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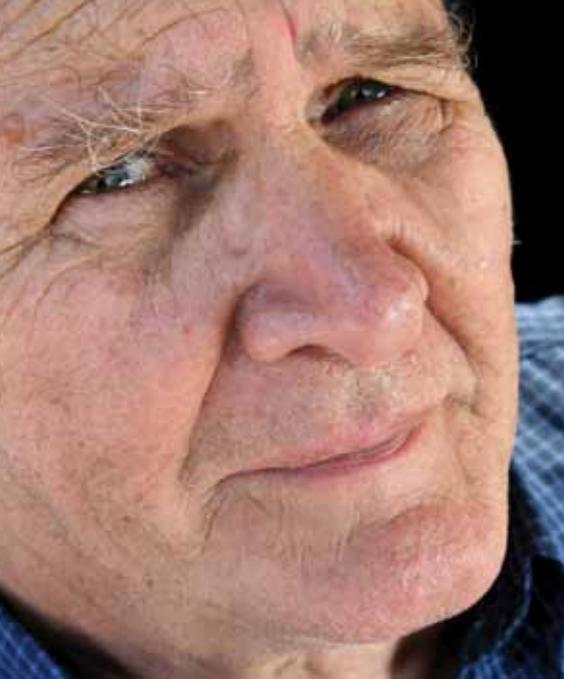
## NAVAL STATION GREAT LAKES

Page 18

Making Sailors for  
**100 Years**

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# MESOTHELIOMA



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# Featured

- 18 NAVAL STATION GREAT LAKES**  
Training Sailors before they joined the fleet was a novel concept when the seeds of Naval Station Great Lakes were planted, and training them 1,000 miles from the ocean seemed downright ridiculous to many. But 100 years after its opening in 1911, the Navy's recruit training facility is thriving and producing the world's finest Sailors.



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Dyanne Tryon



### 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

Seaman Recruit Christopher Santini examines his newly issued navy working uniform at Recruit Training Command. New recruits will be issued the uniform on their second day at boot camp.

## What can you do on [www.fra.org](http://www.fra.org)?



Eileen Murphy

**FRA'S WEBSITE HAS MANY** great tools for members, and I wanted to share a few. Please email [Eileen@fra.org](mailto:Eileen@fra.org) if you have thoughts or ideas of ways the site can be improved in the future, or to share what you like about using it. The input will be very useful for further developments.

### JOIN

No association website is complete without an option to join online. Please let prospective members know they can easily join by clicking the "Join FRA" button on the home page. New members can pay online with a credit card or to have a bill sent.

### PAY YOUR DUES

On the home page there is also a link to "Pay Your Dues." Per Chapter XXIII of the Branch Admin Manual, a bill is generated 60 days prior to the membership expiration. When a dues bill is generated, that bill is immediately accessible through [www.fra.org](http://www.fra.org). Login to your account (we respect your privacy and keep your data secure, so you must login) and if you owe dues, you'll see a link immediately to take you to the secure dues payment section. You will choose the length of membership renewal you would like (1-, 2-, 3-, 5-year or life). Of course, if you don't owe money, this won't be something you see.

### CONVERT TO LIFE MEMBERSHIP

Would you like to become a life member of FRA? When it's time to renew your dues, the link mentioned above will take you to a page with the option to convert from regular to life membership. Your birth date must be in your record so the amount of life membership dues can be calculated by the site.

### REQUEST DOCUMENTS, UPDATE INFORMATION

Would you like a replacement card? Need a duplicate dues invoice? Want a copy of *Communicate With Your Elected Officials* or a *Personal Affairs* booklet? Perhaps you'd like to subscribe to *Newsbytes*, our weekly email legislative update. When you login to the site, your welcome page offers many options. Click "edit" next to **Profile** and you will see many options for requesting documents or updating information.

### LISTEN TO YOUR MISSION YOUR VOICE TELECONFERENCE

We record the monthly teleconferences and post on [www.fra.org](http://www.fra.org) under Member News (follow the link to the right when you login to the site) for those who are unable to attend at the designated time.

We're pleased that Jennifer Searcy, director of the Great Lakes Naval Museum, will be our featured guest for this month's "Your Voice" teleconference. The call begins at noon (EDT) on Wednesday, July 13th, and will highlight the 100th anniversary of Naval Station Great Lakes. To take part, dial 1-800-391-1709 and use bridge number 444143.

**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).

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- Publisher** FRA  
**National Executive Director** Joseph L. Barnes  
**Managing Editor** Eileen Murphy  
**Contributing Editor** Lauren Armstrong  
**Design and Art Direction**  
 FIREBRAND, Alexandria, VA [www.firebrandstudios.com](http://www.firebrandstudios.com)  
**Design Director** Scott Rodgerson  
**Production Manager** 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: [FRATODAY@FRA.ORG](mailto:FRATODAY@FRA.ORG)  
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VOLUME 90 NUMBER 7

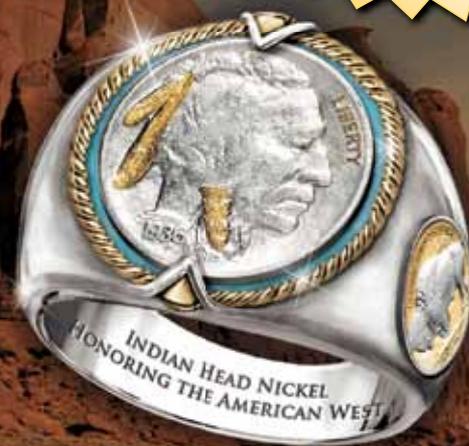


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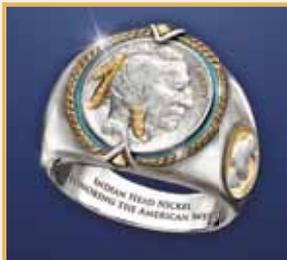
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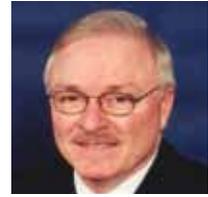
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Joe Barnes

## Dismal Pay and Benefits Outlook

**PRIOR TO STEPPING DOWN** from his position at the end of June, Secretary of Defense Robert Gates spoke at several high-profile events, highlighting a variety of issues that relate to FRA's work on behalf of our members. Perhaps the most important message he delivered related to the difficult budget environment and the outlook for the future. He summarized efforts to curb current and future defense spending implemented during his tenure in office, and reiterated the importance of maintaining a strong and capable force to defend this nation.

During his final major policy speech at the American Enterprise Institute on May 24, 2011, Gates said, "The defense budget, however large it may be, is not the cause of this country's fiscal woes. However, as a matter of simple arithmetic and political reality, the Department of Defense must be at least part of the solution." He also stated that "Defense expenditures are currently a lower share of GDP than most of the last half century and a much lower percentage than during previous major wars" — something consistently referenced in FRA's Congressional testimony. He also cautioned that "we are not likely to return to Cold War levels of defense expenditures, at least as a share of national wealth, anytime soon." In his view, this is because the world and our country is much different than during that era.

Regarding modernization, Gates believes "those weapons and other programs considered most questionable have not only been plucked, they have been stomped on and crushed." He also cited the need among other priorities to build more ships and, at some point, replace our ballistic missile submarines, adding that "sustaining the 'tooth' part of the budget — the

weapons and the Soldiers, Sailors, Airmen and Marines who use them — is increasingly difficult given the massive growth of other components of the defense budget, the 'tail,' if-you-will — operations, maintenance, pay and benefit and other forms of overhead." In conjunction with a recently launched comprehensive review focused on department priorities, strategy and risks, he announced that part of the associated analysis for this study

**Gates believes "those weapons and other programs considered most questionable have not only been plucked, they have been stomped on and crushed."**

will entail "going places that have been avoided" in the past, including:

- Re-examining military compensation levels — since all the services have consistently exceeded recruiting and retention goals;
- Taking a look at the rigid, one-size-fits-all approach to retirement, pay and pensions left over from the last century — noting that a more tiered and targeted system weighted toward high-demand and dangerous specialties could bring down costs while attracting and retaining high-quality personnel;
- Doing something about spiraling

health care costs — particularly for working-age retirees whose premiums and fees are one-tenth those paid by federal civilians.

These are not new issues, however the outlook for major changes to these and other benefit programs has shifted in light of the increasingly complex budget environment in 2012 and beyond. It's unclear what incoming Secretary of Defense Leon Panetta's views on these issues will be; however, it's apparent that pressure to cut spending on all defense programs will grow more intense in the future.

As a final note on the budget outlook, negotiations on spending cuts in connection with an increase in the federal debt limit involve possible changes to federal civilian retirement program contributions, extending the multi-year average of highest annual pay from three years to five years in calculating retired pay, and significantly reducing the federal work force by 10 percent by 2015. Although these initiatives, if adopted, would not directly impact military pay and benefits, there is a long-standing link between civilian and military benefits. It's easy to envision some of these proposals eventually being targeted at benefits for members of the uniformed services.

Stay tuned and don't forget the importance and strength of grassroots communications with elected officials — especially your U.S. Representatives and Senators.

---

**Joe Barnes** is FRA's National Executive Director and Chairman of the National Committee on Legislative Service and a member of the Special Committee on Future Strategic Planning. A member of Navy Department Branch 181, he is also an advisor to the National Committees on Budget and Finance and Membership and Retention.

## Combat Action Ribbon

How do I find out if I am qualified to wear the Combat Action Ribbon? I was on the USS *Brown* (DD-546) from December 1950 to April 1954. We spent a lot of time around Korea and were shot at from shore batteries and shot back. I did send a copy of my DD-214 to an address I found last October, but have not heard a thing.

*William Seid*

**FRA Response:** Originally Combat Action Ribbons (CARs) were awarded to eligible service members who participated in ground or surface combat after Dec. 6, 1941, but before March 1, 1961. In March 2000, the Department of Defense announced that veterans can receive the CAR retroactively if they had eligible World War II service (December 7, 1941 to April 14, 1946) or eligible Korea service (June 27, 1950 to July 27, 1954).

Based on the information provided, it's unclear whether you qualify. FRA suggests you reapply.

The Navy and Marine Corps Awards Manual (SECNAVINST 1650-1H) states that the veteran must submit the following with his request for the CAR:

- Standard Form 180 (which is available at <http://www.archives.gov/research/order/standard-form-180.pdf>) or a cover letter with full name, social security number, service number (if applicable), period of eligibility, unit assigned at time and mailing address;
- Copy of Naval Personnel Form 553 or DD-214; and
- Any additional substantiating documentation, such as copies of awards, evaluations, muster sheets or orders to the unit for the period requested.

### Submit all documentation to:

Chief of Naval Operations

DNS-35

2000 Navy Pentagon

Washington, DC 20350-2000

## USFSPA Unfair

Tom Cooper's letter [about the Uniformed Services Former Spouses Protection Act (USFSPA)] was interesting. His views are quite widely held by the majority of military retirees who have been victimized [or] 'blindsided' by PL 97-252.

While there have been three U.S. Supreme Court decisions that have defined retired pay as 'reduced pay for reduced services' [and] not subject to 'alimony,' the view widely held is that it is a



virtual pension subject to division with an ex-spouse — the same as a house, car, or stocks/bonds.

Mr. Cooper seems to be unaware of the American Retirees Association (ARA), the only organization which has FSPA reform as its main objective, nor our book entitled "Divorce and the Military," which is available at many [military exchanges]. The only way change can happen is through constituent pressure. Many more than the approximately 1,500 ARA members must exert that pressure, and for that to happen, active [duty] and retired [service] members must be informed.

