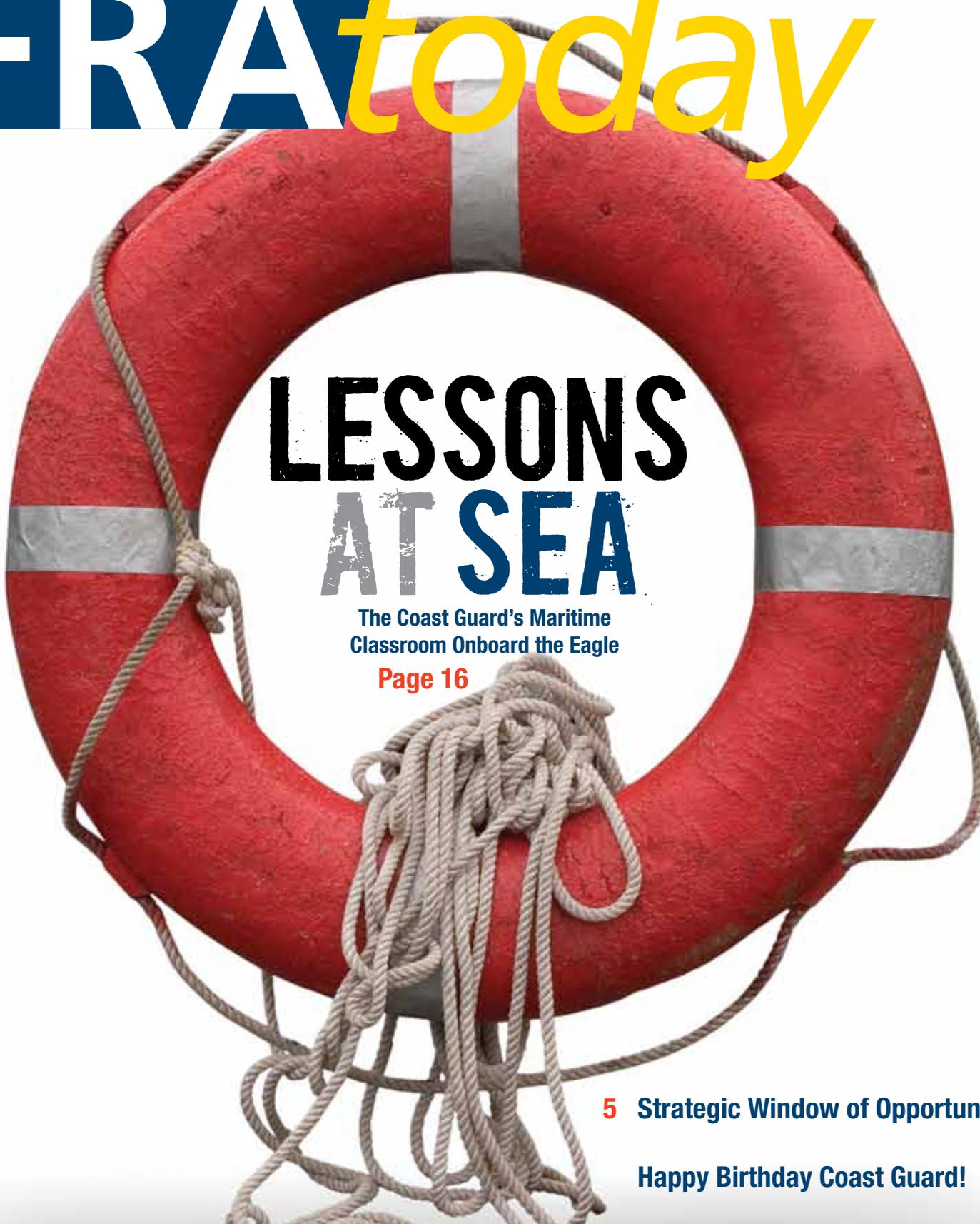


YOUR MISSION • YOUR VOICE

# FRA *today*



## LESSONS AT SEA

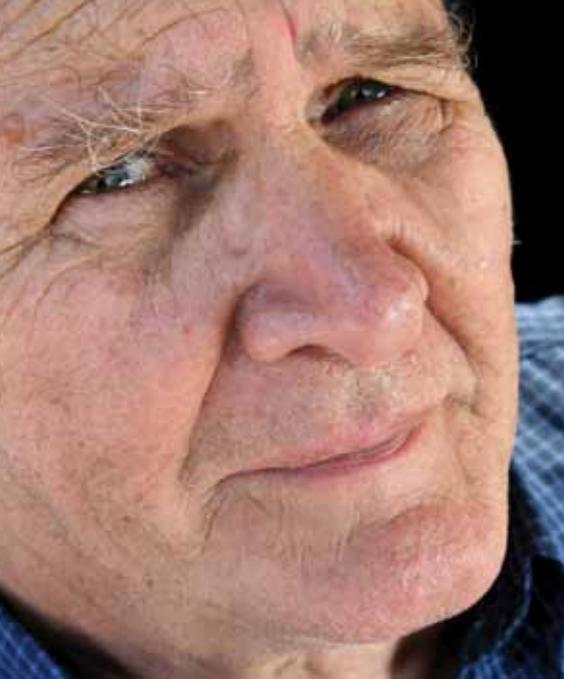
The Coast Guard's Maritime  
Classroom Onboard the Eagle

Page 16

5 Strategic Window of Opportunity

Happy Birthday Coast Guard!

# MESOTHELIOMA



**You don't  
have to fight  
this alone.**

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 companies.

With over 65 years of collective experience in asbestos litigation, the professionals at Bergman Draper & Frockt welcome the chance to provide you with the highest quality representation and the individual attention you deserve.

*Call for information and a free consultation.*

**The Northwest's Leading Asbestos Litigation Firm**

**BERGMAN  
DRAPER &  
FROCKT**

614 First Avenue  
3rd Floor  
Seattle, WA 98104

206.957.9510  
888.647.6007 Toll Free  
[www.bergmanlegal.com](http://www.bergmanlegal.com)

**We accept cases  
throughout the  
United States and  
Canada**

# Featured

## 16 LESSONS AT SEA

Tomorrow's future Coast Guard officers are learning seamanship and leadership skills from the enlisted crew of USCGC Eagle, the largest U.S. tall ship and America's only active duty square-rigger.

# Departments

## 2 COMMUNICATIONS

## 5 NED PERSPECTIVE

Strategic Window of Opportunity

## 7 SHIPMATE FORUM

## 8 ON & OFF CAPITOL HILL

NDAA Update

## 23 FOOD FOR THE FIELD, SEA AND SOUL

The Importance of Good Nutrition and the Military

## 24 MEMBERSHIP MATTERS

Welcome Branch 294

## 26 NEWS FROM THE BRANCHES

## 30 TAPS

## 32 REUNIONS

## 36 LA FRA NEWS



### LOYALTY, PROTECTION AND SERVICE

FRA IS A CONGRESSIONALLY CHARTERED, NON-PROFIT ORGANIZATION ADVOCATING FOR CURRENT AND FORMER ENLISTED MEMBERS OF THE U.S. NAVY, MARINE CORPS AND COAST GUARD ON CAPITOL HILL. FOR MORE INFORMATION ON THE BENEFITS OF MEMBERSHIP, PLEASE VISIT [WWW.FRA.ORG](http://WWW.FRA.ORG) OR CALL 800-FRA-1924.

### ON THE COVER

Cadets at the U.S. Coast Guard Academy have been attending summer training programs at sea since 1878. The tradition continues today as cadets and crew sail aboard USCGC Eagle.



Eileen Murphy

## Social Media

**THE USE OF ELECTRONIC** communications is growing at a rapid pace. "Social media" is the new buzz phrase, but what does it mean? In short, it's a way for people to connect with each other in the online world and create, rekindle or maintain relationships for personal or business use. Interaction is key. A newspaper provides information to the reader, but a discussion board allows for people to post reactions and discuss what is being said.

One example of social media is FRA's Communities on [www.fra.org](http://www.fra.org). It's a place to go to read what others are thinking and post what you want to say.

### What terms do I need to know?

**COMMUNITY:** *A group of people who have something in common*

FRA's online "Communities" offer an opportunity to get together online and find people with similar interests. Which community do you belong to? Are you a branch member? Check out the community for your branch. Interested in health care? We have a community for that, too. Perhaps you are an avid *FRA Today* reader. You are then part of the "*FRA Today Readers*" community.

**FORUM:** *An area inside the community for shipmates to share ideas, thoughts, suggestions and requests.*

Inside the "*FRA Today Readers*" community for instance, there are several forums. If History and Heritage is your interest, please click that link and check out the discussion topics available to you.

**TOPIC:** *A specific item of interest.*

What would you like to talk about? Under the History and Heritage forum, there is a popular item called "What does the U.S. flag mean to YOU?" This topic relates to the feature article from the June issue of *FRA Today*.

### Why does this matter to me?

FRA is comprised of people with interesting stories, ideas and much to say. You may have some history you want to share. You may have a recruiting idea that has worked wonders and would benefit other members. Perhaps you have a question you need answered and know others who have the same question. Maybe you just have something you really want to say publicly. Whatever your inspiration, the FRA Communities are there for you.

Please login to [www.fra.org](http://www.fra.org) today and share what is on your mind.

**Eileen Murphy** is the Director of Marketing and Communications and serves as the Managing Editor of *FRA Today*. Please contact her at [eileen@fra.org](mailto:eileen@fra.org).

## NATIONAL OFFICERS/BOARD OF DIRECTORS

<b>National President</b>	Donald Muecheck, <i>L. Mendel Rivers Branch 50</i>
<b>National Vice President</b>	Gary C. Blackburn, <i>Vallejo Branch 8</i>
<b>National Executive</b>	Joseph L. Barnes, <i>Navy Department Branch 181</i>
<b>Finance Officer</b>	Paul Rigby
<b>Junior PNP</b>	Lawrence J. Boudreaux, <i>Hangtown Branch 275</i>

## REGIONAL PRESIDENTS

<b>New England</b>	Paul F. Loveless, Jr., <i>Pinetree Branch 156</i>
<b>Northeast</b>	James E. Brown, <i>Staten Island Branch 226</i>
<b>East Coast</b>	Ray E. Santee, <i>Virginia Beach Branch 166</i>
<b>Southeast</b>	John E. Sutton, <i>Mayport Branch 290</i>
<b>North Central</b>	Robert A. Melson, <i>USS Indianapolis Memorial Branch 130</i>
<b>South Central</b>	Donald Larson, <i>Corpus Christi Branch 94</i>
<b>Southwest</b>	Charles F. Tompkins, <i>James Hunter Branch 47</i>
<b>West Coast</b>	Nathan "Joe" Nash, <i>Silver Dollar Branch 192</i>
<b>Northwest</b>	Donald L. Bordwell, <i>Dungeness Branch 174</i>
<b>Nat'l. Parliamentarian</b>	PNP Robert G. Beese, <i>Orange County Branch 175</i>
<b>Nat'l. Chaplain</b>	Tom Whitaker, <i>B. Duke Woody Branch 147</i>

## ACTIVE DUTY ADVISORY COUNCIL

<b>Master Chief Petty Officer of the Navy</b>	Rick West
<b>Sergeant Major of the Marine Corps</b>	Carlton Kent
<b>Master Chief Petty Officer of the Coast Guard</b>	Charles Bowen

## RESERVE ADVISORY COUNCIL

<b>Force Master Chief of the Naval Reserve</b>	Ronney A. Wright
<b>USMC Reserve Force Sergeant Major</b>	Kim E. Davis
<b>Master Chief Petty Officer of the Coast Guard Reserve Force</b>	Jeffrey Smith

## FRA TODAY MAGAZINE

<b>Publisher</b>	FRA
<b>Managing Editor</b>	Eileen Murphy
<b>Contributing Editor</b>	Lauren Armstrong
<b>Design and Art Direction</b>	
	FIREBRAND, Alexandria, VA <a href="http://www.firebrandstudios.com">www.firebrandstudios.com</a>
<b>Design Director</b>	Scott Rodgeron
<b>Production Manager</b>	Sandy Jones

**FRA TODAY** (ISSN 0028-1409) IS PUBLISHED MONTHLY BY FRA, 125 N. WEST ST., ALEXANDRIA, VA 22314-2754. A MEMBER'S SUBSCRIPTION IS COVERED BY THE MEMBER'S ANNUAL DUES. PERIODICALS POSTAGE PAID AT ALEXANDRIA, VA AND ADDITIONAL OFFICES. PUBLICATION OF NON-SPONSORED ADVERTISING IN *FRA TODAY* DOES NOT CONSTITUTE AN ENDORSEMENT BY THE FRA OR ITS REPRESENTATIVES. **POSTMASTER: SEND ADDRESS CHANGES TO: MEMBER SERVICES, FRA, 125 N. WEST ST., ALEXANDRIA, VA 22314-2754.** *FRA TODAY* IS PUBLISHED IN THE INTERESTS OF ALL CURRENT AND FORMER ENLISTED PERSONNEL OF THE U.S. NAVY, MARINE CORPS, AND COAST GUARD. ELIGIBLE NON-MEMBERS ARE NOT ENTITLED TO SUBSCRIPTION RATES. ESTABLISHED 1 NOVEMBER 1923. TITLE REGISTERED WITH U.S. PATENT OFFICE.

FRA ADMINISTRATIVE HEADQUARTERS: 125 N. WEST ST., ALEXANDRIA, VA 22314-2754  
PHONE: 703-683-1400, 800-FRA-1924 • FAX: 703-549-6610 • E-MAIL: [FRA TODAY@FRA.ORG](mailto:FRA TODAY@FRA.ORG)  
WWW.FRA.ORG

VOLUME 88 NUMBER 8



EXCLUSIVE



UNITED STATES

# NAVY CAREER SERVICE RINGS

HANDCRAFTED IN AMERICA FEATURING YOUR SERVICE AND CAREER EMBLEMS



Ring above shown with Navy Service Insignia.



Ring top with 10kt gold Service Emblem on Capstone.



We proudly honor your service to Country with our Official United States Navy Career Rings. The top of the ring features a solid 10kt gold Navy Emblem set atop a brilliant sapphire-blue capstone. Surrounding the capstone are the words "UNITED STATES NAVY" in bold, high-relief lettering.

On one side of the ring is a highly sculpted Navy Service Emblem. The other side is personalized with your choice of a variety of Navy Career insignias. The entire ring body is cast in solid Sterling Silver and finished in genuine 23 Karat Gold for lasting beauty.



As a final touch of exclusivity, the inside band, which is solid and smooth for maximum comfort, is engraved with your initials and years of service.

Thank you priced at just \$199\*, with a convenient pay plan available. And, your satisfaction is guaranteed, or return your ring for replacement or refund within 30 days, no questions asked. So order today with confidence.

**FREE FLAG PIN** WITH EVERY ORDER



ADDITIONAL CAREER INSIGNIA AVAILABLE. CALL OR VISIT VETCOM.COM FOR DETAILS.

**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.

MARINE CORPS & COAST GUARD ALSO AVAILABLE!



**Or, Mail to:** Veterans Commemoratives™ U.S. Navy Service Rings, Two Radnor Corporate Center, Suite 120, Radnor, PA 19087-4599

**YES.** I wish to order the following U.S. Navy Career Service Ring personalized with my initials and year dates of service as follows:  
*Please send me my FREE American Flag Pin.*

**Career Choice:** (N-1 thru N-16), see pictures above: \_\_\_\_\_

NOTE: For Marine Corps & Coast Guard rings call or visit [www.vetcom.com](http://www.vetcom.com).

