 070</td>
</tr>
<tr>
<td>Grant, Maple, SDC</td>
<td>MAL 062</td>
</tr>
<tr>
<td>Guest, Charles H., ETC</td>
<td>PO1 USN 091</td>
</tr>
<tr>
<td>Guidry, Barney W.,</td>
<td>YNC MAL</td>
</tr>
<tr>
<td>Gulfo, Vincent T., MSGT</td>
<td>186</td>
</tr>
<tr>
<td>Hagler, James C.,</td>
<td>CS1 062</td>
</tr>
<tr>
<td>Hailey, Grover T.,</td>
<td>CSC 043</td>
</tr>
<tr>
<td>Hayes, William B.,</td>
<td>YNC(SS) MAL</td>
</tr>
<tr>
<td>Hall, James C., Sr.</td>
<td>PO1 USN 278</td>
</tr>
<tr>
<td>Harris, Isaac H.,</td>
<td>YN1 161</td>
</tr>
<tr>
<td>Harris, Roger E.,</td>
<td>ET1 317</td>
</tr>
<tr>
<td>Hebert, Milton P.,</td>
<td>HT2 022</td>
</tr>
<tr>
<td>Hein, John, PO1 USN</td>
<td>166</td>
</tr>
<tr>
<td>Hinton, Robert E., PO1 USN</td>
<td>MAL 015</td>
</tr>
<tr>
<td>Hockaday, William H.,</td>
<td>BMC 159</td>
</tr>
<tr>
<td>Hollier, Raymond C.,</td>
<td>CMM 280</td>
</tr>
<tr>
<td>Holstein, Dudley, LTC</td>
<td>024</td>
</tr>
<tr>
<td>Johnson, Norman F., HT1</td>
<td>018</td>
</tr>
<tr>
<td>Jones, Bill, SCPO USN</td>
<td>MAL</td>
</tr>
<tr>
<td>King, Raymond E.,</td>
<td>BMC 020</td>
</tr>
<tr>
<td>Klein, Lawrence</td>
<td>CPO USN 261</td>
</tr>
<tr>
<td>Kolaczky, Daniel L.,</td>
<td>RMC 099</td>
</tr>
<tr>
<td>Kussmaul, Lloyd F.,</td>
<td>FP2 091</td>
</tr>
<tr>
<td>Lamb, Floyd L., PO1 USN</td>
<td>MAL 015</td>
</tr>
<tr>
<td>Leavy, Joseph T.,</td>
<td>GYSGT 175</td>
</tr>
<tr>
<td>Lewandowski, Eugene J.,</td>
<td>HM2 028</td>
</tr>
<tr>
<td>Lockey, Howard, PNC</td>
<td>MAL</td>
</tr>
<tr>
<td>Lopes, Stanley P., LT USN</td>
<td>008</td>
</tr>
<tr>
<td>Martin, Bobbie J.,</td>
<td>AGC MAL</td>
</tr>
<tr>
<td>Martin, Roy L.,</td>
<td>AFCM 289</td>
</tr>
<tr>
<td>McCrow, Sam R.,</td>
<td>LT USN MAL</td>
</tr>
<tr>
<td>McSpadden, Gerald, MKC</td>
<td>MAL</td>
</tr>
<tr>
<td>Mitchell, James E., MSC</td>
<td>MAL</td>
</tr>
<tr>
<td>Mitchell, Walter E.,</td>
<td>SF1 020</td>
</tr>
<tr>
<td>Montgomery, G. V.,</td>
<td>264</td>
</tr>
<tr>
<td>Moran, Leo, FTC</td>
<td>MAL</td>
</tr>
<tr>
<td>Morris, Ottis D.,</td>
<td>BMC 037</td>
</tr>
<tr>
<td>Morse, Matthew, RMCS</td>
<td>186</td>
</tr>
<tr>
<td>Mullaney, Richard J.,</td>
<td>AT1 091</td>
</tr>
<tr>
<td>Ondrusko, John, BMC</td>
<td>324</td>
</tr>
<tr>
<td>Painter, Frederick L.,</td>
<td>BRCM 010</td>
</tr>
<tr>
<td>Paul, Raymond B.,</td>
<td>BMC 047</td>
</tr>
<tr>
<td>Penny, William E.,</td>
<td>ADC 091</td>
</tr>
<tr>
<td>Picker, Clarence O.,</td>
<td>HM1 313</td>
</tr>
<tr>
<td>Pliska, Thaddeus F., RDC</td>
<td>023</td>
</tr>
<tr>
<td>Richerson, Monte, CPO USN</td>
<td>MAL</td>
</tr>
<tr>
<td>Quebec, Antonio A.,</td>
<td>SKC 101</td>
</tr>
<tr>
<td>Reddy, James J.,</td>
<td>ADRC 144</td>
</tr>
<tr>