*Richard E. Lambert*

## The Toll of War

I just wanted you to know how much I appreciate your article, *The Toll of War*. My husband, who served in Vietnam, commented that it was an article that should be read by the general population. My daughter is currently deployed as a trauma nurse in Helmand Province, Afghanistan. I thought you would find the following excerpt of her first letter interesting.

"My first day [here] I had a guy who was crushed between 2 trucks, a gun shot wound, one double amputee, one triple amputee and one quadruple amputee (female) — all from IEDs — and from five different incidents brought in by separate helos. This place really is the best trauma center in the world right now. It's pretty amazing what we are doing here. We get them straight from the field covered in dirt and guts with their limbs still hanging off. The field medics are trained to put tourniquets on everything that is bleeding and the helos get them here within an hour or so. The survival rate is pretty impressive. I am still struggling with whether it's right to be saving some of these people though."

While I'm not worried for her personal safety, I am worried about my daughter's mental health. How does one come back after seven months of seeing that kind of tragedy and not be changed? If she doesn't come back with PTSD she will be very fortunate.

*Nancy Willette*

**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.

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## Budget Deficit and Debt Ceiling Stymie Defense Authorization Improvements



John Davis

**THE ENORMOUS 2011 BUDGET** deficit, projected deficits of more than a trillion dollars/year for the next 10 years, and the requirement to raise the debt ceiling above the \$14.3-trillion limit currently mandated by Congress have prompted growing pressure to cut government spending across the board, and Congress' response to spending concerns has put many FRA-supported programs in lawmakers' budgetary crosshairs.

Some view past active duty/Reserve pay increases above the Employment Cost Index (ECI) to help close the military/civilian pay gap and other recent benefit enhancements as "overly generous." Military retired pay and benefits have also been characterized as excessive. A primary example of this attitude is the *USA Today* editorial published on June 2, 2011, that urges Congress to make TRICARE Prime fee increases larger than proposed "and

allow TRICARE fees to rise along with health care costs."

FRA strongly disagrees and references our members' position in congressional testimony and in other communications with legislators and Hill staff. But a strong grassroots involvement is essential to reinforce the message that military retiree benefits are earned and that enhanced benefits for active duty personnel are the price of having an all-volunteer force fulfilling the requirements of Overseas Contingency Operations and other operational commitments around the world.

The late Senator Everett Dirksen (Ill.) once said, "When I feel the heat, I see the light!" FRA members need to let their elected officials in Washington feel some heat. Please support FRA's legislative efforts by contacting your elected officials via The Action Center at [www.fra.org](http://www.fra.org).

### House Approves Defense Authorization

The House passed its version of the FY2012 National Defense Authorization Act (NDAA, H.R. 1540) in late May, including a variety of provisions that impact FRA shipmates. The measure authorizes a modest TRICARE Prime fee increase of \$30 a year for individuals and \$60 a year for families for the coming year. In an effort to ensure future increases won't erode retired pay, bill language limits future fee increases after FY2012 to no more than the increase provided in the annual cost-of-living-adjustment (COLA) received by military retirees. FRA strongly supports this index over the substantially higher annual healthcare cost adjustment advocated by DoD. The House-approved proposal is a significant change from provisions approved by the House Armed Service's Military Personnel Subcommittee to prohibit TRICARE fee increases for FY2012.

The bill also eliminates the co-pay for generic Home Delivery prescription medications and increases co-pays for generic prescriptions filled at retail pharmacies. Co-payments for

brand-name medications will increase from \$9 to \$12 at retail outlets and will be \$9 when provided through the Home Delivery program. Non-formulary medication co-pays will increase from \$22 to \$25.

The legislation authorizes a 1.6-percent increase in active duty and Reserve pay, which is equal to the Employment Cost Index (ECI); reduces Navy end strength by 3,000 (from 328,700 to 325,700); increases Navy Reserve end strength by 700; and strengthens child custody protections for deployed service members.

The bill also reduces the so-called "widow's tax" imposed on beneficiaries whose Survivor Benefit Plan (SBP) annuity is offset by the amount they receive in Dependency and Indemnity Compensation (DIC). If enacted, the Special Survivor Indemnity Allowance (SSAI) would increase to \$163 a month rather than the \$90 increase slated for FY2012. The monthly SSAI benefit would climb to \$200 in 2013, \$215 in 2014, \$282 in 2015, with a final increase to \$314 in 2016. FRA supports

the SSAI increases, but is concerned that the benefit will be reduced to \$9/month after FY2016 — a plan characterized as a "place holder" for not-yet-funded future benefits — and will work to ensure the SSAI benefit is not reduced in FY2016.

Among the many amendments considered was one sponsored by Rep. Robert Andrews (N.J.) that sought to expand concurrent receipt of military retired pay and veterans' disability compensation for Chapter 61 disabled retirees and allow early retirement credit for Reservists if deployment occurs in two different fiscal years. Unfortunately, the amendment was ruled out of order and was not included in the House measure.

The Senate is scheduled to begin work on its version of the NDAA as this issue of *FRA Today* goes to print. After both chambers approve their respective proposals, a conference committee will be appointed to resolve differences and the conference report must be approved by both chambers and then signed or vetoed by the President.

## ACTIVE DUTY ISSUES

**FRA Salutes Outstanding Navy and Coast Guard Personnel**

FRA continued its long-standing tradition of honoring outstanding military service members by participating in the Navy's 2010 Sailor of the Year (SOY) and the Coast Guard's Enlisted Person of the Year activities. FRA organized a tour of the U.S. Capitol for all honorees and their families in addition to other acknowledgements of their superior performance.

FRA hosted the SOY honorees and their family members at a Capitol Hill breakfast, and National President Jim Scarbro and National Vice President Jeff Gilmartin joined National Executive Director (NED) Joe Barnes in presenting awards during an event hosted by Master Chief Petty Officer of the Navy Rick West. They also attended a special ceremony at the U.S. Navy Memorial where Aircrew Survival Equipmentman 1st Class Amy Davis, U.S. Fleet Forces Sea Sailor of the Year; Hospital Corpsman 1st Class Andrew Jenkins, U.S. Pacific Fleet Sea Sailor of the Year; Naval Air Crewman (Mechanical) 1st Class James Henson, Navy Reserve Sailor of the Year; and Construction Electrician 1st Class Leonardo Calderon, Chief of Naval Operations Shore Sailor of the Year, were meritoriously promoted to Chief Petty Officer by Admiral Gary Roughead, chief of Naval Operations.

Coast Guard Enlisted Person of the Year Chief Petty Officer Troy Brevik and Reserve Enlisted Person of the Year Petty Officer 1st Class William Hilt were recognized at a ceremony held at USCG Headquarters in Washington, D.C. NED Barnes and Penny Collins, FRA's director of Membership Development, attended the ceremony hosted by Coast Guard Commandant Adm. Bob Papp, Master Chief Petty Officer of the Coast Guard Michael Leavitt and Master Chief Petty Officer of the Coast Guard Reserve Forces Mark Allen.



The 2010 Sailors of the Year pose for a photo with Master Chief Petty Officer of the Navy (MCPON) Rick D. West at Defense Media Event.



NED Joe Barnes (left) and DMD Penny Collins (far right) congratulate EPOY Chief Petty Officer Troy Brevik and REPOY Petty Officer 1st Class William Hilt at Coast Guard Headquarters in Washington D.C. U.S. Coast Guard photo by Petty Officer 2nd Class Patrick Kelley.

**Conference Call with First Lady**

FRA staff participated in the "Joining Forces" conference call moderated by First Lady Michelle Obama in mid-May to discuss how various organizations can assist military families. Joining Forces is a comprehensive effort to mobilize all sectors of society to give service members and their families the opportunities and support they have earned. Representatives from several faith- and community-based organizations discussed their outreach efforts to support the one percent of the U.S. population that has shouldered the burden of combat operations for the past ten years.

For more information on "Joining Forces" please go to <http://www.whitehouse.gov/joiningforces/>

**FRA Briefs Retiree Councils**

FRA provided legislative updates to members of the 2011 Secretary of the Navy's (SecNav) Retiree Council and the Coast Guard Retiree Council. Both councils meet annually to develop a list of priorities and recommendations for their respective services on important retiree concerns.

FRA's National Executive Director Joe Barnes met with Navy and Marine Corps retirees and discussed health care access and funding and other priority issues, including reform of the Uniformed Services Former Spouses Protection Act (USFSPA) and Agent Orange disability claims. The 24-member SecNav Retiree Council is co-chaired by Vice Adm. John Totushek, USNR (Ret.), and former Sgt. Maj. of the Marine Corps Gene Overstreet, USMC (Ret.).

John Davis, FRA's Director of Legislative Programs, and a representative from the Military Officers of America Association (MOAA) provided a similar legislative update to members of the National Coast Guard Retiree Council. FRA also hosted a reception for council members at the Association's National Headquarters. The Coast Guard Retiree Council, which is co-chaired by former Master Chief Petty Officer of the Coast Guard and former FRA National Chaplain Vince Patton, USCG (Ret.), and RADM Ronald Silva, USCG (Ret.), ensures retirees' concerns are brought to the attention of USCG leadership and that members of the retired community are kept informed on key legislative initiatives.

## VETERANS ISSUES

### Agent Orange Exposure Study

The Institute of Medicine (IOM) recently released its report on Agent Orange exposure, which focused on the so-called "blue water" veterans who served off the coast of Vietnam. The report validated previous studies commissioned by the Australian Department of Veterans' Affairs that proved the distillation process used to generate potable water from sea water actually enhanced the effect of the Agent Orange dioxin by a factor of 10.

The report concluded that Agent Orange dioxin entered the waters off shore through wind drift, the discharge of direct spray and run-off of contaminated particulate matter into rivers and streams leading to the harbors and the seas.

The report stated that it is impossible to document the level of Agent Orange exposure among blue water veterans, just as it is impossible to document the level of exposure for land-based personnel and those who served on inland waterways and harbors. The U.S. Department of Veterans Affairs (VA) currently only acknowledges service-connection for vets who served within the borders of Vietnam or on the inland waterways.

FRA believes the IOM report provides strong evidence for the extension of that same presumption to blue water veterans. FRA repeatedly highlights this issue in testimony and in discussions with legislators and their staff. The Association supports "The Agent Orange Equity Act" (H.R. 812) that would authorize the VA to presume service-connection for veterans and retirees suffering from ailments related to exposure to Agent Orange if they served in the waters off the coast of or in the skies above Vietnam. Members are urged to use the FRA Action Center at [www.fra.org](http://www.fra.org) to ask their representative to co-sponsor this important legislation.

In related news, the VA has also released an updated list of U.S. Navy and Coast Guard vessels that are presumed to have been exposed to Agent Orange during the Vietnam conflict. Visit [www.fra.org/agentorange](http://www.fra.org/agentorange) to view the most recent listing and other Agent Orange news.

### FRA Participates in House VSO Leadership Roundtable

Along with leaders from 22 other veteran service organizations (VSOs), FRA participated in a roundtable meeting in late May with House leadership on priority veterans' issues. Each organization identified its top two issues and attendees were grouped with other leaders with similar priorities and House Veterans Affairs Subcommittee chairmen to discuss these issues. FRA's top issues are the growing disability claims backlog and the need for Agent Orange reform on behalf of Blue Water veterans who served off the coast of Vietnam during the Vietnam War. House leaders who addressed the group included Majority Leader Eric Cantor (Va.), Majority Whip Kevin McCarthy (Calif.), Budget Committee Chairman Paul Ryan (Minn.) and Veterans Affairs Committee Chairman Jeff Miller (Fla.). Miller also participated in various roundtable discussions led by the HVAC subcommittee chairmen, including Rep. Bill Johnson (Ohio), who chairs the Oversight and Investigations Subcommittee.