**Ring Size:** \_\_\_\_\_ (use the ring sizer below or check with a jeweler)

**Initials (3):** \_\_\_\_\_ **Service Yrs:** \_\_\_\_\_ **to** \_\_\_\_\_

**I NEED SEND NO MONEY NOW.**

Bill me in four monthly installments of \$49.75\* each, with the first payment due prior to shipment. And my satisfaction is completely guaranteed.

\* Plus \$14.95 for engraving, s&h. PA residents add 6% (\$12.84) state sales tax.

**Credit Card:**  Visa  Master Card  AMEX  Discover

Card # \_\_\_\_\_ Exp. Date: \_\_\_\_ / \_\_\_\_

Signature \_\_\_\_\_

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

Name \_\_\_\_\_

Address \_\_\_\_\_

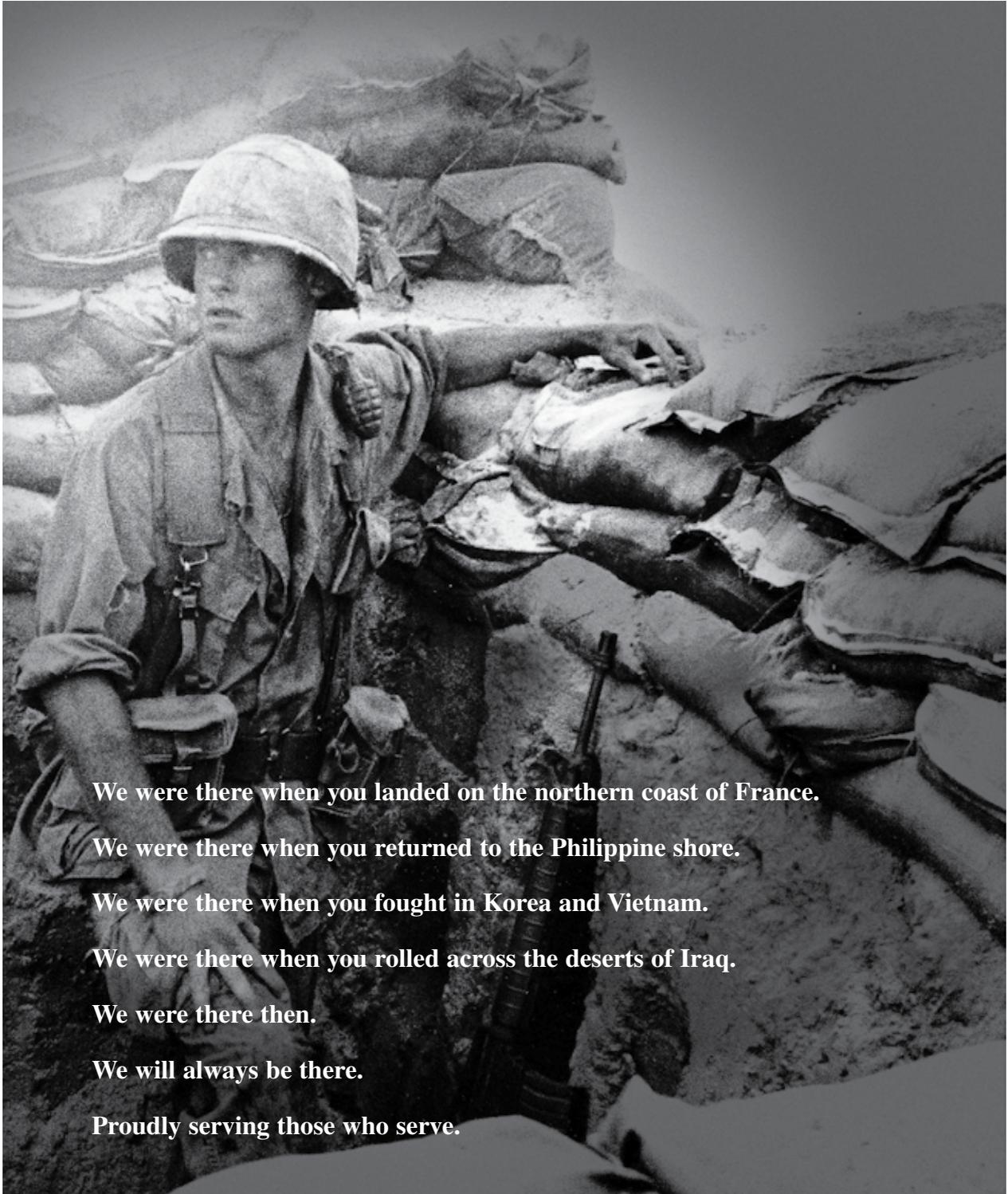
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone # (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

\* Price guaranteed for only 30 days, because of increasing cost of silver and gold.

© ICM 2004-2009 CARRIN-NA-0809





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)

**GEICO**<sup>®</sup>  
**geico.com**



Joe Barnes

## Strategic Window of Opportunity

**NATIONAL PRESIDENT (NP) DON** Muccheck's Strategic Action Plan is especially important at this point in the Association's history. Like many other organizations, FRA is facing major challenges associated with recruiting and retaining members, sustaining a highly effective legislative advocacy program and ensuring adequate resources to support various membership-related programs. Other organizations are cutting staff, reducing budgets, curtailing magazine production and restricting various member benefits to meet these challenges. And a recent Washington Post column by Megan Greenwell states that 28 percent of area non-profit organizations have no operating reserves and, unlike FRA, more than half have reserves that are dangerously low.

There's no single solution, however, your NHQ Team is working hard to address these concerns despite formidable budgetary challenges since 2003. Unfortunately, NHQ does not have the resources or capabilities to "just fix it" alone. There must be significantly broader support and effort at the branch and regional levels on initiatives and goals detailed in NP Muccheck's Action Plan.

Dealing with change is difficult and almost always resisted or deferred. Regrettably, these natural reactions can be counter-productive and, depending upon what's at stake, may make the situation(s) worse. And this is not exclusive to FRA. National political leaders and members of Congress are reluctant to confront long overdue entitlement reform necessary for the future viability of the Social Security and Medicare programs, while, at the same time, authorizing dramatically increased deficit spending for economic recovery and other programs. Health care reform proposals are

advancing on Capitol Hill and, regardless of the final plan, the outcome will almost assuredly impact Medicare reimbursements, which are directly related to TRICARE. And all reform plans are projected to carry huge price tags, payable well into the future.

Recently defeated proposals involving change within the FRA include a major rework of our governing documents and realigning our regions to more accurately reflect changes therein. And NHQ initiatives such as the Outreach Program, Bring 'em Back call program, and new Web site and database capabilities have met with only limited acceptance at the branch level despite the potential for success in addressing our challenges.

My role and that of the National Headquarters staff is to implement policies established by leadership and delegates to our national conventions, and it's also our responsibility to offer recommendations. We take these responsibilities very seriously and take pride in a policy of full disclosure and transparency.

Our traditions have been honed over the past 85 years, however, we must adapt to the realities we're facing to ensure the relevance and future viability of the FRA.

There's a unique window of opportunity associated with implementing the Strategic Action Plan and associated changes. Coupled with objective, what's-best-for-the-FRA consideration, much-needed changes can lead to an effective update and reposition our great Association for the future. This entails revisiting the issue of an Association name change, reinstating training at the branch and regional level, expanding our veterans' service officer and other volunteer and outreach programs, and establishing and supporting new FRA branches.

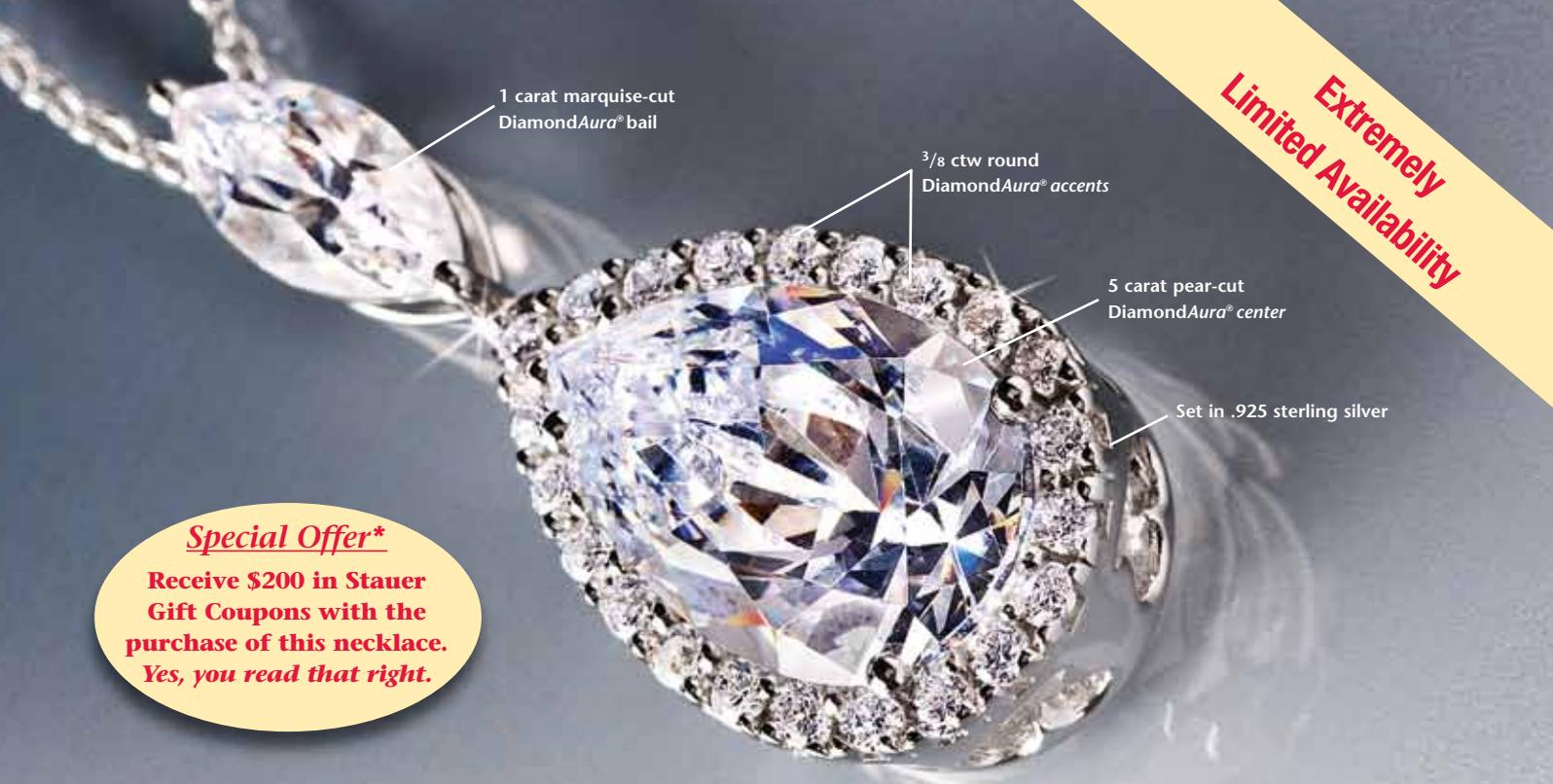
Now is also the time to incorporate new technological capabilities that will not only make our efforts more efficient, but will make FRA more appealing to younger Shipmates who are confronted with a growing and dizzying array of organizations competing for their support and membership. (Note last month's NED Update on what differentiates FRA from other organizations.) It is my professional belief that our regional structure needs to be compressed and our governance model amended to perhaps include a Second National Vice President and an executive committee for improved continuity and oversight. As a business, we must operate efficiently and the per-capita dues sharing program with branches warrants review and perhaps adjustment in light of increasing reliance on National Headquarters for support and services.

The National President and National Vice President are briefing Regional Convention delegates on the Strategic Action Plan, and the schedule for the upcoming 82nd National Convention will include leadership training, workshops on important topics and programs, and the second Forum on the Future of the FRA on Saturday, October 23, 2009. Please listen and take action.

We've faced many challenges through the years. As we begin the commemoration of our 85th Anniversary and introduce FRA's Education Foundation, we must examine what's happening today and work together in order to maximize opportunities, embrace change and emerge stronger than ever. As always, thanks for your strong and continuing support.

---

**Joe Barnes** is FRA's National Executive Director 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.



**Extremely  
Limited Availability**

**Special Offer\***  
**Receive \$200 in Stauer  
 Gift Coupons with the  
 purchase of this necklace.**  
*Yes, you read that right.*

# Better Than FREE?

**Stauer gives back! Get our 6-carat French Pear Pendant for \$195 and get **\$200** in gift coupons!**

**B**etter than free? Believe it. Stauer is returning some of its success to our many clients with the lavish, limited edition 6-carat *French Pear Drop Pendant* along with a special gift.

Despite tough economic times, Stauer has had a very good year. Now it's time to give back. That's why when you purchase the *DiamondAura® French Pear Drop Pendant* Necklace for \$195, you'll receive two \$100 Stauer gift coupons. That's **\$200** you can use on any of our hundreds of pieces of fine jewelry, vintage watches and luxury goods. Basically, we're paying you to shop Stauer.

**Breaking the big-carat barrier.** *DiamondAura®* has proven to be a magnificent lab creation since we first released it five years ago but, up until now we couldn't make a *DiamondAura®* pendant larger than 2 3/4 carats. Today we release the ultra-luxury, majestic lab-created *DiamondAura* pendant with stunning clarity, cut and color rarely seen. Our Pendant features a 5 carat, pear-cut *DiamondAura* that dangles from an 18" chain of the finest .925 sterling silver. The pear is topped with an impressive 1 carat marquise-cut *DiamondAura* bail.

**The Four Cs.** Our exclusive *DiamondAura* jewelry has splendid specifications: color, clarity, cut, and carat weight. We won't

COMPARE FOR YOURSELF AT 6 CARATS		
	Mined Flawless Diamond	<b>DiamondAura</b> Compares to:
Hardness	Cuts Glass	<b>Cuts Glass</b>
Color	"D" Colorless	<b>"D" Colorless</b>
Clarity	"IF"	<b>Clear</b>
Dispersion/Fire	0.044	<b>0.066</b>
6 ctw necklace	\$200,000+	<b>\$195</b>

bore you with the details, but we've invested close to \$6 million in developing *DiamondAura*. The complex laboratory process involves rare minerals heated to an incredibly high temperature of nearly 5,000° F inside some very modern and expensive equipment. Using chemistry, we found a better way to match the fire and brilliance of a "D" flawless diamond at a much more reasonable cost.

**Here's the plain truth:** Times are tough, people are strapped and the bottom has dropped out of our economy. It doesn't matter if you're from Wall Street, Main Street or Rodeo Drive, everything has changed. If you have a house, a 401K or a bank account... you've taken a financial hit. But you still need to surprise her with something that will truly take her breath away.

**Sound to good to be true?** Let me explain: at Stauer we don't make money selling one piece of jewelry to you, we stay

in business by serving long term clients. Our data tells us that when you become a Stauer client, you'll be back.

**Even a Recession has a silver lining.** If you are not thrilled with the *DiamondAura French Pear Drop Pendant*, return it within 30 days for a refund of your purchase price. Our *DiamondAura* will last forever, but our **limited edition** will not. Call today to take advantage of this offer.