<td>Remer, James W.,</td>
<td>CDR USN 032</td>
</tr>
<tr>
<td>Reno, James R.,</td>
<td>ABHC 027</td>
</tr>
<tr>
<td>Roberts, Harrison L.,</td>
<td>ICC 147</td>
</tr>
<tr>
<td>Rodi, Frank L.,</td>
<td>ABC 047</td>
</tr>
<tr>
<td>Ruby, Charles O.,</td>
<td>YNC 050</td>
</tr>
<tr>
<td>Russell, James L.,</td>
<td>LCDR USN MAL</td>
</tr>
<tr>
<td>Satzinger, Frank H.,</td>
<td>BT1 175</td>
</tr>
<tr>
<td>Saunders, Ansil L.,</td>
<td>BMC 046</td>
</tr>
<tr>
<td>Scheidemeier, A. J.,</td>
<td>HMC 130</td>
</tr>
<tr>
<td>Schreihofner, Gilbert A.,</td>
<td>GMGC 229</td>
</tr>
<tr>
<td>Semple, William R.,</td>
<td>GMCS MAL</td>
</tr>
<tr>
<td>Shipp, Dewey J.,</td>
<td>RMC 186</td>
</tr>
<tr>
<td>Sholes, Roy C.,</td>
<td>CTC MAL</td>
</tr>
<tr>
<td>Shropshire, Daryl, PO1 USN</td>
<td>MAL</td>
</tr>
<tr>
<td>Skog, George A.,</td>
<td>RET USN 091</td>
</tr>
<tr>
<td>Smart, Eldon E.,</td>
<td>ENDC 163</td>
</tr>
<tr>
<td>Smith, Aaron, 1STLT</td>
<td>141</td>
</tr>
<tr>
<td>Smoke, John J.,</td>
<td>ADRC 027</td>
</tr>
<tr>
<td>Sneed, James F.,</td>
<td>ETCS 147</td>
</tr>
<tr>
<td>Solis, Jose, SDC</td>
<td>005</td>
</tr>
<tr>
<td>Spears, Harry L.,</td>
<td>DCC 287</td>
</tr>
<tr>
<td>Stenbom, Gustav A.,</td>
<td>ETC 174</td>
</tr>
<tr>
<td>Stoner, Herbert O., QMCS(SS)</td>
<td>047</td>
</tr>
<tr>
<td>Stovall, Bennie G.,</td>
<td>CS1 225</td>
</tr>
<tr>
<td>Szuch, Louis N.,</td>
<td>CPO USN MAL</td>
</tr>
<tr>
<td>Thompson, Clifton B.,</td>
<td>HMC 230</td>
</tr>
<tr>
<td>Thompson, Lester D.,</td>
<td>MM1 018</td>
</tr>
<tr>
<td>Thornton, Ralph,</td>
<td>MMCM 276</td>
</tr>
<tr>
<td>Tickner, Robert, CPO USN</td>
<td>298</td>
</tr>
<tr>
<td>Trainor, John E.,</td>
<td>BM1 MAL</td>
</tr>
<tr>
<td>Tucker, Marvin R.,</td>
<td>GMC MAL</td>
</tr>
<tr>
<td>Tuttle, Paul E.,</td>
<td>MMCS 285</td>
</tr>
<tr>
<td>Wadsack, Archie O.,</td>
<td>MSGT 046</td>
</tr>
<tr>
<td>Walker, Earl, IC1</td>
<td>018</td>
</tr>
<tr>
<td>Wallace, William J., Sr.,</td>
<td>GYSGT 208</td>
</tr>
<tr>
<td>Webb, Robert E.,</td>
<td>SN USN MAL</td>
</tr>
<tr>
<td>Weiss, Robert K.,</td>
<td>BMC 071</td>
</tr>
<tr>
<td>Widel, Thomas J.,</td>
<td>AMHC 136</td>
</tr>
<tr>
<td>Wilkins, William F.,</td>
<td>FT2 019</td>
</tr>
<tr>
<td>Willis, Claude R., Jr.,</td>
<td>BMCS 050</td>
</tr>
<tr>
<td>Winans, Robert B.,</td>
<td>AMH1 MAL</td>
</tr>
<tr>
<td>Wood, Delmer L.,</td>
<td>PRC MAL</td>
</tr>
<tr>
<td>Woods, Joseph F.,</td>
<td>RM1 MAL</td>
</tr>
<tr>
<td>Woollard, Paul L.,</td>
<td>LCDR USN 047</td>
</tr>
<tr>
<td>Worden, Wallace J.,</td>
<td>BMC MAL</td>
</tr>
<tr>
<td>Wyshinski, John,</td>
<td>RMC MAL</td>
</tr>
<tr>
<td>Yelle, Robert S.,</td>
<td>LT USN 179</td>
</tr>
</tbody>
</table>