### FRA's MilCon/VA Testimony

FRA submitted written testimony to the House Military Construction and Veterans Affairs Appropriations Subcommittee (MilCon/VA) asking subcommittee members to ensure funding for adequate care for wounded troops, their families and survivors. The statement also called for the prompt adjudication of disability claims; improved access to quality healthcare, support and benefits; expanded coverage for "blue water" veterans who were exposed to Agent Orange while serving off the coast of Vietnam; increased funding for medical and prosthetic research and a "seamless transition" for veterans transitioning from the Department of Defense to the VA for care. In addition to its frustration about the growing backlog of unresolved disability claims, the Association expressed concern about the reduction in the military construction and information technology budgets. FRA thanked the appropriators for funding the new Armed Forces Retirement Home (AFRH) in Gulfport, Miss., that was rebuilt after Hurricane Katrina and re-opened in October of last year.

### Senate Panel Reviews DoD/VA Collaboration

The Senate Veterans' Affairs Committee (SVAC) recently heard testimony from VA Deputy Secretary Scott Gould and Department of Defense (DoD) Deputy Secretary William Lynn on the progress the two departments are making in their efforts to ensure a seamless transition for veterans as they move from DoD to VA healthcare systems. Senators Patty Murray (Wash.) and Richard Burr (N.C.), the panel's chair and ranking member, respectively, both acknowledged improvements but expressed concern and frustration with bureaucratic infighting and the slow pace of reform almost four years after the 2007 media reports on treatment of wounded warriors at Walter Reed Army Medical Center. Murray cited the cumbersome transition process as a possible factor in the high rates of suicide and drug abuse among recently separated veterans and as *FRA Today* goes to press additional hearings have been scheduled to discuss DoD/VA collaboration.

One of FRA's top priorities for 2011 is ensuring adequate DoD and VA funding for resource-sharing and other efforts to deliver seamless, cost-effective, quality services to wounded or injured personnel.

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## VETERANS ISSUES

### House Approves GI Bill Enhancements

The House approved the "Restoring GI Bill Fairness Act" (H.R. 1383) that increases the tuition cap from \$17,500 to \$27,000 for some veterans attending private schools. In order to qualify for the increased benefit the veteran must have been enrolled in a private school before last year's reform bill (Post-9/11 Veterans Assistance Improvement Act) took effect.

The reform legislation capped private school tuition at \$17,500, which created a problem for vets already enrolled in higher-priced, private programs. Rep. Jeff Miller (Fla.), chairman of the House Veterans' Affairs Committee, sponsored the legislation establishing the new limit in an effort to ensure these veterans will be able to complete their education using the benefits specified in the original Post-9/11 GI Bill, which was enacted in 2008.

Members are urged to use the FRA Action Center at [www.fra.org](http://www.fra.org) to ask their Senators to support this legislation.

### Dark Art of Democracy

Article 1 Section 2 of the U.S. Constitution requires that all Congressional districts be re-drawn this year. Based on the 2010 census results, the Census Bureau determines how many congressional districts will be allocated to each state. This apportionment is delivered to the President, who delivers it to the Clerk of the House, who then sends it to the Governor of each state. Based on current data, Texas will gain three congressional seats and several Midwest and Northeast states will lose one or two seats starting in 2012. In most cases, the state legislature draws the map for congressional districts and it must be approved by the governor. Every candidate for a seat in the House in 2012 will be running in a new district and how these districts are drawn can influence election results. That's why re-districting is sometimes called "The Dark Art of Democracy."

## HEALTH CARE ISSUES

### Automatic Refills Available with Pharmacy Home Delivery

TRICARE beneficiaries who use TRICARE pharmacy Home Delivery can include prescriptions in the automatic refill program. If enrolled, beneficiaries are reminded (by e-mail or phone) seven days in advance that an automatic refill is scheduled for shipping. Unless they contact Express Scripts Inc. (ESI), the TRICARE pharmacy contractor, the prescription will be automatically refilled.

Beneficiaries using Home Delivery save money. Copayments at retail pharmacies are three times higher for a 90-day supply of the same medication, which can add up to \$176 more per year for a brand-name prescription. Beneficiaries switching from retail to Home Delivery (formerly called TRICARE Mail-Order Pharmacy) also helped the Department of Defense save \$30 million in 2010. To sign up for Home Delivery or to enroll existing Home Delivery prescriptions in the automatic prescription refill program, beneficiaries should go to ESI's website (<http://www.express-scripts.com/TRICARE/>) or call the TRICARE Member Choice Center at 877-363-1433.

### House Subcommittee Fully Funds DoD Health Care

The House Defense Appropriations Subcommittee recently approved FY 2012 funding for Defense programs, many of which are included in the FY 2012 Defense Authorization bill (H.R. 1540) recently passed by the House (see page 8). Subcommittee members approved \$132.1 billion to fund a 1.6-percent active duty/Reserve pay increase that is equal to the Employment Cost Index (ECI), \$32.3 billion for Defense health programs for our troops and military families, and \$2.3 billion for family support and advocacy programs.

FRA continues to fight for annual active duty pay increases that are at least equal to the ECI and adequate funding for the Military Health System (MHS) in order to meet readiness needs, fully fund TRICARE, and improve access and awareness of benefits for all beneficiaries regardless of age, status or location.

### TRICARE Cautions Beneficiaries about Benzocaine

The Food and Drug Administration (FDA) has issued a warning about the use of over-the-counter (OTC) products containing benzocaine, a local anesthetic often given to babies that are teething. Benzocaine products, which come in the form of gels, sprays, liquids and lozenges, are also used to relieve pain in the mouth and gums from a variety of other conditions, like canker sores.

Benzocaine has been associated with a rare, but serious, condition called methemoglobinemia, which reduces the amount of oxygen carried in the bloodstream and can result in death in the most severe cases.

Patients who develop methemoglobinemia may experience pale, gray or blue colored skin, lips and nail beds; headache; lightheadedness; shortness of breath; fatigue and rapid heart rate. In some cases, symptoms of methemoglobinemia may not always be evident or attributed to the condition. The signs and symptoms usually appear within minutes to hours of using benzocaine. Conditions such as anemia, heart disease and lung disease may exacerbate the toxicity of methemoglobinemia. Report side effects or medication errors from the use of benzocaine to the FDA MedWatch program, call 1-800-332-1088 or fax 1-800-FDA-0178.

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

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## FRA Essay Contest

**THE FRA NATIONAL COMMITTEE** on Americanism-Patriotism is pleased to announce the Americanism Essay Contest theme for 2011–2012 is *What Freedom of Speech Means to Me*. The Essay Contest is open to all students in grades 7 through 12 (including those who are home-schooled). Each entrant must be sponsored by an FRA member in good standing or by a currently chartered branch or unit. The contest includes a Grand National Prize of a \$10,000 U.S. Savings Bond, with \$5,000, \$3,000 and \$2,000 Savings Bonds awarded to the first, second and third place winners in each grade category.

All regional winners are judged at the national level and receive a certificate of recognition. Other prizes are awarded at the branch and regional levels. The awards are presented by the end of May. If you are interested in sponsoring a student or promoting this contest in schools near you to raise awareness of FRA locally, please contact FRA Headquarters for posters and rules or visit [www.fra.org/essay](http://www.fra.org/essay).



### Full Essay Contest Rules

All entrants shall be students in grades 7 through 12 (or equivalent). Entrants must be sponsored by a branch of the Fleet Reserve Association or a unit of the Ladies Auxiliary. The essay shall be on the theme designated and shall not exceed 350 words. The essay shall be legibly written or typed on one side of the paper. A student may submit only one entry each year. Each entry must be accompanied by a separate sheet stating: the entrant's name; address; zip code; telephone number; school grade (or equivalent); name of school or the words "home schooled;" student's Social Security Number (optional — but needed to award savings bond prizes); number of words in essay; and the sponsoring branch/unit or sponsor's name. If selected a "contest winner," the student's Social Security Number shall be provided for the sole purpose of complying with the rules of issuance of a U.S. Savings Bond. Entries submitted to branches shall be submitted to the Branch Americanism-Patriotism Committee and postmarked not later than December 1, for judging at the branch level. Entries sponsored by membership-at-large members shall be submitted to the national chairman and forwarded to an appropriate branch for judging in their respective grade group. All entries shall be postmarked not later than December 1. All entries become the property of the Fleet Reserve Association.

### 2010-2011 FRA Essay Contest Results

#### OVERALL WINNER

**Trinh Chu** – Branch 269 Southeast Region

#### GRADE 7 WINNERS

- 1st Place:** Lexi Nelson, Br 136 North Central Region
- 2nd Place:** Danny Blake, Br 063 Northwest Region
- 3rd Place:** John H. Hewitt, Br. 20 New England Region

#### GRADE 8 WINNERS

- 1st Place:** Leah Burns, Br 264 South Central Region
- 2nd Place:** Dusty Wolfe, Br 293 East Coast Region
- 3rd Place:** Peter Dagostino, Br 226 Northeast Coast Region

#### GRADE 9 WINNERS

- 1st Place:** Angela Sallee, Br 289 Southwest Region
- 2nd Place:** Ellie L Feis, Br 275 West Coast Region
- 3rd Place:** Grace Manzer, Br 293 East Coast Region

#### GRADE 10 WINNERS

- 1st Place:** William A. Anderson, Br 175 Southwest Region
- 2nd Place:** Rishab Sharma, Br 03 New England Region
- 3rd Place:** Molly Tuthill, Br 275 West Coast Region

#### GRADE 11 WINNERS

- 1st Place:** Elizabeth Jansing, Br 201 South Central Region
- 2nd Place:** Kyle Morgan, Br 263 Southeast Region
- 3rd Place:** Anna Fleming Essex, Br 055 Northwest Region

#### GRADE 12 WINNERS

- 1st Place:** Trinh Chu, Br 269 Southeast Region
- 2nd Place:** Adam Joshua Fisher, Br 162 South Central Region
- 3rd Place:** Andrew Reuss, Br 130 North Central Region

FRA congratulates Trinh Chu, FRA's overall National Winner of the 2011 Americanism Essay Contest.

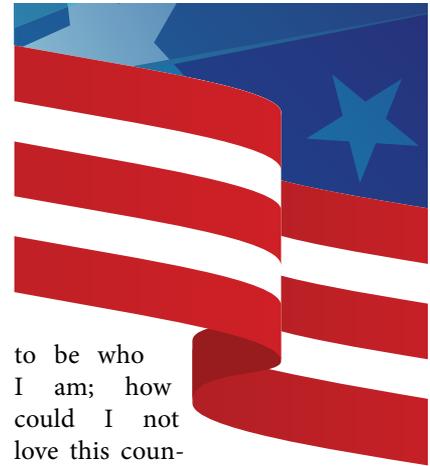
## “What Patriotism Means to Me”

By Trinh Chu

Patriotism, to me, means faith, strength and love for one’s country. Patriotism is faith, those who have patriotism trust the actions and ideologies of their country without an inkling of doubt because they know that no matter what happens, they can always find comfort, security and protection from their homeland. Patriotism is also strength, not a brute strength based on muscles, but an internal strength fueled by pride and devotion. Most of all, patriotism is love for your country, a love so powerful and immaculate that it moves you to do everything to serve and protect your country. President John F. Kennedy once said, “Ask not what your country could do for you, but what you could do for your country,” and to me this is the essence of patriotism because it

explores the true extent of one’s faith, strength and love for their country. Patriotism is more than just hanging the American flag on your side of your house; it is service to your community, to your people, and most of all, service to your nation.