- JEWELRY SPECS:**
- 5 carat pear-cut center *DiamondAura®*
  - 1 carat marquise-cut *DiamondAura®* bail
  - Set in precious .925 sterling silver
  - 18" princess-length chain of .925 tarnish-free sterling silver

**French Pear Drop Pendant Necklace (6 ctw) only \$195**

**Special Offer\*—Receive \$200 in Stauer Gift Coupons with the purchase of the French Pear Drop Pendant**

**\*\*\*Due to expected demand, this is a very limited time offer. Call today!\*\*\***  
*Call now to take advantage of this limited offer.*

**1-800-721-0386**

**Promotional Code PDN189-03**  
 Please mention this code when you call.

**Stauer** 14101 Southcross Drive W,  
 Dept. PDN189-03  
 Burnsville, Minnesota 55337  
**www.stauer.com**

## Memorial Day

I think the Memorial Day weekend lends itself to observing the day if enough people pay attention to the significance. If I'm in town, I march in the Memorial Day Parade with my fire department or perhaps with my Legion Post or the VFW. If I'm at our family summer house, I take my little son to the local parade, and sometimes even march in that one. The [long] weekend gives people a chance to make the time. If it were a one-day shot, I'd probably do it, but I think a lot of people wouldn't.

*William C. Kempner*

I have faithfully attended Memorial Day services almost every year since I was a child, and I'm still irritated that Congress and the President in 1971 changed Memorial Day to a three-day-weekend.

I am presently attempting to get our Memorial Day back. The City of Auburn, Calif., and Placer County, Calif., have signed off on returning Memorial Day to the 30th, as have all of our local veterans' groups. Please keep up the pressure to honor all of our deceased veterans on 30 May of each and every year.

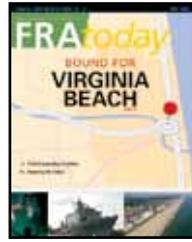
*Terry N. Crouson*

I am absolutely in favor of changing Memorial Day back to May 30th. This should change it back to a day of remembrance instead of the first long weekend of the summer. The day requires more respect to make our youth more aware. Let's bring back some parades!

*Margaret Wagner*

## Star-Spangled Banner

I enjoyed your recent article entitled "The Star Spangled Banner" in *FRA Today*. In light of your appreciation for this element of our American heritage, I am writing to let you know about a piece of legislation currently pending in Congress: the Star-Spangled Banner Commemorative Coin Act. If passed, this legislation (H.R. 2097 and S. 653) will authorize the U.S. Mint to produce coins commemorating the bicentennial of the War of 1812 and the Star-Spangled Banner. During the War of 1812, Francis Scott Key penned the poem "Defence of Fort McHenry," and two centuries later, the Star Spangled Banner flag and anthem continue to inspire America.



For more information, please contact Amanda Rogers Thorpe in Congressman Ruppberger's office (Amanda.Thorpe@mail.house.gov or 202-225-3061) or Andrew Remo in Senator Cardin's office (andy\_remo@cardin.senate.gov or 202-224-4524). We welcome FRA's comments and enthusiasm.

*Ariell S. Watson, Intern for Representative Ruppberger*

## TRICARE Fee Increases

It definitely concerns me that we are being faced with [increasing] medical co-pays. Although I am covered by Social Security and have TRICARE for Life, from the sounds of it, I too will be faced with co-payments and rationing of services as we get too old for [Congress] to care about us.

*Franklin J. Ruedel*

**FRA Response:** For the first time in four years, neither the Administration's budget request, the Senate nor the House version of the FY2010 Defense Authorization bill (H.R. 2647) includes plans to increase TRICARE fees. This is great news, however the Secretary of Defense wants to have a dialogue with Congress on the rising costs for health care. Although the outlook is promising for this year, future proposals to increase TRICARE fees and co-payments seem inevitable. FRA strongly recommends shipmates use the FRA Action Center at [www.fra.org](http://www.fra.org) to ask their representatives to support H.R. 816, legislation that prohibits TRICARE fee increases unless approved by Congress.

**Submissions:** Send *Shipmate Forum* letters to: Editor, *FRA Today*, 125 N. West St. Alexandria, VA 22314. E-mail submissions may be sent to [fratoday@fra.org](mailto:fratoday@fra.org). Please include "Shipmate Forum" in the subject line. FRA reserves the right to select and edit letters for publication. Letters published in *Shipmate Forum* reflect the opinions and views of FRA members. They do not necessarily reflect the official position of FRA as a whole. FRA is not responsible for the accuracy of letter content.

**USFSPA**  
Losing Your Retirement Benefits  
To A Former Spouse in Divorce?  
**Protect Your Benefits**  
[www.ULSG.org](http://www.ULSG.org)  
James Solberg 847-587-0924

**Hearing Aids ! Free Catalog !**  
Save Up To 70%  
**1-800-462-5778**  
**Monroe Hearing**  
P. O. Box A-3976 Chicago, Il. 60690



John Davis

## NDAA Freight Train Could Be Derailed

**IMAGINE THE HOUSE AND** Senate versions of the FY2010 National Defense Authorization Act (NDAA) as two fully loaded freight trains that must combine their loads and reach a final destination (President Obama's desk for signature) before October 1, 2009 which is the start of the next fiscal year. They got off to a late start and are trying to make up for lost time. Both bills have been approved by their chambers' Armed Services Committees and the full House has amended and approved its version of the legislation.

What is notable about the Senate's Defense bill is what is not in it. Like the House version, it does not call for increased TRICARE fees, and it does not extend the prohibition on such increases that is set to expire on September 30, 2009.

Also missing from the Senate bill are the concurrent receipt improvements proposed by the Administration. The House version provides modest concurrent receipt advances, by partially authorizing the expansion of Concurrent Retirement and Disability Pay (CRDP) payments for service members who were medically retired with less than 20 years of service (Chapter 61 retirees).

The Administration proposed a complete plan that would be phased-in over five years starting January 1, 2010, which would not include traditional (non-Chapter 61) retirees. The House bill only authorizes funding for the first phase of the Administration's proposal, as detailed in the following schedule:

- January 2010: Chapter 61 retirees with VA ratings of 90% or 100%;
- January 2011: Chapter 61 retirees with 70% or 80% VA ratings;
- January 2012: Chapter 61 retirees with 50% or 60% VA ratings;
- January 2013: Chapter 61 retirees with VA ratings of 30% or 40%; and

- January 2014: all Chapter 61 retirees with any VA rating become eligible.

Without further funding the new benefit would terminate after just nine months of payments (January 1, 2010 – September 30, 2010). House Armed Services Committee (HASC) Chairman Ike Skelton (Mo.) called this a "temporary fix," explaining that the committee will come back with additional money each year as costs increase with more retirees becoming eligible with each subsequent expansion. Shipmates are invited to visit [www.fra.org/discuss](http://www.fra.org/discuss) to share their views on concurrent receipt and other important legislative matters.

Both House and Senate bills include a larger-than-requested active duty pay increase (3.4 percent), provide TRICARE Standard coverage for retired Reservists under age 60, expand dental care coverage for children if a parent dies on active duty, authorize reimbursement of travel cost for designated people visiting a wounded warrior and provide additional Impact Aid for schools with substantial military populations.

Once the Senate approves its bill, a conference committee must decide what "freight" will be on the final train going to the White House for approval. The engineers (House and Senate leaders) will start negotiating to resolve differences between the House and Senate versions and come up with a final bill. Funding constraints, including budget resolutions and appropriations bills, may limit the amount of freight this train can carry. And there are several unrelated issues that could derail it altogether, including hate-crime legislation, authorization of F-22 jet fighters and efforts to regulate military tribunals at Guantanamo Bay.

The table on pages 12 and 13 compares the two bills (S. 1390 and H.R. 2647) as they relate to key issues especially important to FRA members.

### FRA Participates in Meeting with House Speaker

FRA's National Executive Director (NED) Joe Barnes attended a roundtable meeting with leaders of several military and veterans' organization hosted by Speaker of the House Nancy Pelosi (Calif.). The agenda included updates on military and veterans' issues and programs addressed in the House versions of the Defense Authorization and Military Construction and Veterans Affairs (VA) Appropriations bills, provisions of the emergency war supplemental spending bill (H.R. 2346)

and other VA-related legislation. Two dozen representatives attended the gathering, including House Majority Leader Steny Hoyer (Md.), Armed Services Committee Chairman Ike Skelton (Mo.), VA Committee Chairman Bob Filner (Calif.), Military Personnel Subcommittee Chairwoman Susan Davis (Calif.), and Milcon/VA Appropriations Subcommittee Chairman Chet Edwards (Texas), along with other Armed Services and VA Subcommittee chairs.

## New Ranking Member on House Defense Panel

Rep. Howard "Buck" McKeon (Calif.) was selected as the new ranking member of the House Armed Services Committee (HASC). He replaces Rep. John McHugh (N.Y.), who was nominated by President Obama to serve as Secretary of the Army. McKeon is a graduate of Brigham Young University and was a small business owner before he was elected to Congress 18 years ago. His district borders Edwards Air Force Base, includes China Lake Naval Air Weapons Station, and is home to a significant number of Defense-related jobs. Military veterans also comprise nearly 13 percent of the district population.

## FRA Testifies Before Senate Appropriations Defense Subcommittee

FRA's Director of Legislative Programs John Davis outlined the Association's recommendations for the FY2010 Department of Defense (DoD) budget before the Senate Defense Appropriations Subcommittee. FRA recommends expansion of concurrent receipt of military retired pay and veterans' disability compensation and supports funding to cover active duty pay increases that are at least 0.5 percent above the Employment Cost Index (ECI); adequate end strength for the Sea Services; early retirement for Reservists that are frequently deployed since 9/11/01; enhanced family readiness; adequate child and youth programs; and supplemental Impact Aid funds. Davis also recognized the Administration for adequately funding Defense health care programs without proposing drastic TRICARE fee increases for military retirees and increasing resources to provide additional case managers and mental health counselors to assist our wounded warriors and their families. The complete statement is posted on the FRA Web site ([www.fra.org](http://www.fra.org)).

## COAST GUARD ISSUES

### Coast Guard Benefit Improvement Bill Introduced

Rep. Frank LoBiondo (N.J.) recently introduced "The Coast Guard Service Member Benefits Improvements Act" (H.R. 2901), which seeks to improve the quality of life for members of the U.S. Coast Guard (USCG) and their families. In a letter of support to LoBiondo, FRA's National Executive Director Joe Barnes wrote "Housing authorities, child development centers, Reservists' legal assistance and other issues addressed in this legislation are essential to morale, family readiness and service-wide Coast Guard readiness."

LoBiondo is the ranking member of the House Coast Guard and Maritime Transportation Subcommittee. In addition to addressing these and other concerns, he also supports FRA's efforts to ensure USCG parity with DoD service members. Shipmates are urged to use the *Action Center* to ask their U.S. Representative to co-sponsor this important legislation.

### Coast Guard Authorization Bill Introduced

The Senate Commerce, Science and Transportation Committee recently approved legislation (S. 1194) to authorize the U.S. Coast Guard for FY2010 and FY2011. Similar legislation stalled in the last Session of Congress, and FRA believes authorization legislation is critical for congressional budgeting and effective oversight of the Coast Guard and other federal agencies.

The legislation addresses several important personnel-related issues, including the retention of emergency leave for personnel who would otherwise be required to forfeit leave to support of major disasters; legal assistance for qualified Coast Guard Reservists on a par with all similarly situated DoD Reservists; and reimbursement for certain medical-related travel expenses when a service member is stationed on an INCONUS island and his/her family member is referred to a specialty care provider off-island.

The bill authorizes USCG end strength of nearly 50,000 for FY2010 and nearly 52,500 for FY2011. If enacted, the measure would also make Coast Guard retirees eligible to live in the Armed Forces Retirement Home. The bill also changes the Vice Commandant position from a 3-star to a 4-star billet to better align the Coast Guard with the other armed services.

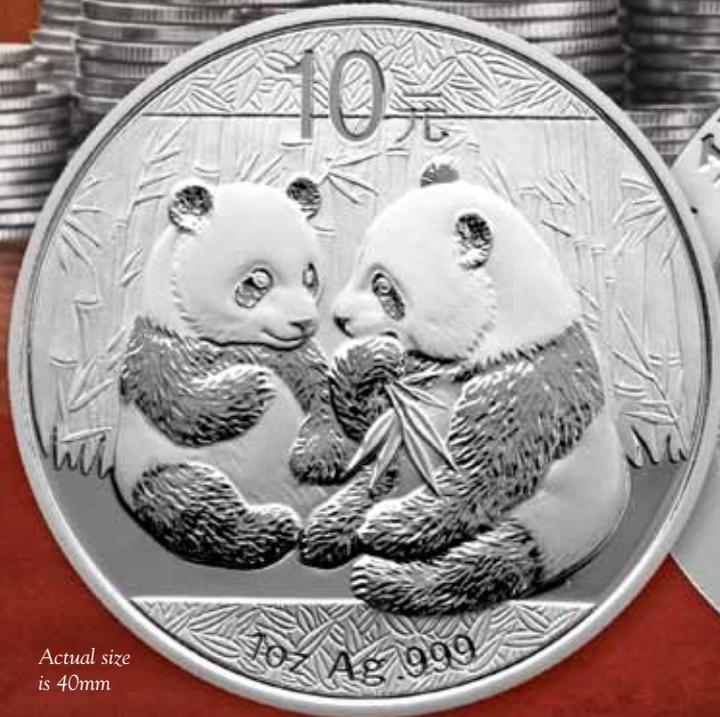
In related news, the House Homeland Security Appropriations Committee mark-up of the FY2010 Homeland Security Appropriations bill provides \$10 billion for the U.S. Coast Guard, which represents a 6.1-percent increase over the FY2009 spending level and \$239 million more than requested by the Administration for FY2010.

### FRA Salutes Coast Guard's 2008 Enlisted Persons of the Year

FRA continued a long-standing tradition of recognizing individual excellence by honoring the Coast Guard's 2008 Enlisted Persons of the Year (EPOY). During a ceremony at USCG Headquarters in Washington, D.C., FRA's National Executive Director Joe Barnes recognized Active Duty EPOY AMT1 Stephen M. Sanders of Air Station Atlantic City, N.J. and Reserve EPOY MST1 James K. Wilkinson of Sector Los Angeles/Long Beach, Calif. Both honorees received FRA Challenge Coins and National President's Awards. The Association also helped sponsor other recognition events, including a special barbeque hosted by MCPOCG Skip Bowen.

## 2009 SILVER PANDA PRE-SELLOUT EVENT!

2008  
SOLD OUT



Actual size  
is 40mm



LOW AS  
**\$19<sup>95</sup>**

# THE PANDA EVERYONE IS LOOKING FOR... BUT SOON NEARLY IMPOSSIBLE TO FIND!

Everyone loves pandas, but there's one panda that has enduring value. The Panda Silver Dollar struck by the China Mint since 1983—a massive coin of one full troy ounce of precious silver. Each year the panda design changes, which enhances their desirability. But what doesn't change is how hard it is to get your hands on one of these precious yet elusive coins!

### Save Money—Buy Direct

As an official distributor, we buy directly from the China Mint and then bring these Silver Pandas directly to you. By ordering from us, you get our best price, plus the security of dealing with a company with 25 years of experience and a top reputation in the coin business. Better yet, your coin comes with a full 30 day money back guarantee of satisfaction.

### 2009 Pre-Sellout Event... Available TODAY... But not for long!

2008 Panda Silver Dollars are sold out and already selling for \$39 each. This is a PRE-SELLOUT event for the 2009's. We are expecting the limited supplies of 2009 Silver Pandas to sell out quickly. We cannot guarantee future availability, so act immediately to avoid disappointment.