Names in blue indicate 50 year continuous members.
Shipmate Alfredo Mayssonnet’s name inadvertently appeared in the TAPS section last month. Naval Affairs regrets the error.
Choose Life
Grow Young with HGH

From the landmark book Grow Young with HGH comes the most powerful, over-the-counter health supplement in the history of man. Human growth hormone was first discovered in 1920 and has long been thought by the medical community to be necessary only to stimulate the body to full adult size and therefore unnecessary past the age of 20. Recent studies, however, have overturned this notion completely, discovering instead that the natural decline of Human Growth Hormone (HGH), from ages 21 to 61 (the average age at which there is only a trace left in the body) and is the reason why the body ages and fails to regenerate itself to its 25 year-old biological age.

Like a picked flower cut from the source, we gradually wilt physically and mentally and become vulnerable to a host of degenerative diseases, that we simply weren’t susceptible to in our early adult years.

Modern medical science now regards aging as a disease that is treatable and preventable and that “aging”, the disease, is actually a compilation of various diseases and pathologies, from everything, like a rise in blood glucose and pressure to diabetes, skin wrinkling and so on. All of these aging symptoms can be stopped and rolled back by maintaining Growth Hormone levels in the blood at the same levels HGH existed in the blood when we were 25 years old. There is a receptorsite in almost every cell in the human body for HGH, so its regenerative and healing effects are very comprehensive.

Growth Hormone first synthesized in 1985 under the Reagan Orphan drug act, to treat dwarfism, was quickly recognized to stop aging in its tracks and reverse it to a remarkable degree. Since then, only the lucky and the rich have had access to it at the cost of $20,000 US per year.

Many in hollywood’s glamour sets, who never seem to age like you or I, have a special secret to tell, and even space pioneer and US Senator John Glen stays vital with HGH.

The next big breakthrough was to come in 1997 when the American Anti-aging Society, a group of doctors and scientists, developed an all-natural source product which would cause your own natural HGH to be released again and do all the remarkable things it did for you in your 20’s. Now available to every adult for about the price of a coffee and donut a day.

GHR now available n America, just in time for the aging Baby Boomers and everyone else from age 30 to 90 who doesn’t want to age but would rather stay young, beautiful and healthy all of the time.

The new HGH releasers are winning converts from the synthetic HGH users as well, since GHR is just as effective, is oral instead of self-injectable and is very affordable.

GHR is a natural releaser, has no known side effects, unlike the synthetic version and has no known drug interactions. Progressive doctors admit that this is the direction medicine is seeking to go, to get the body to heal itself instead of employing drugs. GHR is truly a revolutionary paradigm shift in medicine and, like any modern leaping leapfrog advance, many others will be left in the dust holding their limited, or useless drugs and remedies.

It is now thought that HGH is so comprehensive in its healing and regenerative powers that it is today, where the computer industry was twenty years ago, that it will displace so many prescription and non-prescription drugs and health remedies that it is staggering to think of.