Growing up I was constantly bullied for being a foreigner, my peers would make fun of my name, of my family and of my heritage. They told me that America was for people who had patriotism, something I did not have because this was not my country. Their words cut me deeper than any knife could because they did not understand the love I felt for this great land. This was the country that gave my parents refuge, the country that gave me the opportunity to succeed, the country that gave me the freedom



to be who I am; how could I not love this country? While some people may say that patriotism is just for natural born citizens of the country, I believe that anyone could have patriotism for this country if they have faith and trust in its morals, acquire strength and courage from its principles, and sacrifice everything necessary to defend and protect its future.

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**NORTHEAST REGION: JULY 22–24, 2011****Radisson Penn Harris, Camp Hill, Pa.**

*Contact:* RPNE David Munday, 732-350-6403  
*Candidates:* RPNE David Munday (Branch 124) for RPNE  
 PRPNE Jim Brown (Branch 226) for RVPNE

**EAST COAST REGION: JULY 29–30, 2011****Sheraton Roanoke Hotel & Conference Center, Roanoke, Va.**

*Contact:* PRPEC Paul Gunther, 240-338-0929, PaulG48104@aol.com  
*Candidates:* RVPEC Darrell McKinley, Jr. (Branch 293) for RPEC

**NORTH CENTRAL REGION: AUGUST 12–13, 2011****Best Western Longbranch Hotel & Convention Center, Cedar Rapids, Iowa**

*Contact:* PRPNC Marty Posekany, 616-225-9264, posekany@chartermi.net or PRPNC  
 Ginny Bowers, gingerpeaches@winstream.net  
*Candidates:* RVPNC Charles Neureuther (Branch 298) for RPNC  
 John Partin (Branch 267) for RVPNC

**SOUTHWEST REGION: AUGUST 12–13, 2011****Quechan Casino & Resort, Winterhaven, Calif.**

*Contact:* Mick Fulton, 619-410-1660, mickfulton@adeptworks.net or Pauline Dugan,  
 619-423-6185, perilsofpauline@cheerful.com  
*Candidates:* RVPSW Stanley J. Lewandowski (Branch 289) for RPSW, Mick Fulton (Branch 289)  
 for RVPSW  
*Additional Info:* Joint Opening Ceremonies begin at 1800 on August 12, 2011

**SOUTH CENTRAL REGION: AUGUST 19–20, 2011****Crowne Plaza Hotel, Fort Worth, Texas**

*Contact:* PRPSC Mike and Pat Snyder, 972-270-3119  
*Candidates:* RVPSC Arthur McAvoy (Branch 11) for RPSC  
*Additional Info:* Elizabeth Jansing will read her winning submission to FRA's Americanism Essay  
 Contest at opening ceremonies.

**WEST COAST REGION: AUGUST 26–27, 2011****Mariani's Inn and Restaurant, Santa Clara, Calif.**

*Contact:* Rick Fetro, 510-673-6343 or Kathy Blanton, 408-629-6479  
*Candidates:* Rick Fetro (Branch 101) for RPWC  
*Additional Info:* Visit 2011wcrconvention.wetpaint.com or email wcrconvention2011@live.com  
 for more details

**NEW ENGLAND REGION: AUGUST 27, 2011****Branch 20 Home, Groton, Conn.**

*Contact:* Billye Serabian, 860-448-0063  
*Candidates:* RPNEng Philip Justin (Branch 42) for RPNEng  
*Additional Info:* Lodging is available at the Navy Gateway Inn & Suites. Contact Shipmate  
 Serabian for details.

**SOUTHEAST REGION: SEPTEMBER 7–11, 2011****Chattanooga Choo-Choo Hotel, Chattanooga, Tenn.**

*Contact:* PRPSE Jerry Brice, 423-240-5402  
*Candidates:* RVPSE Fred Bolz (Branch 269) for RPSE  
 James Robbins (Branch 91) and PRPSE John Sutton (Branch 290) for RVPSE

**NORTHWEST REGION: SEPTEMBER 16–17, 2011****Boise Hotel & Conference Center, Boise, Idaho**

*Contact:* Keith Cottrell, 208-283-2342, kwcottrell@cableone.net  
*Candidates:* RVPNW Pete Lazzaretti (Branch 104) for RPNW

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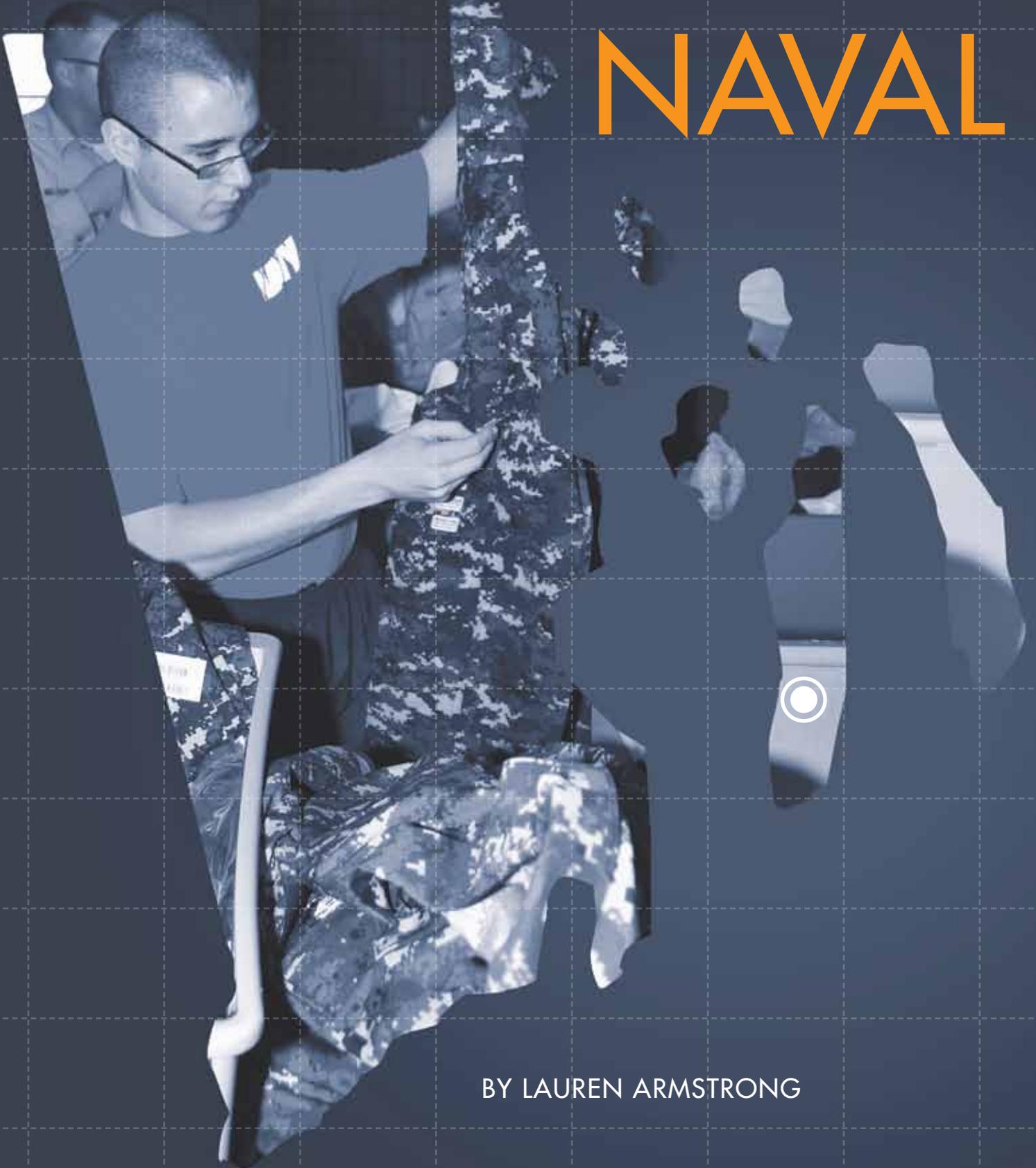
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# NAVAL



BY LAUREN ARMSTRONG

# STATION GREAT LAKES

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**100 Years**

UNTIL THE LATE 1800S, MOLDING U.S. NAVY RECRUITS into enlisted Sailors was strictly an on-the-job affair. Recruits signed up and went directly to a ship, where they learned the ropes – quite literally – aboard the sea-going vessels on which they would serve. In 1881, the Navy opened its **Training Station at Newport, R.I.**, and began preparing bluejackets in the fundamentals of seamanship and more specialized duties they may be asked to perform.

“Shortly after the Spanish-American War, Navy leaders made a startling discovery: Many of their best Sailors came from the Midwest,” explains John Sheppard, public affairs officer for Naval Station Great Lakes (NSGL). “So the Navy started looking into the idea of training Sailors in that part of the country. A board of officers recommended the training facility be located on the southwestern shore of Lake Michigan — essentially where it is today.”

Prevailing 1902 politics and economics almost derailed the proposal. Every Midwestern state was lobbying to have the training facility built within its borders and the \$1,000-per-acre price for waterfront property on Lake Michigan was a significant stumbling block. The plan stalled for two years, until Illinois Congressman George E. Foss enlisted the help of local businessmen to raise the money needed to purchase the pricey “Lake Bluff” site. When the site selection board convened in 1905, Foss proudly announced that a group of patriotic Chicagoans stood ready to buy the land and convey it to the United States Navy for the cost of one dollar. Congress readily approved the purchase and the concept of Naval Training Station Great Lakes, more commonly referred to simply as “Great Lakes,” was born.

The Secretary of the Navy selected Captain Albert Ross, one of the service’s most accomplished trainers, to become the first Commandant of Great Lakes. Navy Civil Engineer George McKay and Jarvis Hunt, a renowned architect, were tasked with designing and constructing the new facility that would occupy 172 acres approximately halfway between Chicago, Ill., and Milwaukee, Wisc. The round arches and vaults of the red brick structures reflected an updated Romanesque style and included nautical detail such as the bow of a sailing ship above the main entrances and in the brass door handles.

Construction methods of the day included some steam-driven equipment, but the bulk of the backbreaking labor was done by horses and human hands. It took six years, approximately \$3.5 million dollars and countless man-hours to complete the original 39 buildings that included a main training camp, receiving camp, hospital and Marine barracks and guard house.

The facility opened on July 1, 1911, and two days later Joseph W. Gregg of Terre Haute, Indiana, became the station’s first recruit. For the next several years, training proceeded at a slow and steady pace, transforming about 2,000 citizens into Navy Sailors each year. *continued on page 21*

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## World War I

S

low-and-steady quickly changed to fast-and-furious when President Woodrow Wilson asked Congress to declare war on the Central Powers in April of 1917. The nation needed manpower to fuel its war machine and Great Lakes moved quickly to meet the demand.

“Sailors with construction skills helped civilian workers build additional housing and training facilities,” says Sheppard. “These Sailors were called the ‘12th Regiment’ and ‘The Fighting Tradesmen,’ and were precursors of the Seabees. They worked day and night, not only to meet the requirements of the war effort, but also to ensure recruits wouldn’t have to endure the coming winter living in tents.”