*Prices and availability subject to change without notice.*

Note: GovMint.com is a private distributor of worldwide government coin issues and is not affiliated with the United States Government. Facts and figures were deemed accurate as of June 2009. ©GovMint.com, 2009

### A Personal Asset of Lasting Value— A Legacy for Loved Ones

In times of economic uncertainty, few things bring peace of mind better than the rock-solid value of precious metals. So call NOW to secure these Silver Pandas for yourself, for your family, and as a legacy for your children.

### The more you buy... the more you'll save!

- One 2009 Panda Silver Dollar for only \$24.95 +s/h
- Five for only \$23.75 each +s/h SAVE \$6.00
- Half Roll (10) for only \$22.25 each +s/h SAVE \$27.00
- Bankers Roll (20) for only \$19.95 each +s/h SAVE \$100

TOLL-FREE 24 HOURS A DAY  
**1-888-201-7660**

Offer Code PDA126  
Please mention this code when you call.

 **GovMint.COM**  
YOUR ONE BEST SOURCE FOR COINS WORLDWIDE  
14101 Southcross Drive W., Dept. PDA126  
Burnsville, Minnesota 55337

www.GovMint.com

 **BBB Accredited Member Since 1985**

## VETERANS' AFFAIRS

## Veterans Bills Move Forward

The House approved advanced funding for the Department of Veterans Affairs (VA) health care budget. The Veterans Health Care Budget Reform and Transparency Act (H.R. 1016) would establish a funding system in which the health care portion of the VA budget is created two years in advance to minimize funding delays and allow greater departmental flexibility in making strategic long-term decisions. Over the past 22 years, only three VA budgets have passed on time, creating longer waiting times and more restricted access for the six million veterans using VA health care. FRA addressed this issue in congressional testimony and Association leaders promoted this strategy during visits to Capitol Hill in April. FRA strongly supports the initiative, sponsored by Committee Chairman Bob Filner (Calif.), which moves to the Senate for consideration. A Senate companion bill (S. 423) is also scheduled for consideration by the full Senate.

The House Veterans' Affairs Committee approved The Combat PTSD Act (H.R. 952) that expands eligibility for Post Traumatic Stress Disorder (PTSD) disability claims. If enacted, veterans diagnosed with PTSD who served in combat will automatically be entitled to treatment and benefits for this service injury and will no longer be required to prove that a specific combat incident caused the disorder. The measure is sponsored by Rep. John Hall (N.Y.) and supported by FRA.

FRA also supports The Wounded Veteran Job Security Act (H.R. 466) that prohibits employment discrimination against a veteran who is absent from work to be treated for a service-connected disability. Sponsored by Rep. Lloyd Doggett (Tex.), the measure has passed the House by voice vote and will now be considered by the Senate Veterans' Affairs Committee.

These important veterans' legislative proposals are listed on the FRA *Action Center* at [www.fra.org](http://www.fra.org) and members are urged to contact their elected officials on these legislative proposals.

The House also passed:

- The Women Veterans' Health Care Improvement Act (H.R. 1211), which expands and improves VA health care services available to female veterans. Penny Collins, FRA's director of Membership Development and Coast Guard veteran, expressed FRA's support for the legislation when she participated in a recent House VA Committee roundtable discussion on female veterans' issues.
- The Veterans' Compensation Cost-of-Living Adjustment Act (S. 407) that increases the compensation rates for veterans with service-connected disabilities and the rates of Dependency and Indemnity Compensation (DIC) for survivors of certain disabled veterans.
- The Pat Tillman Veterans' Scholarship Initiative (H.R. 1172), which directs the VA to list organizations that provide scholarships to veterans and their survivors on its Web site.

## MilCon/VA Spending Bills Advance with Advanced Funding for VA Health Care

The House Appropriations Committee approved the Military Construction and Veterans' Affairs (MilCon/VA) Appropriations bill that provides \$132.3 billion in spending for FY2010. The legislation (H.R. 3082) authorizes \$5 billion more than current-year spending and recommends \$239 million more than the Administration requested for military construction projects. The measure also includes a significant increase in the VA budget for FY2010 and a first-time "advance appropriations" for FY2011 for VA medical accounts. The full House is expected to consider the legislation soon.

The Senate Appropriations Committee has also approved its version of the MilCon/VA spending bill. Like the House measure, the unnumbered Senate bill also includes language to put VA health care on a two-year cycle and provides \$56 billion for the Veterans' Benefits Administration (VBA). The House and Senate bills provide more than \$45 billion for the Veterans' Health Administration (VHA).

Once both bills pass their respective chambers, a conference committee will be appointed to reconcile the differences between the two measures and draft a conference report. The report must then be approved by both chambers before being sent to the President for signature.

## War Supplemental Passes

President Obama recently signed a \$106.5 billion emergency war supplemental spending bill for the current fiscal year (FY2009), which provides funding for war efforts in Iraq and Afghanistan, and other military-related initiatives. The measure includes funding for retroactive bonuses for service members who had extended deployments; additional education benefits for children of service members who die while on active duty; \$1.8 billion for Defense Health Programs and family support programs; and funding for 25 child development centers, hospital construction and nine wounded warrior support complexes.



## COMPARISON OF THE TWO NDAA BILLS

ISSUE	HOUSE (H.R. 2647*)	SENATE (S. 1390**)	COMMENTS
<b>TRICARE FEE INCREASE</b>	No fee increase but lets fee increase prohibition sunset on Oct. 1, 2009	No fee increase but lets fee increase prohibition sunset on Oct. 1, 2009	<i>FRA continues to monitor legislative process to ensure a fee increase is not enacted.</i>
<b>COLA</b>	Eliminates 2013 COLA cut	No similar provision	<i>FRA supports the House provision and opposes efforts to reduce military retired cost-of-living adjustments (COLA)</i>
<b>CONCURRENT RECEIPT</b>	Authorizes concurrent receipt from Jan. 1–Sept. 30 for medically retired with less than 20 years of service (Chapter 61) and 90% – 100% disability ratings	No similar provision	<i>FRA supports <u>full</u> concurrent receipt for <u>all</u> disabled service members and supports House provision</i>
<b>EXTEND TRICARE ELIGIBILITY FOR RESERVES</b>	Expands TRS from 90 to 180 days before mobilization. Currently only 90 days before mobilization	No similar provision	<i>FRA supports the House provision</i>
<b>TRICARE/ MEDICARE COVERAGE</b>	No similar provision	Exempts TRICARE beneficiaries under age 65 who become disabled from the requirement to enroll in Medicare Part B for the retroactive months of entitlement to Medicare Part A in order to maintain TRICARE coverage.	<i>FRA supports Senate provision</i>
<b>NAVY</b>	Changes name of Sec. of the Navy to Sec. Navy and Marine Corps	Has no name change provision	<i>FRA supports the Department name change</i>
<b>EDUCATION ASSISTANCE</b>	Authorizes \$50 million in aid to schools impacted by military population	Authorizes \$30 million in aid to schools impacted by military population	<i>Supplemental DoD impact aid enhances funding from the Department of Education</i>
<b>EXTRA POV</b>	Allows 2 <sup>nd</sup> POV in US territories, Alaska and Hawaii	No similar provision	<i>FRA supports House provision</i>
<b>PCS MOVES</b>	Increases weight allowances for shipment of household goods for E-5 through E-9	No similar provision	<i>FRA supports increases in weight allowances for PCS moves for senior enlisted</i>
<b>BAH</b>	Study accuracy of BAH rates	No similar provision	<i>FRA supports House-authorized study</i>
<b>HELP FOR WOUNDED WARRIORS</b>	Monthly compensation for catastrophically injured can receive help with daily living tasks	Provides special compensation for designated caregiver	<i>FRA supports both provisions</i>

## COMPARISON OF THE TWO NDAA BILLS

ISSUE	HOUSE (H.R. 2647*)	SENATE (S. 1390**)	COMMENTS
PTSD	Pilot project for post-deployment mental health screening	Person-to-person mental health screening for those exposed to operational risk factors during deployment.	<i>FRA supports both provisions</i>
COAST GUARD	Would authorize civil legal assistance for CG Reservists	No similar provision	<i>FRA supports House provision</i>
CHILD CUSTODY	Prohibits child custody changes while parent is deployed	DoD report on child custody disputes on deployed troops	<i>FRA supports both provisions</i>
MILITARY OVERSEAS VOTING	Creates Overseas Voting Advisory Board to study obstacles to voting	No similar provision	<i>FRA supports improved voter participation and an accelerated military mail process for overseas military ballots</i>

\* Provisions reported on are based on House legislation (H.R. 2647) that passed the House on July 6, 2009.

\*\* Provisions reported on are based on Senate legislation (S. 1390) that was approved by Senate Armed Services Committee July 2, 2009.

## Smoking Law Includes Roth Retirement, Survivor Benefit Provisions

Recently enacted legislation (PL-111-31) to regulate tobacco products also includes two important provisions that impact FRA members. The law allows active duty military and federal civilian employees a Roth savings alternative under the federal Thrift Savings Plan (TSP). Under the Roth option, contributions would be made after taxes, but distributions in retirement would be tax-free.

The measure also increases the Special Survivor Indemnity Allowance paid to widows affected by the Survivor Benefit Plan/Dependency and Indemnity Compensation (SBP/DIC) offset. Previous law limited the allowance to only \$50 per month for 2009, with increases to \$100 in FY2014. The new legislation increases the allowance to \$150 per month in 2014, and gradually increases to \$310 per month in 2017.

## Education Update

The Defense Department recently announced its policy for transferring Post 9/11 GI Bill educational benefits to spouses and children. The new benefit takes effect August 1, 2009, and allows career service members who have served for at least six years and agree to serve four additional years to transfer all or part of their education entitlement to one or more family members.

Eligible service members may make transfer designations by visiting the Web site [www.dmdc.osd.mil/TEB](http://www.dmdc.osd.mil/TEB). The full transferability policy is available at [www.fra.org/transfer](http://www.fra.org/transfer).

---

The FRA Legislative team is Joe Barnes, National Executive Director; John Davis, Director of Legislative Programs and Branch 181 President; Bob Washington, Health Care Advisor and Outreach Manager; Chris Slawinski, National Veterans Service Officer and Ed Dockery, Assistant Director of Legislative Programs.



# A SALUTE

...to the dedicated men and women of the United States Coast Guard on their 219th Birthday.





[www.geico.com](http://www.geico.com)



UNITED CONCORDIA

[www.TRICAREdentalprogram.com](http://www.TRICAREdentalprogram.com)



[www.express-scripts.com](http://www.express-scripts.com)



[www.bergmanlegal.com](http://www.bergmanlegal.com)



# Thank You

for making our nation  
a safer place.



[www.deltadental.com](http://www.deltadental.com)



[www.turbotap.org](http://www.turbotap.org)



[www.triwest.com](http://www.triwest.com)

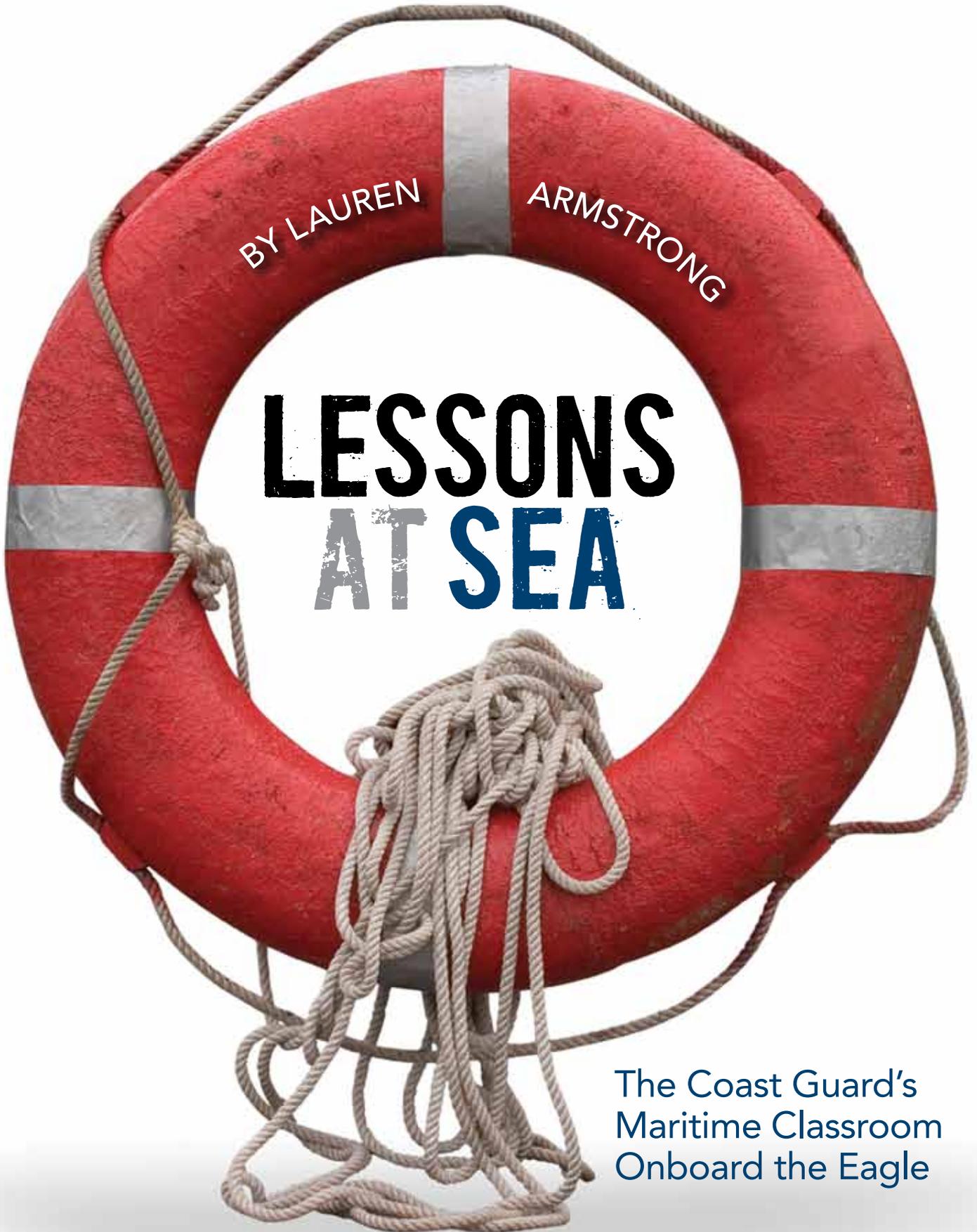
## MARSH

Affinity Group Services  
a service of Seabury & Smith

[www.frainsure.com](http://www.frainsure.com)



[www.fra.org](http://www.fra.org)



The Coast Guard's  
Maritime Classroom  
Onboard the Eagle



All photos courtesy of United States Coast Guard



Left: Seaman Kathryn D. Turner overhails the jibs and staysail in preparation for hoisting while sailing the California coast.

Right: 3/c Joe Liffbrig stands lookout watch on the Eagle.

Approximately 3,000 young men and women apply each year for admission to the U.S. Coast Guard Academy. The 10 percent who are selected are exposed to a wide array of learning experiences, but none as uniquely instructive as their assignment aboard U.S. Coast Guard Cutter Eagle.