The president of BIE Health Products, the American distributor, stated in a recent interview, “I’ve been waiting for these products since the 70’s. We knew they would come, if only we could stay healthy and live long enough to see them! If you want to stay on top of your game, physically and mentally as you age, this product is a boon, especially for the highly skilled professionals who have made large investments in their education, and experience. Also with the failure of Congress to honor our seniors with pharmaceutical coverage policy, it’s more important than ever to take pro-active steps to safeguard your health. Continued use of GHR will make a radical difference in your health. HGH is particularly helpful to the elderly who, given a choice, would rather stay independent in their own home, strong and healthy and alert enough to manage their own affairs, exercise and stay involved in their communities. Frank, age 85 walks two miles a day, plays golf, belongs to a dance club for seniors, has a girl friend again and doesn’t need Viagra, passed his drivers test and is hardly ever home when we call - GHR delivers.

HGH is known to reverse Hemorrhoids, Multiple Sclerosis, Ankylosing Spondylitis, Macular Degeneration, Cataracts, Colitis, Fibromyalgia, Angina, Chronic Fatigue, Diabetes, Hepatitis C, Rheumatoid Arthritis, High Blood Pressure, Sciatica, helps Kidney Dialysis and heart and stroke recovery.

For more information or to order call 1-877-849-4777 www.biehealth.us © copyright 2000

NEW! Doctor Recommended

The Reverse Aging Miracle
RELEASE YOUR OWN GROWTH HORMONE AND ENJOY:

- Improved sleep & emotional stability
- Increased energy & exercise endurance
- Loss of body fat
- Increased bone density
- Improved memory & mental alertness
- Increased sexual potency
- Increased muscle strength & size
- Reverse baldness & color restored
- Regenerates Immune System

This program will make a radical difference in your health, appearance and outlook. In fact we are so confident of the difference GHR can make in your life we offer a 100% refund on unopened containers.

1-877-849-4777
www.biehealth.us

BIE Health Products
3840 East Robinson Road
Box 159
Amherst, NY 14228

A PRODUCT OF THE AMERICAN ANTI-AGING SOCIETY
DIV 2037839 ON

As heard on
Radio with
Dr. Don Johnson
PSA COUNT UP? TOO MANY TRIPS TO THE BATHROOM?
Help lower your PSA naturally and get the rest your body needs
By Richard Huemer, M.D.

The U.S. Government has announced that they will be conducting the largest ever study on Cancer. The study will determine what are the long-term effects of Selenium and Vitamin E on the Prostate Gland and its potential for protection against Prostate Cancer.

Never was a word more feared than Cancer. Everyone is afraid of it; but, if one form of Cancer strikes at the definition of a man, it's "Prostate Cancer". It not only threatens a man's life, but his manhood. That is why this study currently under way by the Government is of such interest. WHAT IS IT THAT THE GOVERNMENT KNOWS THAT WE DON'T?

A ten-year U.S. trial that began in 1983 failed to find evidence that 200 micrograms of selenium daily could prevent skin cancer, but men taking it had 63 percent fewer cases of serious prostate problems than those who took only a placebo. "AN OUNCE OF PREVENTION COULD BE WORTH A POUND OF CURE..."

Scientific research has been showing for decades, from studies of antioxidants and life style changes, that they may have a positive effect on the prostate. Once someone is diagnosed with Cancer it is easy to follow a long-term plan. Yet, if that same effort were put into prevention, the effects on a man's life could be quite different.

Prostate Cancer is a fact of life. It is fair to say that with all of us living longer, prostate cancer is more certain to be a "when?" question, rather than an "if?" question for most men.

Whitewing Labs is not waiting. We've added Selenium to our Prostate formula. We already had the Vitamin E and a whole lot more in the formula. Prevention could be as simple as taking two tablets twice a day!

PROSTSAFE® FOR THE RELIEF OF THE SYMPTOMS OF BPH (BENIGN PROSTATIC HYPERPLASIA).

The changes in your body are so gradual it takes years to notice. You go to sleep at night and gradually your sleep is interrupted more and more to urinate. You realize that you are tired in the morning. As you age, the symptoms gradually get more intense, as the overall health of your prostate declines. Then you realize that you may be faced with a more serious health problem.

PROSTSAFE IS A SAFE, RELIABLE FORMULATION THAT CAN HELP YOU IN DEALING WITH BOTH THE SHORT AND LONG-TERM SYMPTOMS OF PROSTATE HEALTH.