By year’s end, warm wooden barracks were complete with steam heat, hot and cold running water and systems for waste sanitation — the virtual lap of luxury for some recruits who had come from poor urban or rural backgrounds. Training operations ramped up from 922 recruits in February to more than 9,000 when war was declared in April. By the end of World War I, 45,000 Sailors were in training, Great Lakes had 776 buildings and more than 125,000 Sailors had been processed through “boot camp” at the station.

The cost of WWI was enormous. In addition to the number of fatalities and casualties, the U.S. had mounted tremendous debt and Congress voted to slash military expenses. As the Navy grew smaller, so did NSGL. Recruit training slowed dramatically and even stopped for a short period. By 1933, the nation’s economic crisis forced Great Lakes into “maintenancy status,” with only a small contingent of Marines to keep guard on the station, an eight-man fire department and a “maintenance and preservation force” of four to man it.

## World War II

A

s the storm clouds of war again began to gather in Europe, congressional and military leaders on this side of the Atlantic were determined to be better prepared for the coming conflict than we’d been in 1917.

In July of 1935, it was decided to reopen the facility as Naval Training Station Great Lakes. Work was required to get the station back in operational shape as

## Seaman Gregg

**Joseph W. Gregg** was so excited to join the Navy that he ran through the gates of Naval Station Great Lakes. His sprint earned him the distinction of being the first Seaman Recruit to enter the Navy’s newly opened training facility. He served honorably and left the Navy in 1914. Gregg was buried in the Great Lakes cemetery on July 5, 1966 — almost exactly 55 years after he eagerly entered boot camp.



buildings were deteriorating from disuse and the grounds had been overtaken by vegetation. Within months, Great Lakes was again a hive of activity and ready to train the next generation of Sailors.

As lawmakers closely watched the deepening world crisis, they initiated steps to increase the size and scope of the U.S. Navy. In 1940,

Congress passed a huge naval expansion bill that would double the service’s manpower to 170,000 Sailors. The draft was also instituted that year, providing a steady supply of Seaman Recruits.

Within hours of the December 7, 1941, attack on Pearl Harbor, Capt. Ralph Spalding, the station’s public works officer, had a master plan for expanding Great Lakes to include 32 new barracks, two subsistence buildings and numerous other structures. Although the cost would be staggering, then-Commandant Rear Admiral Downes agreed and work began immediately. It wasn’t until two weeks later that the Navy Department officially approved the Great Lakes expansion. Some 13,000 workmen toiled seven days a week, 24 hours a day for nearly two years to complete the project. The final cost exceeded \$120 million in a time when a Seaman First Class made \$60 per month.

The investment proved to be a wise one. The Navy would be tasked with transporting millions of service members, as well as the millions of tons of equipment, food and fuel needed to fight. Great Lakes played a significant role in producing the fighting force that would win the Second World War.

On December 7, 1941, approximately 6,000 recruits were in training at Great Lakes. Six months later, there were

68,000 and by September of 1942, more than 100,000 Sailors-to-be were aboard Great Lakes. By mid-1943, Great Lakes had more than 700 instructors, who were training other instructors as well as recruits. From the attack on Pearl Harbor to the Japanese surrender, more than four million Americans served in the Navy; one million of them were trained at what became known as Naval Training Center Great Lakes.

“The Navy grew to 25 times its pre-war strength, with accompanying growth in the training at Great Lakes,” notes Sheppard. “At its peak in early 1945, Great Lakes’ 13 galleys served 300,000 meals per day. Recruits went through 17,000 pounds of fresh fruit, 7,000 gallons of milk, 108,000 eggs, 11,000 loaves of bread, 7,000 pies, eight tons of cold cuts and cheese, and 2,000 gallons of ice cream daily!”

When the Japanese surrendered in 1945, the whole process began in reverse. As quickly as Great Lakes had grown to meet the Navy’s need for Sailors, it demobilized personnel with equal speed. Approximately 3,000 service members were becoming civilians every day and during the 12 months following the war’s end, Great Lakes processed the discharges for 450,000 Sailors and Marines. The terminal leave disbursing office processed 4.5 million claims for final military pay.

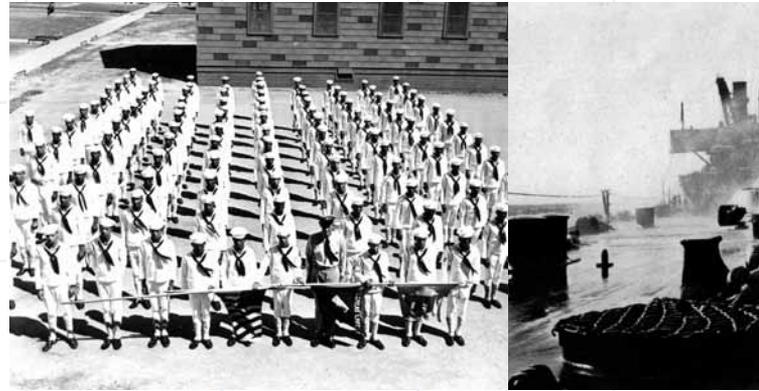
## A-Schools, Women and Racial Integration

N

ot only did the size of the facility and the number of recruits increase during the 1940s, the scope of training also broadened, as did the make up of recruits.

The Navy established Class A Service Schools in 1940 to teach Sailors more specialized skills following completion of boot camp. The first “A-School” class was divided into three groups, including (Group I) training for Electrician’s Mates, fire Controlmen, Gunner’s Mates

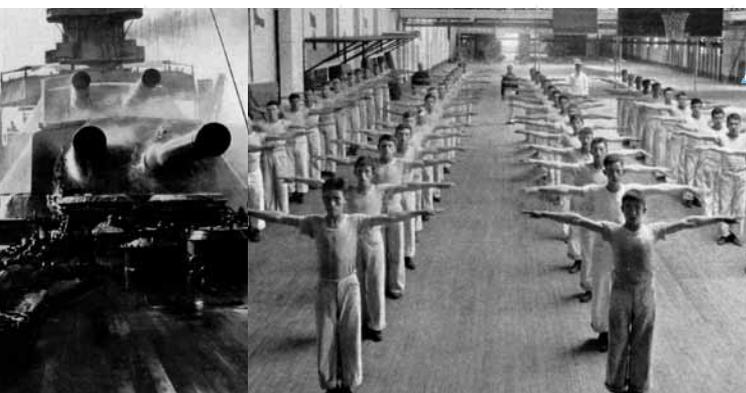
**Below:** Navy recruits at Recruit Training Command.



and Torpedomen; (Group II) Radiomen, Quartermasters, Signalmen, Yeomen and Storekeepers; and (Group III) Machinist’s Mates Boilermakers, Molders, Metalsmiths, Shipfitters, Carpenter’s Mates and Patternmakers. This was the beginning of the Training Support Center that exists at Great Lakes today. (See Service Schools on page 25.)

Great Lakes would also welcome females and African Americans during this era of growth. In addition to the female nurses who served at the station’s hospital, several hundred WAVES (Women Accepted for Volunteer Emergency Service) received training at Great Lakes in the 1940s, including many officers. These women were educated in traditional female military roles as secretaries and clerks, but they also learned to perform duties in the aviation and legal arenas, as well as in communications intelligence, science and technology fields. The WAVES were barely two years old when the Navy began training females as anti-aircraft gunners. Experienced gunners were desperately needed in the fleet, so these trail-blazing women were cultivated to become instructors to fill the wartime need. By 1944, there were 150 enlisted females and 18 officers, working at Naval Hospital, Ship’s Service, Recruit Training, Chaplain’s Office and in other commands.

By the end of WWII, there were 1,400 WAVES serving at Great Lakes and, in 1948, 320 “ripples” graduated from the Navy’s first WAVES boot camp. WAVE recruit training was



**Clockwise:** The clock tower of Building 1 is an iconic landmark of Naval Station Great Lakes; Basic training for Navy recruits; Gymnasium Instruction in 1917, Naval Training Station, Newport, R.I.; Ocean Spray: U.S.S. "New York"; Naval Station Great Lakes Recruit Company 761 in 1943.

## 1950s, 1960s and 1970s

A new type of draft was reinstated in 1948 and Great Lakes began to gear up yet again, just in time for the Korean Conflict. With North Korea's invasion of South Korea in 1950, President Truman ordered U.S. troops to fight Communism and, as in WWII, almost every allied warrior and millions of tons of war supplies would get to Korea by sea. To meet the demand, 33 retired Navy chiefs were recalled to instructor duty from the Fleet Reserve. These men brought an average of 25 years of experience with them and, following a brief series of refresher courses, shared their wealth of knowledge with new recruits and A-School students.

Great Lakes opened several new Service Schools in 1954, including a new Gunner's Mate School and combined facilities to support Fire Control Technician, Opticalman and Instrumentman Schools. Facility expansion over the next decade included a new Naval Hospital, new barracks for recruits, mess halls, classrooms and staff offices.

The 1960s placed new military demands on Great Lakes. The Cuban Missile Crisis and the threat of nuclear war led to another increased demand for Sailors, this time without the benefit of additional human and financial resources.

"In 1960 alone, we trained 55,000 recruits and 11,000 Service School students," says Sheppard. "In 1964, we trained 61,000 recruits and 20,000 at Service School. Among Great Lakes' other responsibilities at the time was the U.S. Naval Examining Center, the central point for the development, distribution and scoring of all Navy advancement exams."

As the nation became embroiled in the Vietnam Conflict, Great Lakes expanded yet again. A new program was developed to select candidates for SEAL training during boot camp and put them through a special recruit training program to prepare them for the more rigorous training they'd receive at Coronado, Calif. A similar program exists today at Great Lakes' Naval Special Warfare Preparatory School.

Great Lakes also became a homecoming port for Vietnam casualties. Wounded service members were brought to the station's Naval Hospital, some of whom arrived by Coast Guard helicopters as part of a new inter-service airlift. Released prisoners of war also came to Great lakes for convalescence at the hospital.

moved to Bainbridge, Md., in 1951, but females continued to attend A-Schools at Great Lakes.

At the beginning of WWII, the Navy only allowed African Americans to serve as stewards or mess attendants. When blacks were accepted into the more technical fields, they were trained in a segregated boot camp named for Robert Smalls, a Union hero of the Civil War. Doreston Luke Carmen, 19, of Galveston, Texas, was its first recruit on June 5, 1942, and by September, "Negro Service Schools" were also opened to those who'd completed recruit training.

The rigidity of segregation often resulted in undersized classes of only four or five students — an ineffective use of time, space and instructors. So by 1944, integration was being phased in on an experimental basis and, after it proved successful, the entire Recruit Training Command was ordered to integrate in 1945.

More than 7,000 recruits went through Camp Smalls, including the Navy's first African-American officers. In January 1944, 12 ensigns and one warrant officer arrived at Great Lakes for indoctrination and training. These determined men challenged the racial stereotypes of the day by scoring the highest marks ever on their final exams and came to be known as The Golden 13. Great Lakes would later honor these pioneers by naming the Recruit Inprocessing Center after them.



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## Moving Into the New Millennium



Great Lakes has always been on the cutting edge of technology. In 1958, for example, Great Lakes acquired a Univac II — a room-sized computer that had a 2,000-word memory and used punch cards to input data that would be stored on a tape drive. Slow and cumbersome by today's standards, the Univac II was state-of-the-art equipment 50+ years ago. Technological advancement exploded during the 1990s to include the use of desktop computers and digitally created training materials.