Each summer, the 295-foot square-rigged barque serves as a training vessel for Academy cadets and Officer Candidate School (OCS) candidates. A permanent crew of six officers and 50 to 55 enlisted personnel provide a hands-on learning experience for up to 150 future officers at a time. Even though the other vessels in today's Coast Guard are more technologically advanced, sail training still provides a strong foundation for seamanship.

Freshmen, or 4th class (4/c) cadets, typically spend one week aboard Eagle, often called "Swab Summer." In the summer between their freshman and sophomore years, 3rd class (3/c) cadets spend approximately six weeks aboard for an extended cruise, performing tasks normally assigned to enlisted crew members. A few 1st class cadets (seniors) are selected to serve a third tour aboard Eagle, assuming the duties traditionally assigned to junior officers. And throughout the summer cruises, both the cadets and enlisted crew members have the opportunity to experience personal and professional growth.



## OPERATIONAL STRUCTURE

The crew is generally divided into the deck force, the engine room, and cooks and supply personnel. The deck force personnel, or “deckies,” stand watch, man the helm, handle the more than 22,000 square feet of sail, 200 lines and five miles of rigging and perform the day-to-day maintenance required to keep Eagle in top shape. Engine room personnel are responsible for keeping the 1,000-horsepower diesel engine and the two generators in good working order, and teaching cadets about the ship’s machinery and equipment, engineering fundamentals and damage control procedures. During their galley assignment, cadets learn about sanitation, food preparation and perform scullery duty. (See article on p. 23.)

The Eagle crew also includes medical personnel to handle minor illnesses and injuries, and train the cadets in basic medical procedures. HS1 Jon Mays, a Coast Guard Reservist from Illinois, is serving a four-month tour aboard Eagle. “We’re in pretty confined quarters here,” explains Mays, “so if someone develops a cough, for example, it can spread quickly. Our sick bay can handle things like colds, sore throats, stitches and castings, but we have to medicate people for more serious emergencies. We teach the cadets the importance of maintaining weight and other health standards and train them in basic first aid and triage.”

The cadets spend an equal amount of time on deck, in the engine room and in the galley during their summer aboard Eagle, says Lt. Chris Nolan, operations officer for Eagle. “When the ship is underway, however, all hands are often called to handle the sails, regardless of their assigned duties,” explains Nolan. “As a result they may spend a bit more time on deck, but it really is a total learning experience.”

## AT-SEA CLASSROOM

For most cadets and many of the enlisted crew members, Eagle is their first exposure to the open ocean and the challenges associated with working in such an unpredictable and unforgiving environment.

“Aboard Eagle, the future leaders of the Coast Guard get their first taste of the maritime environment,” says Lt. Nolan. “The ocean is what ties all the Coast Guard’s varied missions together, and aboard Eagle, Coast Guard leaders get to know the ocean first hand, in all her moods.”

“We teach so much more than sailing,” continues Nolan. “A sailing ship is a microcosm of the world in general, and our crew needs to learn how to manage finite resources in an efficient way in order to get a job done. While the knowledge of what a clewline or bunt-leechline is may fade,



Left: Cadets report to the Eagle to learn seamanship, navigation, and shipboard engineering.

Middle: 1/c cadet Hohnstadt (left) teaches 3/c cadets about software that can be used to simulate various ship-board activities.

Right: Vice Adm. Robert J. Papp addressed the audience during a change of command ceremony aboard Cutter Eagle.

“serving those you lead. If you can help meet their needs, they’ll be able to meet the service’s needs.”

It’s one of the enlisted crew’s primary responsibilities to teach these lessons. “During [Eagle’s recent] change-of-command ceremony, Vice Admiral [Robert J.] Papp, [Jr., Commander of Atlantic Area and Defense Force East,] spoke of the enlisted crew as college professors teaching a very select group of students,” said Johnson. “They are fundamental and integral, from start to finish and everything in between, in the development of young Coast Guard officers.”

## TEACHING AND LEARNING LEADERSHIP

Teaching and learning responsibility comes naturally on a ship at sea. The Coast Guard promotes the Eagle experience as “an unparalleled opportunity...to develop confidence, courage and good judgement, [where future officers] must learn to work together as a team, be decisive in circumstances that can be both frightening and physically demanding.” But the aspiring officers aren’t the only ones learning these valuable skills. These attributes and life lessons are also applicable to the development of the enlisted crew serving aboard Eagle.

BM2 Kathleen Flynn believes the cadets learn from the crew and the crew learns from the cadets. “We’re teaching the cadets respect and responsibility and that there are consequences for everything we do on the ship. I try to put myself in their shoes,” Flynn says of her 18 months aboard Eagle. “The cadets have taught me that if things aren’t going the way I want, it’s up to me to adjust my leadership style.”

“The non-rates are all pretty young,” says SN Travis Baker, a 21-year-old deck hand who’s in his second year aboard Eagle. “We have a lot of responsibility put on us, and we have to step up and be confident. We teach the cadets the same lessons. We help establish a foundation that they’ll carry with them throughout their Coast Guard careers.”

Building an effective team is also part of the educational process, and it’s not without challenges.

“We’re the cadets’ first experience with the ‘real’ Coast Guard. The crew has more experience and the cadets

the experiences cadets and officer candidates receive aboard Eagle will last their whole career and, hopefully, their whole lives. Aboard Eagle, trainees learn how to work together, how to work with — not against — the ocean, how to lead themselves and their peers, how to conquer fears for the common good and how to be a good shipmate.”

Eagle really is an extension of the land-based classroom, explains Ensign Craig Johnson, who speaks from a wealth of Eagle experience. In addition to his Swab Summer and a five-week cruise as a 3rd class cadet, he was one of 20 1st class cadets selected to serve as part of the upper-class cadre that supervises the instruction of basic leadership lessons. Johnson is currently assigned to Eagle once again, this time working to qualify as an Officer of the Deck (OOD) in his first operational assignment following his recent graduation from the Academy.

“The lessons you learn in the classroom get put into action on Eagle,” says Johnson. “When I was a freshman, my Eagle tour was so much bigger than anything I’d experienced before. It made me realize how much I had to learn. As a 3rd class, the forced interaction helped develop a sense of camaraderie that is really important. My cadre summer was all about leadership, managing and motivating people. I learned that you don’t just tell people what to do; you find different ways to get the results you’re looking for. It’s about

are ignorant [when they first come aboard], so there's occasionally some animosity," adds SN Katy Turner, a deckie assigned to the main mast. "Work ethic is the standard here."

The training curriculum requires the cadets and crew to work side-by-side. For example, they stand double watches together, alternating an hour at the helm with an hour at look-out from 0800 to 1200, and again from 2000 to 2400. And it takes genuine teamwork to sail the square-rigger.

"It's easy to turn a 378 [foot cutter]," says 1/c Kris Lopez, a member of this summer's cadet cadre. "But it takes more than 60 crew members to turn *Eagle* under sail. It's all about teamwork. The cadets and crew all have to work together, which is part of the challenge. As we work side-by-side, my perspective of leadership is melding with their perspective on leadership. What I think of myself as a leader really isn't important. What's important is what those I lead think of my leadership abilities."

## HARD WORK, BIG REWARDS

Most cadets and crew members agree that a tour on *Eagle* is a once-in-a-lifetime experience, but it's not exactly a pleasure cruise. It's a challenging assignment to be sure, but nearly all agree the rewards are worth the effort.

"*Eagle* tours are often dreaded, because it can be dreadful," explains Ensign Johnson, whose five-week cruise included a trans-Atlantic voyage to Germany. "It was freezing cold, I was seasick, I was ready for the cruise to be finished. But getting to know my classmates and developing that sense of unity was so important."

"Before I came aboard, I had already made up my mind that I was not going to enjoy this part of my summer," writes 3/c Kimberley Hubert in *Eagle's* online journal. "However, from what I have experienced, *Eagle* is its own experience; you cannot compare it against anything else."

"I was hesitant at first," adds 1/c Lopez. "Some cadets don't enjoy their cruise. I didn't volunteer as part of the cadre, but I'm enjoying the summer. The positive attitude aboard *Eagle* is infectious."

And it's that sense of teamwork and pride that makes the hard work worthwhile, says SN Turner with a smile. "We do a lot of painting, sanding and rigging maintenance during the summer. In winter, we do the heavy maintenance. When you look back from shore and see what you've done, the outcome outweighs the hard work," she says. "It's challenging work, but it's rewarding to see the crew and cadets succeed. I'm really proud of my work on *Eagle*."

SN Baker agrees. "You learn so much onboard *Eagle*. You don't realize it until you leave, but you learn things you can't learn in other Coast Guard units. This is a unique assignment and it can't be taken or earned easily. When you step back and look at all the small things we do, you can see the bigger picture."

The rapport that develops between the crew and cadets sets the tone for the kind of relationships the future officers will have with those who may serve with them in the future.

"The crew is the best part of this assignment," echoes BM2 Flynn. "We all work hard on a daily basis, but I get to do it with great people. The cadets take orders from the enlisted crew and the cadre (senior cadets), but we also get to know each other really well. They're cadets, but they're also shipmates."

3/c Daniel Woodman expressed similar sentiments in his online journal entry. "*Eagle* has also allowed me to

## A TRAINING VESSEL SINCE 1936

*Eagle's* rich and storied past began at the Blohm & Voss Shipyard in Hamburg, Germany. Built in 1936 as a training vessel for German Naval Cadets, the ship was commissioned by Adolf Hitler and named for a prominent member of the Nazi Party, Horst Wessel. Although Germany's military shipbuilding efforts were severely restricted by the Treaty of Versailles at the end of World War I, her engine room and frame replicated German U-boats of the era. In the years leading up to World War II, Germany was able to train many U-boat machinists and officers on Horst Wessel and her sister ships.



interact with a wide variety of classmates and crew in ways that the Academy could not do. Talking to some of the enlisted crew while on watch has allowed me to gain a new perspective on how to be an officer in the Coast Guard.”

“After speaking with enlisted members and officers throughout all branches of the military, I continue to get the same advice; ‘Be good to your people and they will be good to you!’” says 3/c Ryan Sherman in Eagle’s online journal. “My summer experience [on Eagle] has given me an even greater respect for what the enlisted men and women of the armed services do on a day-to-day basis to make the ship move smooth.”

“When the cadets leave Eagle, we know they’ll be good officers,” says SN Turner. “We know because we taught them.”



**Left: Cadets pass supplies from the pier onto the Coast Guard Cutter Eagle to prepare for its three week stint.**

N.H., with a scheduled return to New London in mid-August.

Coast Guard Academy cadets have been training aboard sailing ships since 1878, when they sailed aboard the new Cutter

Chase. The tradition continues today as each crew member, cadet and officer candidate is touched by Eagle’s history in unique ways. For example, when Ensign Craig Johnson sailed aboard Eagle as a 3rd class cadet in 2005, he was part of her homecoming to Germany. “We sailed from New London to Germany,” he explains, “and the engineer from the original restoration was part of our crew. When we arrived in Germany, it was amazing. There were former Nazis, kids, huge crowds to welcome us. It really gave me a new perspective on Eagle’s history.”

Preserving that history is part of the Eagle experience, says SN Travis Baker. “It’s not just working on the boat; it’s keeping history going. We don’t talk about it a lot, but the ship’s history is a big thing. She’s an old lady,” he says respectfully, “and we’ve got to help her out. If we don’t care for her, she won’t be here for future generations. I enjoy keeping her in good shape for others to enjoy.”

In addition to her training mission, Eagle also serves an important recruiting and public relations function. “We’re not only training the cadets, we’re in the public eye,” adds Baker, who sometimes feels the pressure of being in the spotlight. “When we were coming into Bermuda, there were thousands of people watching. I was line captain and I was shaking. It’s a lot of responsibility.”

During her port calls, Eagle serves as a goodwill ambassador for the United States and the Coast Guard. She is open for tours with cadets and officer candidates acting as guides for the more than 75,000 visitors who cross her decks each year.

Lt. Chris Nolan, Eagle’s operations officer, sums it up best, “Eagle is the Coast Guard’s highest visibility platform and routinely makes foreign port calls in support of Coast Guard and Department of State objectives. These visits also give our crew and cadets an opportunity to experience other cultures. Having the public aboard Eagle provides another vehicle for the Coast Guard to tell its story.”

Following Germany’s defeat in WWII, Horst Wessel was taken as a war prize by the United States. The three-masted barque was listing to port when she was found partially aground in Bremerhaven, Germany, her rudder and hull severely damaged, and her rigging gone.

Major repairs were made and she was commissioned into the U.S. Coast Guard as the Eagle on May 15, 1946, becoming the seventh U.S. Navy or Coast Guard vessel to carry the name since 1792. A crew of Coast Guard personnel, assisted by her German captain and crew still aboard, sailed her from Bremerhaven to New London, Conn. Since then, she’s undergone numerous upgrades to modernize her mechanical and electronic equipment, as well as refitting the berthing areas to accommodate both male and female cadets.

Each summer Eagle embarks on a lengthy training cruise, traveling to the Caribbean, Europe or the Pacific Coast before cruising along the East Coast as she returns to her home port at the Coast Guard Academy. This year, she left New London in mid-April and traveled to Spain, Monaco, France, and Bermuda before arriving in Charleston, S.C. in late June, where she participated in the city’s HarborFest with a dozen other tall ships. She then traveled up the East Coast to Boston; Halifax, Nova Scotia; Rockland and Portland, Maine; and Portsmouth,



**Lauren Armstrong** is the Contributing Editor and an LA FRA Member at Large. She can be reached at [lauren@fra.org](mailto:lauren@fra.org).

# SERVING THOSE WHO SERVE

## Semper Paratus

TriWest Healthcare Alliance thanks the brave men and women of the US Coast Guard for keeping us safe for more than 200 years.

Rest assured that while you protect our freedoms on the seas, we are protecting your family's health at home.

TRICARE's west region beneficiaries can visit [www.triwest.com](http://www.triwest.com) to manage their health care online, anytime, from anywhere in the world.

You're "Always Ready," and so are we.



Providing access to quality health care for 2.7 million members of America's military family in the 21-state TRICARE West Region.  
1-888-TRIWEST (874-9378) ★ [www.triwest.com](http://www.triwest.com)

# Food for the Field, Sea and Soul

To paraphrase Napoleon, the military travels on its stomach. Service members must eat well to perform well, but food is more than just nourishment for today's troops. Filling the stomach is also an essential part of feeding the soul, particularly to personnel serving in combat and remote areas.