HERE'S AN EXTRA BONUS:

A HEALTHY PROSTATE CAN IMPROVE YOUR SEX LIFE!

HUNDREDS OF TESTIMONIALS FROM SATISFIED USERS

• "My annual PSA tests have been in the 1.1 to 1.3 range since taking Prostsafe. I no longer have a suspected enlargement." T. Spickler, Reynoldsburg, OH

• "My PSA went from 7.5 to 2.9 in three months of taking Prostsafe and my urination is back to normal." G. Bueton, Tuscaloosa, AL

• "Prostsafe has helped my PSA go to 2 from 16 to 18." M. Mills, Rockford, IL

• "Since I have been taking Prostsafe, my PSA has been in a level 0 to 1." S. Paglione, St. Lucie West, FL

UNCONDITIONAL MONEY-BACK GUARANTEE
All of our products are sold with an unconditional 30 day money-back guarantee. You may return your purchase (even the empty bottle) for a prompt, refund of the product price.

Supplement Facts

<table>
<thead>
<tr>
<th>Amount Per Day</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A (as beta carotene)</td>
<td>17,000 IU</td>
</tr>
<tr>
<td>Vitamin C (as zinc ascorbate, ascorbic acid)</td>
<td>320 mg</td>
</tr>
<tr>
<td>Vitamin E (as alpha tocopheryl acetate)</td>
<td>240 IU</td>
</tr>
<tr>
<td>Vitamin B6 (pyridoxine HCl)</td>
<td>70 mg</td>
</tr>
<tr>
<td>Selenium (AA chelate)</td>
<td>200 mcg</td>
</tr>
<tr>
<td>Zinc (AA chelate, ascorbate)</td>
<td>50 mg</td>
</tr>
<tr>
<td>Copper (gluconate)</td>
<td>1 mg</td>
</tr>
</tbody>
</table>

Saw Palmetto extract | 460 mg | * |
Golden Rod (herb) | 100 mg | * |
Hydranga root extract | 190 mg | * |
Bee pollen | 170 mg | * |
L-Glycine | 150 mg | * |
L-glutamic acid | 100 mg | * |
Siberian ginseng extract | 100 mg | * |
L-Alanine | 50 mg | * |
Silicon (magnesium silicate, dioxide) | 50 mg | * |

* Daily Value not established

There are additional means of prevention and treatment that can improve your prostate health.

• A low fat diet
• Reduce intake of caffeine
• Limit cholesterol
• Limit beer consumption

"The Natural Path of Men's Health: Prostate Care". Taking Prostsafe will provide you with relief of the symptoms of BPH. 2 tablets, twice a day, "an ounce of prevention could be worth a pound of cure". Act now and order Prostsafe today.

WHITewing LABS
DEPT 1723
17939 CHATS WORTH ST, STE 408
GRANADA HILLS, CA 91344-5615

PROSTSAFE® - Natural Prostate Relief
6 Month Supply (Save $89.75) PS6 119.95
2 Month Supply (Save $9.95) PS2 59.95
1 Month Supply PS1 34.95

Shipping & Handling to North America $ 6.00
all other countries add $7.50 $ 
Express Shipping is a minimum $15.00 $ 
Outside of North America 
Express Shipping (if available) min $35.00 $ 
Sales Tax (CA only 8.25%) $ 

Payment Method: TOTAL $ 
☐ Check ☐ MC ☐ Visa ☐ AmEx ☐ Discover

CC # ________________ Exp: _____________

signature required

Name ____________________________
Address __________________________
City ______________ State _______ Zip __________
Phone ________ E-Mail: ____________

1-800-950-3030 Dept. 1723
www.whitewing.com
A Message from Regional President Northwest

edited by Naval Affairs Liaison, Debby Zavadil

AS I TRAVELED AROUND the Northwest region, I have had the pleasure of meeting so many wonderful and caring people. Attending all their meetings and luncheons has not only been interesting and rewarding, but a fun experience as well.

The ladies give so much of themselves in all they do. I am so proud of all the units. I am heartened by all the work they do in their communities, and how well they work with shipmates.