When the 1993 Base Realignment and Closure (BRAC) commission decided that Great Lakes would become the Navy's sole initial accession training facility, the money saved from closing the Orlando and San Diego training sites was channeled to improve Great Lakes. By 1998, Recruit Training Command (RTC) had launched a major recapitalization program that continued into the new millennium. The \$763 million "RTC Recap" was the most ambitious building effort in Great Lakes history and included a variety of infrastructure improvements, such as 13 new 120,000-square-foot barracks, each designed to accommodate more than 1,000 recruits. Each facility integrates berthing, classrooms, learning resource centers, a galley and quarterdeck, all under one roof.

"Today's recruits can sleep, eat, attend class and do personal PT in one building," explains Sarah King, event coordinator for RTC. "This eliminates a lot of time that used to be spent marching from one building to another. By consolidating these activities into a single structure, it allows more time for technical training and also reduces injuries."

One of the most significant training advancements during this time was the development of an innovative boot camp experience called Battle Stations. In 1998 soon-to-be Sailors were required to demonstrate teamwork, basic seamanship skills and nautical knowledge to master seven training stations before they graduated to join the fleet. More battle-oriented scenarios were added until Battle Stations became an all-night final exam.

The program evolved to become Battle Stations 21 and now includes a 210-foot Arleigh Burke-class destroyer simulator, USS *Trayer* (BST-21), that is the centerpiece for the realistic experience. By incorporating state-of-the-art technology developed by the entertainment and theme park industries, *Trayer* and Battle Stations 21 provide lifelike simulations, complete with the sounds, vibrations and

## Service Schools

Early in Great Lakes' history, service schools were established to provide more specialized training to Sailors after they'd completed boot camp. In the early 1900s, new Sailors received follow-on training from a variety of military and civilian sources. For example, some future radiomen attended a radio school in New London, Conn., while others received 20 weeks of training at Great Lakes and then went to Harvard University for an additional 20 weeks. In March of 1919 Great Lakes became the epicenter of all radio telegraph and radio telephone instruction, which began a continuous shift of service schools to NSGL.



Great Lakes graduated the first class from its new Class A Service School, or A-School, in December of 1940 after the Sailors had undergone classroom and in-the-field instruction. Training films were a staple, but there were also "hyper-realistic" training exercises that prepared Sailors for war.

Training Sailors for the modern Navy now includes a broad range of A-Schools, with civilian instructors augmenting the active duty staff. In 2005, Service School Command became Training Support Center (TSC) Great Lakes, which now includes six learning sites. A new \$520 million recapitalization program is being planned for TSC to make it as impressive a training facility as its Recruit Training Command counterpart.

smells of shipboard emergencies. The scenarios recruits must face are drawn from actual events and reflect lessons learned from the 2000 terrorist attack on USS *Cole* (DDG-67), mine damage experienced by USS *Tripoli* (LPH-10) in 1990, the 1987 missile attack on USS *Stark* (FFG-31) and the tragic fire aboard USS *Forrestal* (CV-59) in 1967.

"Before recruits graduate from boot camp, they spend an entire night aboard *Trayer* loading stores, getting underway, handling mooring lines, manning general quarter stations, stopping floods and combating shipboard fires," describes Sheppard. "It is as close to being underway as a recruit can get before they receive orders to their first ship."

## Great Lakes Today

Like their predecessors in WWI, WWII, Korea and Vietnam, today's recruits and Sailors are training with a sense of purpose as they prepare to participate in our nation's overseas contingency operations. More than 3.5 million Sailors have started their careers at Great Lakes since it

opened its gates in 1911, and although much has changed over the past 100 years, its mission to produce highly skilled, technically proficient, disciplined and motivated Sailors has remained constant.

On any given day, there are between 5,000 and 7,000 recruits in the Navy's manpower pipeline at RTC — all of whom are volunteers. Just as their predecessors did, they rise early with reveille, eat "chow," attend class and physical training (PT). They come from different parts of the country, join the Navy for different reasons and arrive at Great Lakes with different expectations, but all want to serve.

Seaman Recruit (SR) James Jones, 22, hails from St. Louis, Mo., and he is "very happy" with his decision to join the Navy. "I'd gone to college for two years and decided it wasn't for me. I thought the Navy would be a good way to get my life back on track and I'm looking forward to becoming a Machinist's Mate on Navy submarines."

As a special warfare recruit, SR Shawn Forman, 23, is

learning a lot about the Navy and himself. A native of Brick, N.J., he joined up to test his physical and mental limits. "As special warfare recruits, we have additional PT five days a week, on top of the PT other divisions have. I expected that, but I've found the training to be more mentally challenging than I thought it would be," he said.

Another unifying aspect of the RTC experience is the bond formed with fellow classmates and a unique understanding of the teamwork required to be a successful Sailor.

"We're 12 days from Battle Stations and our division is working hard to do well and earn flags," SR Jones says of the rewards given to divisions that perform well in inspections, assessments, drills and how they work together as a team.

"When we arrived here, we all started out as individuals," reflects SR Forman. "But even after just four weeks, I see us becoming a team."

Most important is the recruits' desire to be the best Sailors they can be. When asked what he'd say to the recruits who came before him, SR Jones summed it up well. "We're getting good training here. Their Navy is in good hands."

Visit [www.fra.org/history](http://www.fra.org/history) to share your memories of Naval Station Great Lakes.



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

## Instruction Begins with Instructors

The students at Great Lakes are only part of the education equation. Both military and civilian instructors play a critical role in molding the Navy's future leaders. Throughout Great Lakes' 100-year history, leadership and staff have worked to maintain a proper balance between military and technical training. Teaching recruits to march, wear the uniform properly and practice military protocol must be coupled with instruction on the technical skills required to be an effective Sailor.

The men and women who teach at RTC today must strike a similar balance. In addition to a small number of civilian instructors who provide swimming instruction to recruits, more than 950 military personnel are currently assigned to NSGL.

All recruit training instructors are volunteers, must be recommended by their commands and undergo a very thorough screening process, explains Sarah King.

"Being an instructor is more demanding than many typical shore assignments," she adds. "Every applicant knows this is tough duty and, as a result, we get very motivated applicants. We really get the best of the best."

Among the instructors assigned to RTC today is Chief Mitch Inkpen, who is a Recruit Division Commander.

"I volunteered for this assignment because I wanted to have an impact on the future of the Navy. It's a rush knowing that I'm seen as a role model and mentor for the recruits I train."

Inkpen, who went through recruit training 10 years ago, believes today's Sailors are better prepared to join the fleet when they leave Great Lakes. "We're training Sailors to be smarter and stronger," he says. "I think we're focusing more on the mental and technical training now than we did when I went through recruit training."

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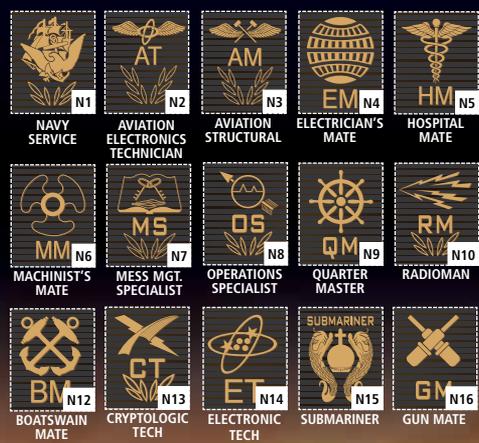
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**BRANCH 77 GREEN VALLEY, ARIZ.**

PNP Tom Heaney (right) and PRPSW Jim Katzenberger (left) presented Honorary FRA Membership to LtCol. Joey Strickland, USA (Ret), during the USS Arizona Memorial ceremony at the University of Arizona in Tucson. Strickland, who was the keynote speaker for the event, directs the Arizona State Department of Veterans and is a long-time supporter of FRA.



**BRANCH 89 ATLANTA, GA.**

Shipmate Raymond Hensler (right) smiles as his daughter, Kay, affixes his 55-year FRA membership pin to his lapel. Branch President Wayne Barron looks on.



**BRANCH 168 BAINBRIDGE, MD.**

Shipmates hosted the beverage booth at the Hawaii-themed Patients' Carnival as part of the VAVS program at VAMC Perry Point, Md. Shown (l to r) are Shipmate Larry Henderson, Lindsay Smith, Shipmate Ken Miller, Joan Bryan and PRPEC Bob McMahon.



**BRANCH 238 PLOVER, WISC.**

Members of the Branch-sponsored horseshoe team won trophies or scholarships at the 88th Annual Wisconsin State Horseshoe League Tournament. Shown (l to r, front row) are Tara Kildahl (1st in Ladies' Class A), Gunnar David (Boys state champion), Aleen Cook (3rd in Ladies), (back row) Sonia Cook (FRA league director), Kari David (1st in Ladies' Class B), Craig David (1st in Men's Class J), Mel Cook (1st in Men's Class H) and Dan David (FRA sponsor). Not shown is Mike Berdan (2nd in Men's Class J). Photo by Sylvia David.



**BRANCH 124 LAKEHURST, N.J.**

Branch President William Anthony (left) and RPNE David Munday III (right) congratulate Shipmate John Yedinak on his 65 years of continuous FRA membership. Yedinak joined the Association in 1946.



### BRANCH 182 BETHESDA, MD.

The branch recently recognized the winners of the Branch's Americanism Essay Contest. Left to right are: Chairman, Americanism Essay Contest PRPEC Paul R. Gunther, 7th Grade Winner Sophia Strachan, 9th Grade Winner Mariam Khan, 10th Grade Winner Jourdan Lewanda, 11th Grade Winner Disa Yu and Branch President S/M Randy Phillipp. (Not shown are 8th Grade Winner Ashia Kidd and 12th Grade Winner Jasmine Smalls). Photo by S/M Royce Denham.



### BRANCH 126 JACKSONVILLE, FLA.

Branch Chaplain Von Mitchell (left) accepts a Letter of Appreciation and Membership Drive 2010-2011 lapel pin from Branch President James J. Thomas for recruiting an active duty Navy member.



### BRANCH 268 OKLAHOMA CITY, OKLA.

Shipmate Les Wilson receives his pin and certificate for 40 years of continuous FRA membership from Branch President Jesse Whitney. Shipmate Wilson was a long-time Branch Secretary before he moved to Palmer, Alaska.



### BRANCH 118 CAPE CORAL, FLA.

The Hope Hospice Honor Guard makes presentations to any veterans who come into their hospice care by presenting them with a certificate thanking them for their service to our country. Branch 118 has chosen Hope Hospice as our preferred charity and members must go through the hospice training prior to being assigned to the honor guard.



### BRANCH 272 SAN LUIS OBISPO, CALIF.

Branch President Jim Clem (left) and PRPSW Michael Frontz proudly display the 2nd place ribbon the branch earned for its Public Relations efforts.

**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.

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"Well, I finally did it. I finally decided to enter the digital age and get a cell phone. My kids have been bugging me, my book group made fun of me, and the last straw was when my car broke down, and I was stuck by the highway for an hour before someone stopped to help. But when I went to the cell phone store, I almost changed my mind. The phones are so small I can't see the numbers, much less push the right one. They all have cameras, computers and a "global-positioning" something or other that's supposed to spot me from space. Goodness, all I want to do is to be able to talk to my grandkids! The people at the store weren't much help. They couldn't understand why someone wouldn't want a phone the size of a postage stamp. And the rate plans! They were complicated, confusing, and expensive... and the contract lasted for two years! I'd almost given up when a friend told me about her new Jitterbug phone. Now, I have the convenience and safety of being able to stay in touch... with a phone I can actually use."