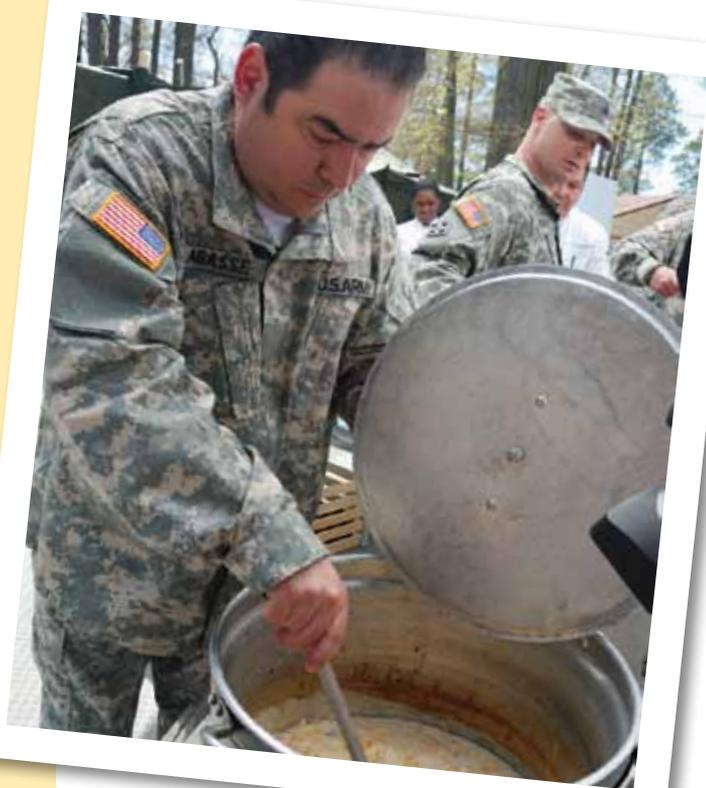
Providing nourishing and flavorful meals to hundreds of hungry troops is a challenge under the best of conditions, but it's particularly difficult when rations are limited and preparation facilities are less than optimal. Celebrity **Chef Emeril Lagasse (shown above)** highlighted this and other military food challenges in two recent television specials focused on military members and their families, which debuted on June 29th. (Visit <http://planetgreen.discovery.com/tv/emeril-green/> to learn more about the specials.)

"Food is obviously important to our fighting force. If our troops aren't well nourished, they aren't going to be able to fight," explained Chef Emeril in an interview with FRA. "Feeding 800 [troops] while dodging bullets is a challenge to be sure, but the hardest part is never knowing when you'll have to pull out. As conditions change, so do meal plans. When you're relying on planes to deliver the food and the kitchen, it's a huge challenge."

**FS2 Jerry Lewis (shown below)**, a cook aboard USCGC Eagle, agrees. Preparing up to 240 meals per sitting in the tight galley space aboard Eagle is just one of the challenges.

"When things change in an instant, it can create a difficult situation. We're here to train future Coast Guard leaders to manage in difficult situations," explains Lewis, who has been educating Coast Guard Academy cadets and officer candidates on at-sea kitchen duties for the past year. "I hope they'll learn what cooks go through, such as trying to cook or bake in 15- to 20-foot seas. I want them to demand excellence of themselves."

"I want the crew and cadets to feel at home, like we're a family. I try to pay attention to the little



things," adds Lewis.

"It's also important to be sensitive to folks' food allergies or those who are strict vegetarians. I try to feed them like they're family. It makes them know they are cared for."

"Better food means better morale. It's often a tie to home," echoes Lagasse.

Despite the challenges, military cooks are providing tasty and nutritionally balanced meals in a variety of ways. Meals Ready-to-Eat (MREs) are improving in quality and, according to Lagasse, the quality of the bulk rations is also very high. "I'm super impressed with the quality of the ingredients, the great kitchen equipment and the high level of training" available to military cooks.

"I was taught that good nutrition begins with me," says Lewis. "I'm the first line of defense in keeping the crew healthy. It's not about what I want, but about what helps accomplish the mission and keeps the crew healthy and happy."

Chef Lagasse also reminds us that healthy eating isn't just a concern for those serving on active duty. Nutritional needs are important for all of us, particularly for service members transitioning from military to civilian lifestyles. The high-carbohydrate, high-protein fare served in the field is critical for performance on the battlefield, but can result in weight gain and other health problems if service members' daily routine becomes more sedentary.

"I believe we need to coach these folks as they transition to civilian life," offers Lagasse. "We need to educate them about calorie intake and exercise, and we also need to reeducate them about civilian food, including the seasonality of fresh fruits and vegetables and shopping at farmers' markets."

All *FRA Today* readers are encouraged to participate in our August "Your Voice" Teleconference, which focuses on healthy lifestyles. The call begins at noon (EDT) on Wednesday, August 12th. To participate, dial 1-800-391-1709 and then enter bridge number 444143 to access the call.



Photos courtesy of FRA (bottom) and Planet Green (top).

## Welcome Branch 294

**WE'RE PROUD TO WELCOME** FRA's newest branch, Branch 294 in Crossville, Tenn. Establishing a new branch requires dedication, tenacity, great organizational skills, and most of all, a wide array of leadership skills. It was my distinct honor and privilege to work with Richard Martin, the Navy retiree who demonstrated all of these as he built this new branch from the ground up.

When Martin started thinking about a new branch, he had more questions than plans. He was not a member of the FRA and had no idea who might be interested from his community, where meetings would be held, who would serve as officers, how to reach prospective members or what activities might attract them. It took courage for him to take the first step by securing the Crossville senior center for the first organizational meeting and advertising the time and date in the local paper. After a few prospects attended that first meeting, Martin scheduled additional meetings and the momentum began to build as

more folks demonstrated an interest in joining the FRA.

There are numerous administrative requirements to establish an FRA branch, and Shipmate Martin worked hard to learn about these requirements and also become familiar with the structure of our Association. He asked questions about branch meetings, working committees, and the rules related to branch formation. He poured over FRA's Administrative Manual, Recruiting Manual, and our Constitution and Bylaws to become Crossville's resident expert on FRA. Building these FRA competencies helped him promote the Association and new branch, and will be invaluable as he assumes the role of branch president.

Shipmate Martin's initial motivation for starting the branch was based on his desire to ensure retirees, veterans and their survivors in his community were well informed about benefits. He believed a new branch could make a difference in their lives and, with a growing membership, their

voices could be heard more effectively through FRA's legislative advocacy. He was forthright and direct as he made these points to prospective members, and his sincere commitment paid off. It's important to note that FRA requires a minimum of 25 members to start a new branch, but Martin's inspired leadership influenced 39 members to either join the FRA or transfer in from other branches.

Branch 294 was instituted as part of the Association's Southeast Region on June 27, 2009. Shipmate Martin's demonstrated leadership will be an asset as the branch grows and thrives. Bravo Zulu, Shipmate Martin and Branch 294!

If you would like more information on forming a new FRA Branch in your community, please contact me at [Penny@fra.org](mailto:Penny@fra.org) or 1-800-FRA-1924, ext. 123.



Penny Collins

---

**Penny Collins** is a member of FRA Branch 24 in Annapolis, Md. and can be reached at [penny@fra.org](mailto:penny@fra.org).



Members of Branch 294 pose following initiation and installation ceremonies in Crossville, Tenn. Branch organizer and newly-installed Branch President Richard Martin is standing in the back row, holding the Branch Charter. Other dignitaries on hand for the ceremonies included (seated, l to r) Shipmate Richard Zinser, FRA National President Don Muccheck, Branch 194 President Bobby Smith (kneeling), FRA Past National President George Kaye, Southeast Regional President John Sutton, Shipmate Bobby Johns, and FRA National Vice President Gary Blackburn.

# A TIMELY SALUTE TO THE U.S. NAVY



Artwork honoring the power and pride of the U.S. Navy is yours for the first time in a hand-crafted Cuckoo Clock

The U.S. Navy has defended the shores of freedom since the days of the American Revolution. They serve the country with honor, manning the decks of mighty aircraft carriers and "Tin Can" destroyers, ready at a moment's notice to sail the seven seas in the name of liberty.

## Honor the Heroes of the High Seas

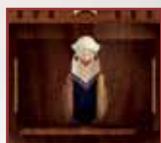
Pay tribute to the proud history of the U.S. Navy every day with this Cuckoo Clock featuring artist Dennis Lyall's montage imagery. Hand-crafted with a real wood case, sculpted artist's resin adornments and Old World styling, this handsome timepiece features soaring eagle sculpture at the top, flanked by sculpted U.S. and Navy flags. A precise quartz movement powers the clock's hands as well as the pendulum underneath. And, at the beginning of each hour, the door at the top of the cabinet opens...and a hand-painted, sculptural cuckoo in a sailor's uniform emerges with a chirping melody.

### Strictly Limited...Order Today!

Strong demand is expected, so act now to acquire *Hour of Glory* Cuckoo Clock at its \$149.95\* issue price, payable in five installments of \$29.99 each. Your purchase is backed by our 365-day money-back guarantee. Send no money now. Just mail the Reservation Application today!



Classically designed cuckoo clock makes an elegant addition to any decor.



Sculptural cuckoo in a sailor suit announces each hour.



Clock case shown much smaller than actual size of appr. 18 inches tall x 3 inches deep

Requires 2 "D" and 1 "AA" battery, not included.

Neither the U.S. Navy nor any other component of the Department of Defense has approved, endorsed, or authorized this product.

#### RESERVATION APPLICATION

### THE BRADFORD EXCHANGE

9345 Milwaukee Avenue · Niles, IL 60714-1393

THE *Heart* OF COLLECTING®

**YES.** Please reserve the *Hour of Glory* Cuckoo Clock for me as described in this announcement.

Limit: one per order. **Please Respond Promptly**

Signature \_\_\_\_\_

Mr. Mrs. Ms. \_\_\_\_\_  
Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

**01-04492-001-E27943**

\*Plus a total of \$15.99 shipping and service. Limited-edition presentation restricted to 295 crafting days. Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

collectiblestoday.com

Home of The Bradford Exchange and All Things Collectible

© 2008 BGE 01-04492-001-B1



**BRANCH 282 LITTLE ROCK, ARK.**

Morgan Swaree received a \$5,000 Savings Bond from (l to r) PRPNC Ruth Fuller, PRPSC Vern Fuller and PRPSC Forest (Jack) Harrell for her entry in FRA's Americanism Essay Contest. Morgan, a seventh grader from Conway, Ark., won first place at the branch and regional level and placed third in the national competition.



**BRANCH 11 FORT WORTH, TEXAS**

Members of the branch and unit pose with Capt. T. D. Smyers (center), CO of NAS JRB Fort Worth, at the 2nd Annual Interservice Chili Cook-Off. Branch 11 donated the first annual "Captain's Cup" trophy for the captain's favorite chili.

**BRANCH 186 HERNANDO, FLA.**

Cadets from the Navy JrROTC unit at Crystal River High School were recognized for outstanding leadership, discipline and self-reliance. Shown (l to r) are Branch Secretary Bob Huscher, Sophomore Devan Brown, Senior Kyle Bosanko, Freshman Heather Carson, Junior Ashley Rietsch and Shipmate Tim Donovan.



**BRANCH 281 REDDING, CALIF.**

All active duty Navy recruiters and the zone supervisor from the local area were installed as new members at a recent branch ceremony. Shown (l to r) are PRPWC Lee Hollowell, ATCS Michael Walters (Zone Supervisor), YN1 Jennifer Creekmore, MM3 Dustin Ferreira, MM2 Chad Merritt, FC1 Steven Newberry (RinC), NRS Redding, IT2 Casey Mason, Branch President Alfred (Mike) Braden and Secretary/Treasurer Steve Matthews.



**BRANCH 71 LONG ISLAND, N.Y.**

Shipmates (l to r) Joe Servanka, Ed Chin, William Thomas, Branch President Anthony Merolle, PRPNE Godfrey Mahler, RPNE Jim Brown, Donald Decker, Paul Chase, and Richard Sprague pose after installing new branch officers.

**BRANCH 77 GREEN VALLEY, ARIZ.**

PNP Tom Heany (right) and Branch President Joel Greenberg (far left) presented awards to (l to r) MMFN Sammual Diaz, ET2 Kevin Barron and STS1 Gregory Casper, USS Tucson (SSN-770) Sailors of the Year.

**BRANCH 59 CHEYENNE, WYO.**

Shipmates Janeth Seyfang (left) and Wendy Jordan served together nearly 30 years ago, but neither recognized the other until Jordan brought her 1980 company book from Recruit Company 3028 at Orlando Training Center to a branch meeting. That's when they realized SK1 Jordan had been a recruit under PHC Seyfang from December 1979 to February 1980.

**BRANCH 126 JACKSONVILLE, FLA.**

FRA National President Don Muckeck congratulates Shipmate Douglas McIntyre on his 60 years of continuous FRA membership, as Branch President Bill Kulier looks on. McIntyre celebrated his 90th birthday a few days later.

**BRANCH 89 ATLANTA, GA.**

FRA's national essay contest winner Sara Cole (left) poses with her mother after receiving her various regional, national, and overall national winner plaques and certificates at the branch's essay contest award ceremony. (Photo by Jeff Warren of the Pickens County Progress.)

**BRANCH 210 MILTON, FLA.**

Local U.S. Naval Sea Cadets Corps form up for a Flag Burning Ceremony at the Branch Home.

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

# PUBLIC NOTICE:

Only  
**\$19.95**



## Special Release of Brilliant Uncirculated 2009 U.S. Silver Eagles Under \$20!

### First-Time Offered:

The New York Mint announces to the public this special one-time release of 10,000 silver coins from the U.S. Treasury. With the economic crisis sparking an enormous demand for pure silver coins, a national shortage has occurred. U.S. citizens can now take advantage of this exclusive offer—with prices guaranteed for 24 hours from the issue date of this publication. Not just common silver pieces, these are authentic, legal-tender 2009 U.S. Silver Eagles in Brilliant Uncirculated condition struck by the U.S. Mint—for **only \$19.95!**

### An Immediate Sell-Out is Predicted

You may never again have the opportunity to own these coins at this price. With an unpredictable economic outlook worldwide, coupled with the falling dollar and stock market uncertainty, demand for these exceptional coins is exploding as collectors and investors scramble to hoard U.S. silver coins for their pure precious-metal content. The U.S. Mint does not sell these hefty Silver Eagle Dollars direct to the public. Now, you can obtain them through this officially-authorized release. However, while these pure silver treasures may be timeless, this offer is not.

### Don't Miss This Hot Opportunity: Order Now!

Consider that the number of coin collectors has sharply risen to over 50 million today, you may never get a second chance to capitalize on this opportunity. Order now while our limited supplies last. Prices and orders subject to availability. Orders will be processed on a strict first-come, first-served basis in the order in which they are received. Sold-out orders will be promptly refunded. Your satisfaction is assured by our 30-day money-back guarantee. Due to the market demand for these coins, we must issue a strict limit of 20 coins per customer—**all for just \$19.95 each.** No dealers please. Order your coins today!

### PLEASE: No Dealers or Retailers.

Act now! Buy more and save with one low shipping price!

100% Satisfaction Guarantee.

A one-time shipping charge of \$7.95 will be applied to each order. Offer open to the public and New York Mint customers. Coin dealers are prohibited from this offer.



**New York Mint**  
Edina, MN

©2009 Not affiliated with the U.S. Government.  
Products shown are not actual size.

# 800-585-9240

ext 5767

# A floor lamp that spreads sunshine all over a room

*The Balanced Spectrum® floor lamp brings many of the benefits of natural daylight indoors for glare-free lighting that's perfect for reading.*

Ever since the first humans built a fire in their dark cave, people have realized the importance of proper indoor lighting. But ever since Edison invented the light bulb, lighting technology has, unfortunately, remained relatively prehistoric.

Modern light fixtures do little to overcome problems associated with improper lighting, such as eyestrain, dryness, and burning. As more and more of us spend longer and longer hours in front of our computer monitor, these problems are compounded. And the effects of improper indoor lighting are not necessarily limited to a physical problem: the quantity and quality of light can also play a part in both our mood and work performance.

Studies show that sunshine can both lift your mood and enhance your energy levels. But as we all know, the sun does not always shine. Now, however, there's a solution to

the problem— The **Balanced Spectrum® floor lamp** will change not only the way you see, but also the way you feel about your living and work spaces. It brings the benefits of natural daylight indoors, simulating the full spectrum of daylight.