They volunteer their time at local VA homes and hospitals, bake birthday cakes and deliver them to the veterans in the Veterans Homes, and decorate the VA homes and hospitals at Christmas. Ladies also participate in the parades to let the public know what LA FRA is. They help with bingo games at the VA hospital, get patients to their doctor’s appointments, and also assist those who need help in other ways. Some make lap robes and help with the Veteran’s Olympics. Some units, donate food baskets during the holiday season and toys to children of less fortunate families for Christmas. They help out with Veterans Memorial Museums, participate in Memorial Day and Veterans Day ceremonies with shipmates, and donate to the Sea Cadets and Scouts. I feel so honored and fortunate to belong to and serve such a wonderful organization.

It is the time of year that we need to remember to get our reports done and also get our delegate forms filled out completely.

I hope all Regional Presidents have a great Regional Convention, and I am looking forward to seeing you at the National Convention in Oconomowoc, Wisconsin.

To those of you with an anniversary or birthday, I wish you many more. To those who are under the weather, a speedy recovery. And to those who have lost a loved one, I send you sympathy and prayers.

Sharon Holloway provided these photos from her travels around the Northwest.
Is your personal financial portfolio cooling down? We have the **SIZZLE** to heat up a financial cold spell during this era of a staggering rise in oil prices and the falling dollar: Certified gold coins. That’s right. And these are not just common gold bullion pieces. These are authentic $5 Gold Eagles struck by the U.S. Mint and certified by the Numismatic Guaranty Corporation (NGC) to be in near-flawless, MS-69 Brilliant Uncirculated condition.

You may never again have the opportunity to own these gold coins at this price. With continued uncertainty of the stock market, demand for these coins continues to explode as collectors and investors scramble to hoard away U.S. gold coins for their pure gold content and their role as “safe haven” against a falling dollar. Certified high-quality, Brilliant Uncirculated coins create additional **HEAT** over bullion, making these coins even **HOTTER** as you diversify your portfolio for a brighter future.

**Don’t Miss This Hot Opportunity: Order Now!**

Consider that since 1999, the number of coin collectors has sharply risen from 3 million to 130 million, you may never get a second chance to capitalize on this opportunity. Order now while our limited supplies last. Due to the increasing scarcity of these coins, we must issue a strict limit of 50 coins per customer. Prices and orders subject to availability, so call today. Your satisfaction is assured by our 30-day money-back guarantee.

Call Toll Free:

**1-800-642-9160**

Extension 5016

New York Mint • Edina, MN

---

**Order More & Save!**

<table>
<thead>
<tr>
<th></th>
<th>$ per coin</th>
<th>shipping</th>
<th>total</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Gold Eagle</td>
<td>$120</td>
<td>$9</td>
<td>$129</td>
</tr>
<tr>
<td>3 Gold Eagles</td>
<td>$115</td>
<td>FREE</td>
<td>$345</td>
</tr>
<tr>
<td>5 Gold Eagles</td>
<td>$110</td>
<td>FREE</td>
<td>$550</td>
</tr>
<tr>
<td>10 Gold Eagles</td>
<td>$105</td>
<td>FREE</td>
<td>$1,050</td>
</tr>
<tr>
<td>50 Gold Eagles</td>
<td>$99</td>
<td>FREE</td>
<td>$4,950</td>
</tr>
</tbody>
</table>

coin actual size 16.5mm • net weight 1/10 oz. pure gold

©2006 New York Mint, Ltd. Not affiliated with the U.S. Government
Asbestos Cancer Hits Former Sailors

Many sailors who served their country proudly aboard ships in the World War II, Korean, and Vietnam War eras, are now being diagnosed with asbestos-related cancers.

FOR COMPENSATION INFORMATION:
FREE PACKET for mesothelioma or lung cancer, diagnosis/death, please contact:

The David Law Firm
“Defeating Today’s Goliaths”

Toll Free 1-800-998-9729
Email: info@thedavidlawfirm.com
www.asbestos-attorney.com/n5297

Handling cases nationwide with local co-counsel in state of filing.

FOR MEDICAL INFORMATION:
FREE PACKET for mesothelioma patients, please contact:

Mesothelioma Web
Hope * Support * Help

Toll Free 1-877-367-6376
Email: info@mesotheliomaweb.org
www.mesotheliomaweb.org/n5297

The most comprehensive resource for Mesothelioma patients and their families.

* Licensed by the Supreme Court of Texas.
Not Certified by the Texas Board of Legal Specialization.