**The cell phone that's right for me.** Sometimes I think the people who designed this phone and the rate plans had me in mind. The phone fits easily in my pocket, and flips open to reach from my mouth to my ear. The display is large and backlit, so I can actually see who is calling. With a push of a button I can amplify the volume, and if I don't know a number, I can simply push "0" for a friendly, helpful operator that will look it up and even dial it for me. The Jitterbug also reduces background noise, making the sound loud and clear. There's even a dial tone, so I know the phone is ready to use.

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Nationwide Coverage	Yes	Yes
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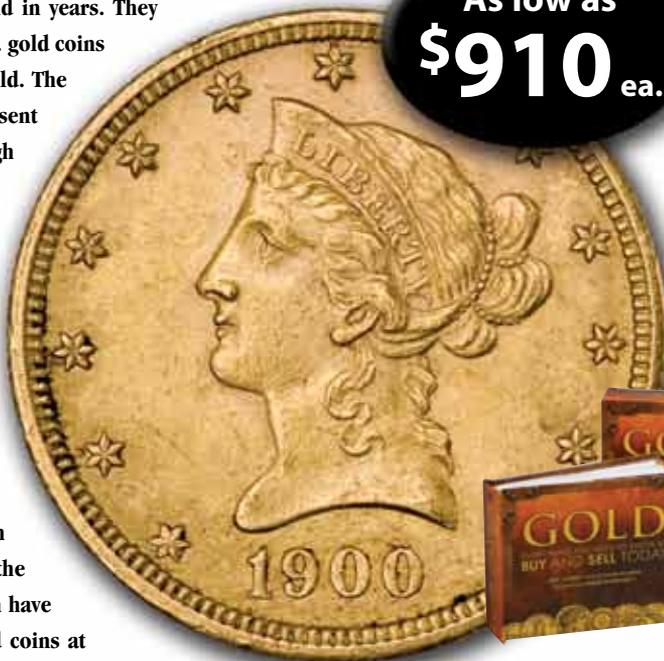
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NAME	BRANCH	NAME	BRANCH
Abt, Irving T, UTC, USN	023	Jensen, Allen R, DPC, USN	376
<b>Addotto, Lester M, EMC(SS), USN</b>	<b>296</b>	Jessup, John P, YNC, USN	MAL
Allen, Ernest J, CSCS, USN	186	<b>Jones, Dale C, MMCS, USN</b>	<b>130</b>
		Juif, Robert J, LCDR, USN	MAL
Ballard, Fred W, YNC, USN	046		
Bates, John H, 1STSGT, USMC	126	Kasnikowski, Joseph S, RMC, USN	288
Beaubien, Donald C, LT, USN	068	Keifer, Frank E, PNC, USN	068
Beck, James N, AS1, USNR	177	<b>Kelly, Russell B, AMSC, USN</b>	<b>126</b>
Beecroft, Seymour E, MMC, USN	346	Kelly, Gerald J, YNC, USN	172
Beringer, George J, ETCS, USN	012	Keohane, Edward J, SK1, USN	269
Berryman, Willard, ADRC, USN	109	<b>Koppari, Howard M, HTC, USN</b>	<b>MAL</b>
Blake, James A, CDR, USCG	018	Kumpf, Kip A, SH1, USN	377
Boliver, Jc V, EOC, USN	296		
Brown, John E., GMCS(SW)	245	Lankerd, Charles E, LTJG, USN	020
<b>Brown, Glen M, GMC, USN</b>	<b>227</b>	Leebrick, Calvin P, AMCS, USN	040
Brown, Adrian V, ADRC, USN	018	Leu, Karl, TMC, USN	MAL
Bruni, Dominick, QMC, USN	001		
		Maggay, Benjamin, YNC, USN	084
Cadell, Frank C., RM3, USN	077	Manskar, Dennis Ray, CDR, USN	093
<b>Callaghan, Edward R, SKC, USN</b>	<b>008</b>	Marshall, Brian H, EWCS, USN	093
Cardwell, Clarence M, 1STSGT, USMC	MAL	McCue, Robert M, YNC, USN	MAL
Champion, James A, ATC, USN	MAL	<b>McGaughey, Frank H, SKC, USN</b>	<b>312</b>
Christian, Billy F, AQ1(AC), USN	MAL	McLendon, William L, GYSGT, USMC	184
Church, Warren A, YN2, USN	347	McPherson, Alexander J, MN1, USN	172
Cleghorn, Andrew M, AMSC, USN	010	Miller, James H, ADJC, USN	091
Clemmons, Laura M, SA, USN	299	Moore, Frederick W, LCDR, USN	MAL
Cooper, Virgil M, AVCM, USN	MAL	Moore, Billy Wayne, CTTCM	MAL
<b>Counts, Joseph W, HMCS, USN</b>	<b>057</b>	Morris, Peter, GYSGT, USMC	MAL
Cox, Fred Mcswain, GMT1, USN	269	Morrison, Thomas J, CPO, USN	059
Crummey, Edmund J, HMC, USN	MAL		
Curnutte, Donald P, SKC, USN	290	Nevins, John J, ADC, USN	042
		Newton, Gordon, PNC, USN	261
<b>Day, Lawrence A, LCDR, USN</b>	<b>001</b>		
Dellinger, Max R, CTTC, USN	024	Olive, William E, ENC(SS), USN	102
Deshotels, John T, SK1, USN	MAL	Ollom, Jack M, ASCS, USN	093
Dykeman, Richard G, OS1, USN	267		
		Pashia, Lawrence A, EMCS, USN	MAL
Ellison, David J, POCM, USN	099	Pasternak, Joseph T, PO1, USN	MAL
		Patterson, Gary, USN	MAL
Fairbanks, James D, CMDCM, USN	307	Peck, Glenn A, HMC, USN	027
Federe, Felino M, SHC, USN	113	Peddy, Hugh A, GMCS, USN	067
Frey, John L, CPO, USN	367		
		Ray, James H, HMCS, USN	009
Gentry, William P, SD1, USN	MAL	Rhea, Winfred A, PNC, USN	161
<b>Gilmore, Thomas E, CWO2, USN</b>	<b>104</b>	Ricker, Douglas E, GMGC, USN	018
Grant, Clarence M, HMC, USN	018	Robinson, William L, HMC, USN	043
Gutzler, Edward J, ADCS, USN	093	<b>Roselli, Robert, AMC, USN</b>	<b>101</b>
Hawks, Donald W, AMHC, USN	289	<b>Sandberg, Carl J, AZC, USN</b>	<b>068</b>
Heberlie, Francis A, AO1, USN	267	Sanders, Wallace M, CPO, USN	049
Henderson, Leland S, ADR1, USN	101	Schultz, Frank J, ADCS, USN	178
Henry, Dayton P, TDC, USN	094	Shaffer, Joseph, MMCM(SW), USN	094
Henze, Jerome, ET1, USN	203	Shuler, Vaughn S, GMGC, USN	MAL
Herring, Richard D, QMC, USN	MAL	Shuman, Nicholas O, ADJC, USN	MAL
High, Wilburn N, SHC, USN	MAL	<b>Sidle, Leonard B, ENCS, USN</b>	<b>020</b>
Hosea, Robert C, HM1(SS), USN	MAL	Skallberg, Jay D, OS1, USN	MAL
Huffman, Wayne M, CPO, USN	041	Smith, William G, YNCM, USN	181
		Smith, Jesse G, HMC, USN	089
Irvin, Robert E, ATC, USN	147	Smith, Dow L, QMC, USN	223



NAME	BRANCH
Smitt, J. C, GYSGT, USMC	011
Stalvey, Rupert P, CSC, USN	126
Stephens, William E, CSC, USN	084
Stinson, Harry B, CWO4, USN	MAL
Streetman, Lester E, ASCS, USN	089
Styles, Donald K, GMC, USN	049
Tallman, Walter F, POC, USN	089
Taylor, James M, EM2, USN	044
Timm, Edward H, CAPT, USN	013
Toomey, Wilbert A, AFCM, USN	093
Trammel, Tommy R, ASC, USN	030
Trotter, Edgar C, CWO4, USN	009
Vasko, Michael J, GMG1, USN	005
Vasquez, Loreto C, SKC, USN	084
Volkenant, Earl E, AFCM, USN	261
Walker, James C, BM1, USN	MAL
Walker, Willie A, CWO4, USN	062
Ware, James R, QMCM/LT, USN	124
Watson, Lawrence M, AOCS, USN	040
Way, William E, GYSGT, USMC	313
West, Dennis E, CPO, USN	MAL
White, James R, SGT, USMC	210
White, Norman B, SGT, USMC	MAL
<b>PRPSE, Williams, Thomas I, RMCS, USN</b>	<b>110</b>
Wilson, Glen L, MSGT, USMC	MAL
Young, John B, BMCM, USN	346
Ziskowski, Frank R, GMC, USN	MAL

Names in red indicate 50 year continuous members.

**Correction**

The June issue of *FRA Today* ran SGT Peter M. Montanari, USMC, Branch 115 in Taps. We sincerely apologize for the error.

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Color	Deep Green
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Cut	Faceted
Birthstone	May
Refractive Index	1.577-1.583

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**384th Air Refueling Squadron**

September 9–11, 2011, Wichita, KS. Contact Ken Godstrey, 12018 Maycheck Lane, Bowie, MD 20715-1551, 301-464-1150, kengodstrey@comcast.net.

**Diesel Fast Attack Submarines Association (Tang Class Boats: USS Tang SS563; Trigger 564; Wahoo 565)**

September 5–11, 2011, Springfield, MO. Contact Dan Crow, 8607 46th Ave. Cir. W., Bradenton, FL 34210, 941-791-2234, dcraw1@tampabay.rr.com.

**Marine Air Traffic Control Association**

October 5–9, 2011, Oklahoma City, OK. Contact Rock Lyons, 2500 Perth Drive, Edmond, OK 73013, 405-330-7848, judgelyons@airosurf.com.

**Naval Hospital – Philadelphia**

November 12, 2011, Essington, PA. Contact Paul & Terry Puskar, 610-337-1560, chiefpush@aol.com.

**Navy Lithographers Association**

October 12–15, 2011, Houston, TX. Contact John Belrose, 540-785-8250, navylithographers@gmail.com.

**Patrol Frigate (PF) Sailors**

October 20–22, 2011, San Antonio, TX. Contact Charles Toler, 225-775-5809, cnmtoler@yahoo.com.

**USS Agawam (AOG-6)**

October 17–21, 2011, Seattle, WA. Contact Dick Cypher, 405-359-1513, DCy47@aol.com.

**USS Coconino County (LST-603)**

August 25–28, 2011, Missoula, MT. Contact Jim Chilcote, 13062 Kimwood Dr, Lola, MT, 406-273-0784.

**USS Current (ARS-22)**

September 8–11, 2011, Branson, MO. Contact Jerry Spickler, 317-996-2759, brickletter@yahoo.com.

**USS Elokomin (AO-55)**

September 27–30, 2011, Fishkill, NY. Contact Robert F. O'Sullivan, 25 Denny St., Dorchester, MA 02125, 617-288-3755, theeloman@verizon.net.

**USS Enoree (AO/TAO-69)**

September 28–October 2, 2011, Virginia Beach, VA. Contact Floyd A. Carriker, 714-534-3025.

**USS Goldsborough (DDG-20)**

September 11–16, 2011, Cincinnati, OH. Contact Pat Taylor, 120 East Main St., Eaton, OH 45320, 800-433-6061 or 937-533-0897, pat@pattaylorphoto.com. Visit [www.ussgoldsborough.com](http://www.ussgoldsborough.com) for details.