The **Balanced Spectrum's** 27-watt compact bulb is brighter than a 100-watt ordinary light bulb. With the lamp's sharp visibility, you will see with more clarity and enjoyment in close tasks such as reading, writing, sewing, and needlepoint. It is especially helpful for aging eyes.

**Experience sunshine indoors at the touch of a switch.** This amazing lamp is not only easy on the eyes, it is easy on the hands as well, featuring a special "soft-touch, flicker-free" rocker switch that is easier to use than traditional toggle or twist switches. And its flexible gooseneck design enables you to get light exactly where you need it. The high-tech electronics, the user-friendly design, and a bulb that lasts 10



*You don't need the sun to get the natural benefits of daylight*

- See with clarity and enjoyment
- Creates natural, glare-free light
- Provides sharp visibility
- Flexible gooseneck design
- Instant-on, flicker-free light
- Pays for itself in energy savings over the life of the bulb

## This light can change the way you live and work

*It provides excellent lighting which is very close to true daylight. The lamp itself is light enough to be moved easily around a room and an office. The glare-free characteristics provide a very non-stressful illumination for prolonged reading.*

—Stanley G., M.D.

*As soon as I turned on the lamp and began to read the newspaper I could see the wonderful difference. This lamp is just what I needed. Thank you so much.*

—Donna E.

*Your lamp has been a wonderful help to me in reading my newspaper and magazines. I would hate to be without this lamp, it's made such a difference in my life.*

—Kenneth K.

Dozens of testimonials on file.  
Results not typical.

**Technology revolutionizes the light bulb**

- Save almost \$61 over the life of the bulb
- 8,000 hours bulb life
- Energy efficient
- Shows true colors

times longer than an ordinary bulb—all these features make the **Balanced Spectrum® floor lamp** a must-have.

**Try the Balanced Spectrum® floor lamp for the best value ever!** Now more than ever is the time to spread sunshine all over the room in your home at this fantastic low price! The **Balanced Spectrum® floor lamp** comes with *firstSTREET's* exclusive

guarantee. Try this lamp for 90 days and return it for the product purchase price if not completely satisfied.

**Balanced Spectrum® floor lamp** ..... was ~~\$59.95~~

**Call now for \$10 instant savings!**

**Only \$49.95 each** + S&H

\*Order two **Balanced Spectrum®** floor lamps and get **FREE shipping** on both lamps.

\*Free shipping within the contiguous 48 states only.

**Please mention promotional code 38356.**

For fastest service, call toll-free 24 hours a day.

**1-888-299-8933**

*We accept all major credit cards, or if you choose, you can pay by check over the phone.*

*To order by mail, please call for details.*

**www.balancedspectrum.com**

**firstSTREET**  
for Boomers and Beyond®

1998 Ruffin Mill Road  
Colonial Heights, VA 23834

All rights reserved. © 2007 TechnoBrands®, Inc.

NAME	BRANCH	NAME	BRANCH
Ackerman, Charles M., MM1	040	Gillingham, Robert C., YN1	194
Ahern, Maurice B., YNCS	177	Gladysz, Stephen Robert, HMC	163
Alberte, Frank A., USN RET	018	Goble, Clifford L., SKCS	162
Andrews, William M., CWO3 USN	094	Goodhew, Darrell K., AOCS	094
Anunziatta, James M., SN USN	214	Goodwin, Robert L., CAPT USN	099
Architzel, Raymond, YNC	219	Gottron, William J., CPO USN	MAL
Armstrong, William J., ADRC	110	Gregg, Robert S., CS1	161
<b>Arthur, Lewis D., TMC</b>	<b>347</b>	Gregorio, Ramon Z., ENC(SS)	MAL
Ashley, Tipton, HM1	MAL		
<b>Atkins, Glen M., AKCS</b>	<b>061</b>	Haislip, Charles W., ENC	163
		Hall, J. Lyman, AKC	259
Bailey, Leotis E., MM1	MAL	Hamilton, John D., Jr., ADRC	126
Barbee, William S., MSGT	009	Hannah, Norman A., AMCS	057
Barnes, Frederick W., ATC	256	Hardin, William R., BM1	126
Benjamin, Warren H., SFCS	175	Harding, Joe C., Jr., AVCM	MAL
Billmyer, George, LCDR USN	MAL	Harned, John J., QMCS(SS)	230
Black, Lloyd C., Sr., BT1	052	✪JrPRPSC Harper, Melvin R., HMCS	251
Blackstock, William S., Sr., SM1	109	Hart, Charles E., BMC	102
Bostick, Jackie E., SM1	188	Hartley, Thomas P., ABEC	086
Bourecksky, Steve B., USN RET	047	Hathaway, Paul, GMGC	MAL
Boutcher, David D., POCS USN	147	Haufe, Anthony L., SK2	MAL
Brasko, Twyla, YN1	253	Hayne, Harlan L., HT1	014
Bregenzner, Karl E., LCDR USN	263	Hedin, Alvin M., PNC	MAL
<b>Brenenstuhl, Frederick C., Jr., MR1</b>	<b>214</b>	Henderson, Jack O., AKC	038
Brooks, James W., AK1	249	Hill, Milton G., SMC	120
Brooks, Roy R., PO1 USN	MAL	Hinze, Charles H., TMC(SS)	237
Burkett, Hugh Alan, LCDR USN	251	Hodges, William C., EM1	061
Burley, Robert W., NCCS	290	Hodgson, Charles F., AEC	018
		Hoelzel, Kenneth J., YNC	MAL
Chubb, Gerald L., GMGC	162	Hopkins, Allen L., DTCM	311
Clemons, Kenneth, PO2 USN	MAL	Hume, Virgil E., GMCM	029
Clifford, Marvin A., HT1	156	Hyatt, William H., ENC(SS)	050
Cobb, Robert L., SGTMAJ	371		
Cogley, William P., BM2	136	Ingles, Cooley F., MMCM	017
Craft, Cloyis T., JOC	334		
<b>Crawford, Harley F., CPO USN</b>	<b>061</b>	Jensen, Duane D., ENC(SS)	046
		Johnson, Jerry C., HTCS	290
Darr, William S., SKCS	375	Johnson, Paul E., MMCM	MAL
Davis, Edwin, CSCS	MAL	Johnson, Robert W., HMC	MAL
Davis, Henry D., YN1	163	Jones, K. E., ADRC	MAL
Denn, Norman S., PO1 USN	MAL	Jordan, Ernest D., MRCS	099
Deshazo, Jerry G., EN1	043		
Desrosiers, Roger L., HMC	251	Kay, Wayne M., STSCS	MAL
Dirsa, Steven, ADCS	290	Kingseed, William B., CSC	MAL
Douglas, Leo L., AGCM	018	Kinney, Mickey P., BTC	161
Duhon, Willis P., CDR USN	024	Kirkland, Claude H., CPO USN	172
Durkee, Frank R., EMCS	MAL	Klemenz, Walter J., ADJ2	161
		Kline, Benjamin W., GYSGT	MAL
Ellis, Fredrick W., BMC	MAL	Kloeckner, George E., EOC	289
Erwin, Bruce B., AK1	163	Knight, Edward H., Jr., BMC	MAL
<b>Evans, Robert E., AM1</b>	<b>055</b>	Kolbe, Harold W., LT USNR	MAL
		Koscica, Marian A., AFMC	MAL
Farrell, Steven R., MR1	040	<b>Kosloskey, Charles R., ICCS(SS)</b>	<b>020</b>
Felgar, George A., LT USN	108	Krause, Stephen R., LCDR USN	024
Fendrick, Charles M., HMC	MAL	Kuehl, William, PO1 USN	MAL
Flade, Edward J., AMCS	042		
Fouche, William E., HTC	163	Laborce, Dominador, SD3	074
Fulton, Thomas L., ENCS(SW)	055	Lang, Alfred V., MoMM3	130
		Lash, Gerland B., 1STSGT	191
Galloway, Donald, STCS(SS)	099	Latham, Kerby W., AE1	091
Gates, Harry L., ADCS	043	Law, Paul W., MMC(SS)	MAL
Gauthier, John J., MMC	066	Layman, David R., AOC	047
Geho, Edwin H., ADC	210	Lemon, Richard A., SKCS	060
Giaimo, Anthony J., MUC	338		



NAME	BRANCH
Lester, Allen L., AOC	159
Lugenbeel, Richard A., ADJC	MAL
Lyons, William G., AQ1	070
Mabie, Sylvester M., ETCM	050
Machtel, David, MCPO USN	MAL
Marinello, Guy H., SK1	MAL
Martin, Wally J., BMC	MAL
McCracken, Walter H., LT USN	061
McDonald, Clarence W., PNC	126
McNelly, Allen D., LT USN	230
McNulty, Harry A., AEC	101
Melson, Carl W., RMC	MAL
Moluski, John W., AOC	023
Montague, Albert, MMCM	161
Moon, James C., CSC	105
Morrison, Charles S., AO1	126
Munson, Francis R., AMC	017
Muskat, Larry H., SH2	216
Netherland, Carl E., SFC	126
Oliver, Charles, AOC	093
<b>Olsen, Walter D., BMC</b>	<b>272</b>
Orman, Johnny E., BMC	MAL
Oviedo, Pete, Jr., SN USN	MAL
Parker, Curtis V., AVCM	267
Parkins, Alvin G., HMC	022
Peregrino, Herman, PO2 USN	127
Peterson, Kenneth R., ADR2	136
<b>Phillips, Norman F., YNC</b>	<b>124</b>
Pinter, John A., ATC	022
Powell, David H., SK1	008
Provencher, Robert J., LCDR USNR	147
Pyle, Donald L., ADC	MAL
Randall, Larry A., HMC	MAL
Ray, James D., NCC	094
Readen, Emory W., Jr., EO1	326
Rehder, Vernon H., CPO USN	104
Reyers, Edward, TMC	029
Ries, David H., AMCS	MAL
Riley, Silas D., PO1 USN	MAL
Roberts, George W., ABCM	267
Robishaw, Arthur, PO1 USN	MAL
Rogers, Robert W., UTC	179
Romero, Rafael, SKC	MAL
Ruberg, Arthur J., ENC	283
Rude, John A., OSCS	MAL

An exclusive salute to the USMC

# The "Semper Fi" Embroidered Button Down Shirt



*The Marine eagle, globe and anchor and "Semper Fi" monogram embroidered in brilliant gold*



*Dramatic artwork of the flag raising at Iwo Jima*



*Crafted from 100% cotton for comfort and breathability*

Neither the United States Marine Corps nor any other component of the Department of Defense has approved, endorsed or authorized this product.

## Wear it with USMC Pride

Now Marines and all those who support them can display their enduring spirit and pride with our versatile, comfortable and custom-tailored "Semper Fi" Embroidered Button Down Shirt.

Expertly crafted of 100% cotton for uncompromising quality, this rugged shirt provides lightweight comfort and casual, everyday wear. Best of all, the front of the shirt is emblazoned with artwork honoring the USMC. Richly embroidered is the striking insignia of the USMC as well as the "Semper Fi" monogram. It's available in four sizes from medium to XXL.

### Outstanding value; order today!

This offer is strictly limited and continued strong interest in USMC apparel could affect availability. So, act now to obtain it at the \$49.95\* issue price, payable in three installments of \$16.65 each and backed by our unconditional 30-day guarantee. Send no money now; just mail the Reservation Application today or you could miss out!

[www.bradfordexchange.com/usmcshirt](http://www.bradfordexchange.com/usmcshirt)

©2009 BGE 01-08708-001-BI



*Rich, golden embroidery accents the powerful USMC artwork*

### RESERVATION APPLICATION



9345 Milwaukee Avenue · Niles, IL 60714-1393

**YES.** Please reserve the "Semper Fi" Embroidered Button Down Shirt for me as described in this announcement. I've indicated my size preference below. *Limit: one per order. Please Respond Promptly*

M(38-40)  L(42-44)  XL(46-48)  XXL(50-52)

Mrs. Mr. Ms. \_\_\_\_\_  
Name (Please Print Clearly)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

**01-08708-001-E02001**

\*Plus \$8.99 shipping and service. Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

**Airgroup 12**

Sept. 21–27, 2009, Albuquerque, N.M.  
Contact Bill Hazlehurst, 647 Sussex Rd., Towson, MD 21286, 410-825-7055.

**Naval Base Gitmo Bay Association**

Oct. 4–8, 2009, Gettysburg, Pa.  
Contact John Kellett, P.O. Box 387, Mt. Wolf, PA 17347, 717-266-1102, johnkwolves@yahoo.com.

**USNTC Bainbridge Association**

Oct. 1–4, 2009, Norfolk, Va. Contact Arline Caliger, PO Box 147, Harrison, TN 37341-0147, 423-326-3654, kali8824z@aol.com.

**USS Aldebaran (AF–10)**

Oct. 6–8, 2009, Tampa, Fla. Contact Joe E. Bostwick, 512-357-6774, txjeb@austin.rr.com.

**USS Bache (DD/DDE–470)**

Oct. 14–17, 2009, Baltimore, Md.  
Contact Tom Blaszczyk, 708-798-8782, tblasbache470@sbcglobal.net.

**USS Bradley (DE/FF–1041) Association**

Oct. 22–25, 2009, San Diego, Calif.  
Contact Bruce Gottsch, PO Box 1256, New City, NY 10956, 845-634-3993, bgottsch@verizon.net.

**USS Calvert (APA–32)**

Sept. 17–20, 2009, Kansas City, Mo.  
Contact John L. Cole, 506 Red Wing Ave., Kenyon, MN 55946, 507-789-6344.

**USS Coconino County (LST–603)**

Aug. 27–29, 2009, Winchester, Va.  
Contact Daniel Garrett, 303 Archer Court, Berryville, VA 22611, 540-560-9539, teachumc@yahoo.com.

**USS Current (ARS–22)**

Oct. 1–4, 2009, Plainsfield, Ind.  
Contact Jerry Spickler, 317-908-6886, Brickletter@aol.com.

**USS Davis (DD–937)**

Oct. 15–18, 2009, Mystic, Conn.  
Contact Pete Lennon, 5 Skyline Drive, Plainville, CT 06062, 860-747-8761, ptlii37@aol.com.

**USS Fairview (EPCER–850)**

Sept. 10–13, 2009, Burlington, Vt.  
Contact Bruce Tuck, 364 Woodward Rd., Fairfax, VT, 802-849-6124, timlo1@hotmail.com.

**USS Grand Canyon (AD/AR–28)**

Oct. 22–26, 2009, Jacksonville, Fla.  
Contact Robert T. Dunn, 7654 Landau Ln., Indianapolis, IN 46227, 317-881-8866, roberttdun4217@sbcglobal.net.

**USS Halfbeak (SS–352)**

Sept. 10–13, 2009, Groton, Conn.  
Contact Billy Jo Reeves, PO Box 199, Winchester, KY 40392, 859-745-1599, reevesbj@yahoo.com.

**USS Hutchins (DD–476)**

Oct. 5–9, 2009, Vineland, N.J. Contact Joe Hoban, 856-629-2870.

**USS John Rodgers (DD–574)**

Sept. 23–27, 2009, Cleveland, Ohio.  
Contact Jack Mindor, 326 W. 3rd St., Oglesby, IL 61348, 815-883-8443.

**USS Joseph Strauss (DDG–16)**

Oct. 1–4, 2009, Niagara Falls, N.Y.  
Contact Bart Bartholomew, 716-985-4273, obarth289@windstream.net.

**USS Kretchmer (DE/DER–329)**

Sept. 16–20, 2009, Westport, Mass.  
Contact Jim Strong, 7248 Resinda Dr., Dayton, OH 45459, 937-436-1245.



**USS Ouellet (FF–1077)**

July 30–Aug. 2, 2009, Jacksonville, Fla.  
Contact Art Gazelle, 4104 Hollowtrail Dr., Tampa, FL 33624, 813-385-1168, art.gazelle@verizon.net.

**USS Pittsburgh (CA–72)**

Oct. 7–10, 2009, Madison, Wisc.  
Contact Bob Griffith, 402-573-1505, buick452@aol.com.

**USS Rocky Mount (AGC–3)**

Oct. 14–17, 2009, Tucson, Ariz.  
Contact John Vreeland, 3710 Armstrong St., San Diego, CA 92111, 858-277-0689, rockymount@san.rr.net.

**USS Sperry (AS–12)**

Sept. 23–26, 2009, Green Bay, Wisc.  
Contact George Gallas, 116 S. Higby St., Jackson, MI 49203-1521, 517-784-7810, george-carole@abcglobal.net.

**Members can** post reunions online at [www.fra.org](http://www.fra.org), submit to [reunions@fra.org](mailto:reunions@fra.org) or mail to: FRA Reunions, 125 N. West St., Alexandria, VA 22314.

TAPS continued from page 30

NAME	BRANCH	NAME	BRANCH	NAME	BRANCH
Russ, Van D., CPO USN	MAL	Tittle, Albert C., HMC	MAL	Wright, Theodore M., RMCS	009
Saunar, Moises H., PO1 USN	127	Tomlinson, John R., MMC	212	Zimmerman, Donald F., HMC	204
Schofield, Frank J., SCPO USN	022	Tucker, Lawrence E., POCS USN	290		
Sharp, James L., PO1 USN	091	Turner, John D., QMC(SS)	MAL		
Slack, Robert, CDR USN	099	Turner, Noel E., BM2	MAL		
Smallwood, George A., AE1	280				
Smith, Glenn E., STCM	047	Wagner, Harold J., CMC	226		
Spears, Jimmie, AK1	MAL	Waltz, Daniel, USN RET	MAL		
Stevens, Joseph L., FM1	MAL	Wellman, William H., ADRC	010		
<b>Thrift, William R., BMC</b>	<b>MAL</b>	Whorral, Francis R., AD1	251		
Tiffany, Earl C., AQC	126	Wilkerson, James C., CPO(SS) USN	177		
Tiffin, James C., BTC	MAL	Williams, Arthur L., ADC	008		
		Woods, George R., CM1	067		
		Woodworth, George K., CDR USN	201		

Names in red indicate 50 year continuous members.  
☉ indicate a Past National Officer.

In the July issue BMC John A. Campbell from Branch 53 should have been listed as a 50-year continuous member. We apologize for the error.

News Flash....

# Government Gets Something Right



## Super Light Titanium Timepiece Loses Only One Second Every 20 Million Years.

**BOULDER, Colorado** The U.S. government has engineered the most ingenious, most accurate clock in the world: the F-1 U.S. Atomic Clock in Boulder, Colorado. Our extraordinary new Stauer Titanium Atomic Watch utilizes the transmissions directly from that remarkable cesium fission atomic clock to report the most precise time. This scientifically advanced timepiece will gain or lose only one second over a 20 million-year period. It is that accurate! This perfectly tuned technological invention with the super light strength of titanium is now available for UNDER \$200.

**Super Light Titanium has two big advantages over steel.** One is corrosion resistance and the other is that titanium has the highest strength-to-weight ratio of any metal, which means that titanium is approximately 45% lighter than steel. But every other titanium watch that we

can find is priced at over \$400, and none of those are nearly as accurate as our atomic movement. Stauer has decided to bring these resources together in a timepiece that has the most accurate movement available today. You'll never have to set this watch. Just push one of the buttons and you are synchronized with the atomic clock in Colorado, and the hands of the watch move to the exact time position. The sleek black textured dial has luminous hands and markers plus the timepiece is water resistant to 3 ATM.

**A Titanium-clad offer.** This Titanium Atomic Watch exceeds the accuracy of any Swiss luxury automatic so you can be more punctual and keep most of your money in your wallet, not on your wrist. Look at your watch and we guarantee that the time is incorrect, unless you are wearing the advanced atomic technology.

The Stauer Titanium Atomic Watch is not available in stores and it comes with our 30 day money-back guarantee. If you're not completely satisfied with the accuracy, simply return the watch for the full purchase price.

Not Available in Stores

**Stauer Titanium Atomic**

**Watch ~~\$195~~ now \$145** +S&H

or 2 credit card payments of \$72.50 +S&H

Call Toll-Free now to take advantage of this limited offer.

**1-888-201-7141**

Promotional Code TTA265-04

Please mention this code when you call.



**Stauer**  
HERITAGE OF ART & SCIENCE

14101 Southcross Drive W.,  
Dept. TTA265-04  
Burnsville, Minnesota 55337

[www.stauer.com](http://www.stauer.com)

# Easy to use. Easy to see. Easy on the wallet.

Over the years, cell phones have become smaller and smaller with so many complicated features. They are harder to program and harder to use. But the Jitterbug cell phone has simplified everything, so it's not only easy to use, it's easy to try. No crowded malls, no waiting in line, no confusing sales people, or complicated plans. Affordable and convenient cell phone service is only a toll-free phone call away.

## Questions about Jitterbug?

Try our pre-recorded Toll-Free Hotline  
**1-877-651-0847.**

### Simplicity for everyone.

- Comfortable keypad designed to make dialing easy
- Large color screen displays numbers with clarity
- Patented design delivers clear sound and reduces background noise
- Bluetooth® and Caller ID enabled
- U.S. Based Customer Service
- Live, 24-hour Jitterbug Operators greet you by name, connect calls and update your Phone Book<sup>1</sup>
- Friendly, 30-Day Return Policy<sup>2</sup>
- No contracts or prepaid hassles



Available in  
White and  
Graphite.



### Why pay for minutes you'll never use!

Monthly Minutes <sup>3</sup>	50	100	200	New
Monthly Rate <sup>4</sup>	\$14 <sup>99</sup>	\$19 <sup>99</sup>	\$29 <sup>99</sup>	New
Monthly Minute Carry Over	60 Days	60 Days	60 Days	New
Night/Weekend Minutes	—	—	500	New
Operator Assistance	24/7	24/7	24/7	
Long Distance Calls	FREE	FREE	FREE	
Nationwide Coverage	YES	YES	YES	

Other plans available. Ask your Jitterbug expert for details.

**FREE GIFT**  
Order Now  
and receive a  
**FREE Car Charger**  
a \$24 value!<sup>5</sup>

Created together with  
worldwide leader Samsung.



**jitterbug**

brought  
to you by



Jitterbug Cell Phone  
Call now for our lowest price.  
Please mention promotional code 38355.  
**1-888-825-7047**  
[www.firststreetonline.com](http://www.firststreetonline.com)

IMPORTANT CONSUMER INFORMATION: Subject to Customer Agreement, select calling plans and credit approval. Other changes and restrictions may apply. Coverage and service not available everywhere. <sup>1</sup>For each Operator service, you'll be charged a 5-minute "Operator assistance fee" in addition to the minutes used both for the length of the call with the Operator and any call connected by the Operator. <sup>2</sup>Please visit [www.jitterbug.com](http://www.jitterbug.com) for further information about terms and conditions. <sup>3</sup>All plans require the purchase of a Jitterbug phone and a one-time set-up fee (\$35). <sup>4</sup>Not including surcharges and government taxes. <sup>5</sup>This GreatCall offer is available for a limited time only. All rights reserved ©2007 TechnoBrands®, Inc. Copyright ©2009 GreatCall, Inc., Jitterbug is a registered trademark of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics America, Inc. and its related entities.

Doctor Recommended  
So advanced it's  
Patented

# Medicare Covers *Erectile Dysfunction Correction*

## What is Vacuum Therapy?

At little or NO COST to you\*

Vacuum therapy is the safest, most effective form of impotence treatment. It is over 95% successful. If used properly, the system will work for virtually all men.

### Why this is the choice for you:

- Effective results in as little as 30 seconds versus up to 10 minutes for other systems
- The Best, Most advanced Vacuum Therapy Correction
- Non-invasive & No side-effects
- Compact design for discretion and easy storage
- Patented Ring Ejector system to minimize erection loss
- Registered FDA Medical Device
- More ring sizes to guarantee a perfect fit
- We have always offered a 100% money back guarantee
- LIFETIME Manufacturers Warranty

### Bring back the joy...

Countless couples have brought the joy back into their lives. You and your partner will be able to control when, where, and how long you want to be intimate.

Because it's routinely covered by Medicare and many other insurance plans don't settle for a cheap system when you can get the best quality product with PROVEN results.

**Call TODAY! 1-800-886-1656**

[www.discountdiabetic.com](http://www.discountdiabetic.com)

### Customer Feedback

**"I tried other devices before and they required a lot of dexterity with all the manual pumping. With the new battery operated system there is no more embarrassing manual pumping and it's faster."**

- Richard T.

**"....You've made me feel young again!"**

- Kenneth L.



Discount Diabetic has earned The Joint Commission's Gold Seal of Approval™



**Discount Diabetic also provides Diabetic testing supplies and Arthritis heating pads at NO COST to you.\***

You do not have to have diabetes to receive the vacuum therapy system

\*deductable and copay may apply

## From the Desk of *FRA Today* Liaison PRPSE Fran Hoadley

### WHAT IS THE LADIES AUXILIARY?

Organized in 1930, the Ladies Auxiliary of the Fleet Reserve Association (LA FRA) is chartered to aid, assist, and promote welfare, social and patriotic work for the benefit of the FRA, its members and their families. Over 200 LA FRA units are located throughout the United States and overseas. There is also a Membership-at-Large (MAL) roll administered by the LA FRA National Offices for those who do not have access to or do not desire to join a unit.

### WHY SHOULD YOU JOIN?

The LA FRA affords each member a unique opportunity to assist Navy, Marine Corps and Coast Guard families through social activities and civic projects at the local and national levels.

### YOUR VOICE IN WASHINGTON

Military families rely on the U.S. Congress to preserve their earned military benefits. In today's economic climate, a strong voice is needed to protect the rights of the Sea Service Community. FRA is that voice on Capitol Hill. This vital service is provided by FRA's legislative advocates who work to advance legislation that improves the quality of life for military personnel and their loved ones. There is strength in numbers. As a member of LA FRA, your voice adds clout to FRA's advocacy efforts in Washington, D.C.

### FAMILY PROTECTION

LA FRA is concerned with the welfare of our Sea Services personnel. We and the FRA are dedicated to our motto of "Loyalty, Protection and Service." We strive to apply these ideals to the welfare of this great nation and to the personal security of our individual members and their families.

### CIVIC AND PATRIOTIC PROJECTS

LA FRA units do not confine their activities to aiding and assisting members only. We play an active role in the local community by promoting youth activities, Americanism and charitable causes. Nationally we fund four annual scholarships. We honor our nation's heritage by making an annual pilgrimage to Arlington National Cemetery where we conduct memorial services each spring. We also conduct annual ceremonies at the Cathedral of the Pines in New Hampshire and at the USS Arizona Memorials in Tucson and Pearl Harbor. LA FRA units regularly sponsor or assist local communities with their memorial ceremonies and patriotic events.

### SOCIAL ACTIVITIES

The LA FRA is not "all work and no play." A wide variety of social activities is available to our members. Most units sponsor or participate in social events such as dances, luncheons, picnics and fund-raising events. Annual regional and national conventions, caucuses or workshops offer tours, shows and dinner/dances along with the scheduled business sessions.

### WHO CAN BE MEMBERS?

To be eligible for membership in the LA FRA, you must be either the spouse or surviving spouse, child or stepchild, grandchild, sibling, parent or grandparent of persons who are/were FRA members (or were eligible to be members at the time of death). All applicants must be at least 16 years of age.



**Fran Hoadley** is the editor of *LA FRA News* and the *FRA Today* Liaison.



### Unit 346, Panama City Beach, Fla.

Unit members presented \$1,500 to John Duncan, Commander of the local Sea Wolf Unit Sea Cadets. Shown (l to r) are Eva Heberlein, Barbara McGill, Mary Ann Slocumb, Ramona Watford, Mary Blackford, Commander Duncan, Jean Peugh, Trevia Campbell and Gladys Snell.



### Unit 15, Walhalla, S.C.

Joyce Hurkovich (left) and Cleta Bryson place a wreath at the Oconee County Memorial.



### Unit 126, West Jacksonville, Fla.

Members received Longevity Pin Awards at the unit's Membership Tea. Shown (l to r) are (back row) Edith Johnson (15 years), Martha Klinikowski (30 years), Carolyn Hale (15 years), Marie Delrose (25 years), (front row) Freida McLeaird (25 years), Gloria Riebsame (25 years), Martha Guillebeau (25 years), and Jimmie Lee Morgan (15 years).



### Unit 210, Milton, Fla.

Unit President Sally Rentschler, Vice President Pat Driver, Secretary/Treasurer Joyce Belt, and Board of Director members B.J. Mcconnell, Debbie Hood, Lynn Bishop, Theresa Hayes, Eileen Subject and Peggy Williams were installed on June 13, 2009.



# *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](mailto:info@thedavidlawfirm.com)  
[www.asbestos-attorney.com/n5297](http://www.asbestos-attorney.com/n5297)**

The David Law Firm, P.C.  
Jonathan David\*  
10655 Six Pines Drive, #260  
The Woodlands, TX 77380  
(Greater Houston Area)

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

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

#### **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](mailto:info@mesotheliomaweb.org)  
[www.mesotheliomaweb.org/n5297](http://www.mesotheliomaweb.org/n5297)**

*The most comprehensive  
resource for Mesothelioma  
patients and their families.*

POSTMASTER: SEND ADDRESS CHANGES TO:

MEMBER SERVICES  
 FRA  
 125 N. WEST STREET  
 ALEXANDRIA, VA 22314-2754



# MESOTHELIOMA AND RETIRED SAILORS

Many sailors were exposed to asbestos onboard ships in the U.S. Navy. This asbestos exposure often causes lung cancer much later in life. Mesothelioma is a particular form of lung cancer that is only caused by exposure to asbestos.

## FREE INITIAL LEGAL CONSULTATION

If you or a loved one has been diagnosed with MESOTHELIOMA LUNG CANCER, please call us immediately to find out about the compensation you may be entitled to recover.

We provide retired sailors and their families with a free no obligation initial legal consultation with an experienced lawyer.

**We represent clients from all 50 states.**

## NO RISK TO CLIENTS

Our clients are never at risk of paying any fees, costs or expenses out of pocket. All legal fees, court costs and other expenses are paid by the client only out of any judgment or settlement in the case.

## DON'T LOSE YOUR RIGHTS!

Your legal claims must be filed within the time period allowed by law or you and your family members will lose all of your rights to recover against the corporations that are responsible for your injuries. **CALL NOW!**

*"These guys sure helped me out after I got diagnosed"*

**LeRoy Riddell**

1935 - 2008

U.S. Navy Retired

Member VFW, DAV, American Legion and the Fleet Reserve

Former National President of the Retired Enlisted Association and client of The Johnson Law Firm.



# THE JOHNSON LAW FIRM



CALL NOW! **1-866-374-0338** TOLL FREE

*"Nationwide legal representation of mesothelioma and lung cancer victims"*

Local appointments available nationwide by appointment only. Principal office Fort Worth, TX.

\* Past successes cannot be an assurance of future successes since each case is decided on its own merits.