**USS Inchon (LPH/MCS-12)**

October 26–30, 2011, Charleston, S.C. Contact David F. Fix, 1868 Pool Forge, Lancaster, PA 17601-4627, 717-203-4152, ussinchon@gmail.com

**USS Jupiter (AVS-8)**

October 19–24, 2011, Mobile, AL. Contact Gary Scheidt, 1991 Gunstock Drive, Stone Mountain, GA 30087, 770-934-5542, gschssss@aol.com.

**USS Kitty Hawk (CVA/CV-63)**

August 1–4, 2011, Branson, MO. Contact Jim Melka, 2712 280th St., Winthrop, IA 50682, 319-934-4416, jfmelka@netins.net.

**USS Kretchmer (DE/DER-329)**

September 14–18, 2011, Nashville, TN. Contact Jim Strong, 7248 Resinda Dr., Dayton, OH 45459, 937-436-1245.

**USS Mahan Association (DD-364/DLG-11/DDG-42/DDG-72)**

October 19–23, 2011, Nashville, TN. Contact Dick Hollowell, 9339 Praful Ct., Santee, CA 92071, 619-606-3173, 2dick-hall@cox.net.

**USS Merrimack (AO-179)**

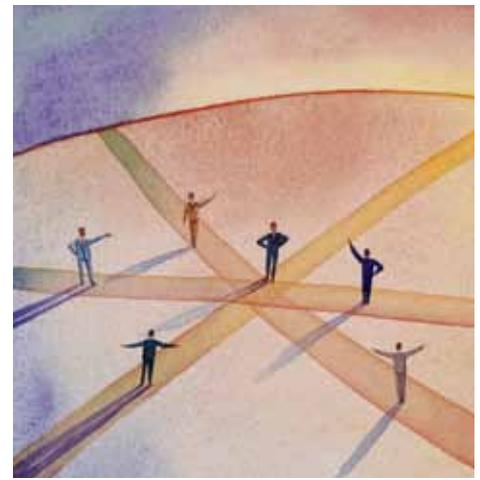
October 21–23, 2011, Norfolk, VA. Contact Andy Collins, 816-796-8728, acpoo@att.net.

**USS Miller (DD-535)**

October 27–31, 2011, Nashville, TN. Contact Leroy Klock, 842 Beach St., Reading, PA 19605-1402, 610-929-8343.

**USS New Jersey**

September 7–11, 2011, Hilton Head Island S.C. Contact BTCM Joe Dimaria, 645 Brisa Ct., Chesapeake, VA 23322, 757-549-2178, joedimaria@msn.com.



**USS Talladega (APA-208)**

October 24–28, 2011, San Antonio, TX. Contact Stan Ljosdal, 760-747-0796, sljosdal@cox.net.

**USS Waldron (DD-699)**

October 20–24, 2011, Savannah, GA. Contact Herb & Lynn Fenster, 3319 Hidden Acres Drive, Atlanta, GA 30340, 770-674-5715, lfenster2@excite.com.

**VAP-61/VAP-62/VJ-61/VJ-62**

November 2–6, 2011, St. Louis, MO. Contact Jim Temple, 757-721-3077, templej2@cox.net.

**VP-24**

November 3–6, 2011, Jacksonville, FL. Contact Jim Burris, 8342 Chessman Court, Jacksonville, FL 32244, 904-778-8507, burris@bellsouth.net.

**VP-69/ NW VP Units**

October 14–16, 2011, Oak Harbor, WA. Contact Daryl Phillippi, PO Box 82351, Portland, OR 97282-0351, 503-238-6020, darl\_p@juno.com.

**VP-8 (Patrol Squadron 8)**

October 20–25, 2011, Jacksonville, FL. Contact Ralph Papa, 8393 Grand Messina Circle, Boynton Beach, FL 33437, 561-740-2046, artistpapa@bellsouth.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.

LOOKING FOR...

**Vernon Walters**

Served with aboard USS Molala (ATF-106) from 31 December 1975 to 15 July 1978. Please contact Dan Sivits, PO Box 427, 3rd Avenue, Hyndman PA 15545 or 814-842-3842.

**BT1 Frank Crawford**

He served aboard USS Washburn (AKA-108), 1961-1964. Contact Andy Wright at 1008 106th Ave, Oakland, CA 94603, 510-325-1176 or andrewwright08@comcast.net.

**Stewardmates aboard USS Guide (MSO-447/MINEDIV-93)**

Ricky Carez, Charlie Diamond, Rey Gonzales, Greg Sorinno, etc., Requesting your ship's information, locations and activities during South Vietnam deployments of 1965, 1967, 1969-1970, doing minesweeping and "Market Time" patrols. Contact UT1 David Montecino, USN (Ret.) at 951-445-2708 or glc4extreme@gmail.com.

**AMS2 Lawrence Stephens**

Last known duty station was NAS Floyd Bennett Field, Brooklyn, N.Y., in the early 1960s. Contact AMHC Thomas F. Dudley (Ret.) at 10 Megean Street, Brunswick, ME 04011 or tfdudleyamhc@yahoo.com.

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## Message from the Northwest Regional President

**THANK YOU, MEMBERS OF** the Northwest Region, for the wonderful opportunity to serve as Regional President. My visits have been enjoyable and I am looking forward to visiting with more of the Northwest Units. However, visiting Guam and Philippine Units at this time is impossible, as funds are just not available, but you are still important and we want your input and participation in the LA FRA.

With summer here many of the Units are having family activities for local youngsters. Keep up the good works. Our Cheyenne Unit 59 is extremely active in the Community, especially for Cheyenne Days. Unit 382, Gem State, Boise, Idaho is doing a fantastic job getting our Regional Convention set up. They have negotiated some great hotel rates for our stay and I am certainly looking forward to our convention.

Now that elections are over and the new slate of officers is taking office I wish to extend my congratulations and wish them much success in the coming year. All of us need to remember we are in this together; give a hand when and where it is needed. We need to get our new members involved; therefore we really need to make an effort to help them by mentoring and giving our support. They also need our encouragement to attend the Regional and National Conventions. It is very helpful for everyone to become acquainted with other members in their Region and share ideas and knowledge. I was extremely fortunate to have Shipmate Louise Miller as my mentor; she really helped me along when I first joined and started going to conventions with her. This is an organization that is in existence for our benefit and it is helpful to understand the way it works. It is also very important that everyone's input be expressed. If your unit cannot send a delegate to the Conventions, please be sure to have your unit proxies sent instructed as to how to vote on the important issues on behalf of your unit to both the Regional and National Credentials Chairmen.

On Veteran's Day 2010 I attended Tahoma National Cemetery for the services and dedication of the Carillon purchased and installed by Seattle Branch 18. The Cemetery is lovely and the weather cooperated. After the services were over the heavens spilled tears for our fallen heroes. If ever you visit the Puget Sound Region, visit the Tahoma National Cemetery in Kent, Washington. It is very nice. Also take the time to see the tributes installed by the different Veterans' Organizations on the walk around the flag pavilion.

God bless America and keep our troops and their families in your prayers. A special prayer for all the *SEALS* that have every right to be proud of the job they do and know that we are proud of them.

All of you who are ill or under the weather, we send prayers and wishes for brighter days. Anyone celebrating a birthday or anniversary, congratulations and may you have many more. Those who have lost a loved one know that we are thinking of you and hoping your heart will mend with love.



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

### Correction

Apologies for incorrectly identifying National Chaplain James Campbell as Mike Campbell in a caption in the June issue of *FRA Today*.



**DYANNE TRYON**  
*Regional President Northwest*

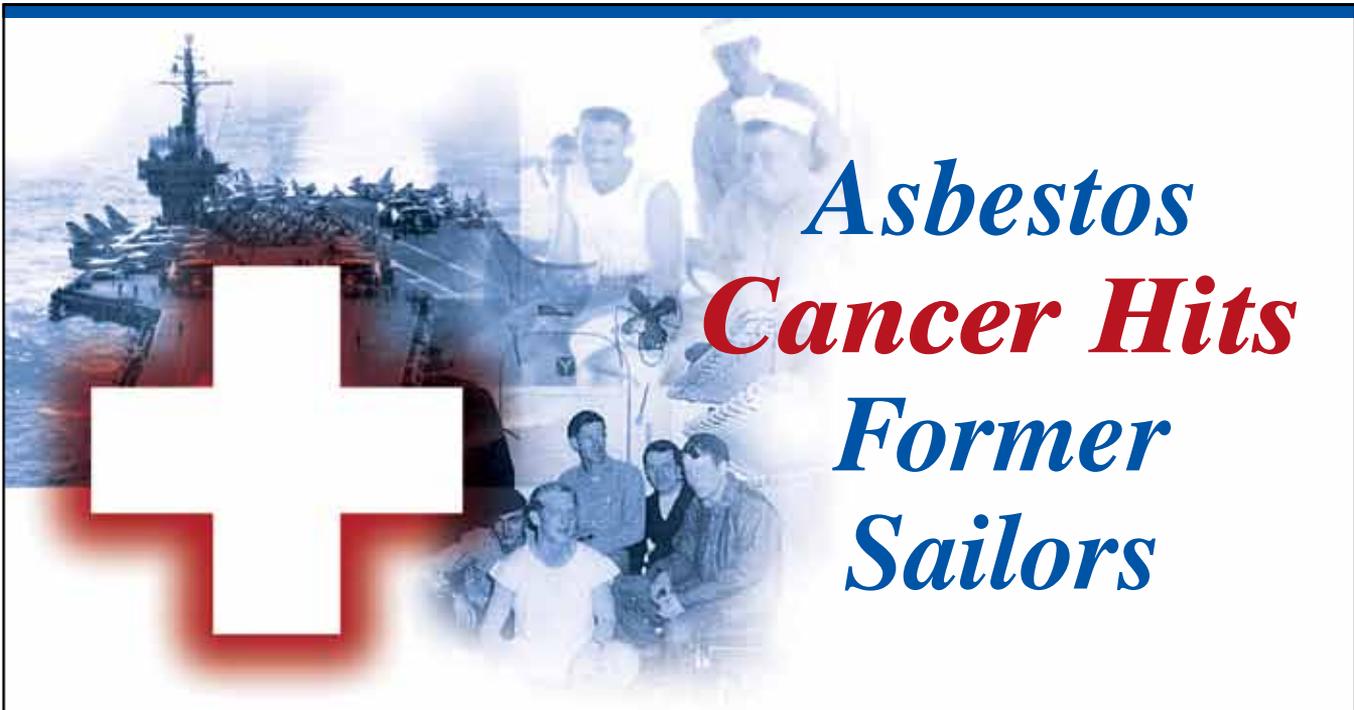


Cheyenne Branch and Unit 59 Memorial Day at Beth El Cemetery, Cheyenne, Wyoming. Left to right: 'Red' Redmond, Margaret McHenry, Mary Archer, Marilyn Bresnahan, and Doug Owens. Picture submitted by Mary Archer.



### Tahoma National Cemetery in Kent, Washington

Veteran's Day 2010 at the Tahoma National Cemetery attended by Branch and Unit 18 and DyAnne Tryon, Regional President North West. Services and dedication of the Carillon funded from the estate of Master Chief Hospital Corpsman Louise Miller, USN member of the Fleet Reserve Association, Seattle, Branch 18. Picture submitted by DyAnne Tryon, Regional President North West.



# *Asbestos Cancer Hits Former Sailors*

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