

YOUR MISSION, YOUR VOICE

# FRA *today*

*The magazine of the Fleet Reserve Association*

OCTOBER 2018

## ACCELERATED RESOLUTION THERAPY

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# Spirit of the Navy®

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**E27941**

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### LOYALTY, PROTECTION AND SERVICE

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





## The 2019 FRA Calendar



Hello Shipmates!

The 2019 Fleet Reserve Association Calendars are hot off the printing press. This year, the images compiled are some of the most illustrative and engaging photographs taken by Armed Services personnel in the past year or so. The photographers not only serve their chosen branch of service, but they also have a real knack for being in the right places at the right times.

One example is the photograph used for January. I just cannot imagine standing on the flight deck of the *USS THEODORE ROOSEVELT* in the Persian Gulf while an F/A-18F Super Hornet launches AND getting the picture! It is not like you can stand up and say, "Hold it! I didn't get the shot. Can we do that again?"

The cover took a little more time, thought and research. Since we featured the Marines in 2017 and the Navy in 2018, this was the year for the Coast Guard. What struck me about the image we chose was the contrast created by the MH-60 Jayhawk helicopter from Coast Guard Air Station Elizabeth City, North Carolina, with the Coast Guard Cutter *EAGLE* it was flying next to in Norfolk, Virginia. The *EAGLE* is a 295-foot barque sailing vessel used to train Coast Guard Academy cadets in the historic aspects of sailing, leadership, navigation and teamwork. Old and new, side by side.

I hope you enjoy your calendar and appreciate the fantastic images compiled this year. We really enjoy this project and look forward to it each year.

**FRA**

In Loyalty, Protection & Service,  
William Stevenson, Communications & Marketing Director

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— J. Fitzgerald, VA



**Easy-to-use remote  
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**Sit up, lie down —  
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We’ve all had nights when we just can’t lie down in bed and sleep, whether it’s from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we’d give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

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## Happy 243rd Birthday, United States Navy!



Tom Snee NED

On October 13, 1775 the Continental Navy was officially recognized as a “sea service” that would “support and defend” while spearheading a nation towards its independence.

Our Navy, has not only served as a measurable gauge, but proclaims the “national defense and tranquility” of a nation that “secures the blessings” of a free-trade for economic development, while bringing together the peoples of the world. This may not have been in the original *Magna Carta* but a blueprint for the future.

Sailors, as a whole, are kindred to each other. No place on our planet can awareness, understanding nor “carry-on” be more attributable to the ways of the oceans, seas, lakes and bodies of waters, than through the Navies of the world and its sailors. It unites us in “peril on the sea” while tapping off the “splice the mainbrace” to our mission. More than 75 percent of our planet is covered with water and within that geographic dimension, our attention to the environmental respect of what “she” may throw at us, is demanded.



Sometimes we forget that bond, association and appreciation in the “BRAVO-ZULU” to each other. Our sister sea services, the Marines and the Coast Guard know all too well those ideals in the “chewing the fat” of unity of “ALL HANDS ON DECK.” Our “watch” is to “steam ahead” to share and take care of our shipmates and yes, their families. “Full steam ahead” to strive for progress, not perfection, from the engine rooms, on deck or even up in the “crow’s nest.” We have to maintain the “guard to protect” and be *SEMPER PARATUS* for our homeland and others.

As we “dress ship” to salute our Navy, take a moment and say, “Well Done” to all sea service members. “Holy stone” old ideas and make “brassy shine” new ones. Visit a Career Center (Recruiting

### The Sailors’ Creed

**“I am a United States Sailor,**

**I will support and defend the Constitution of the United States of America and I will obey the orders of those appointed over me.**

**I represent the fighting spirit of the Navy and those who have gone before me to defend freedom and democracy around the world.**

**I proudly serve my country’s Navy combat team, with Honor, Courage and Commitment.**

**I am committed to excellence and the fair treatment of all.”**

**Welcome aboard MCPON Smith!**

Office) and Reserve Centers, to pass along the well-deserved “WELL DONE.” “Toll the ships bell” for our “fallen” shipmates, but always toast the memory of “The Lone Sailor.”

Two distinguished Americans have given “ahoy” in their character and esteemed memories in the following two quotes:

*“The difference between a successful person and others is not a lack of strength, nor a lack of knowledge, but rather, a lack of will.” —Vince Lombardi*

The most highly recognized “nautical mainstay” is from President John F. Kennedy.

*“I can imagine no more rewarding a career, and man (or woman) who may be asked in this century what he/she did to make his/her life worthwhile, that can respond with a good deal of pride and satisfaction: I served in the United States Navy.”*

Again, Happy “Navy” Birthday, ANCHORS AWEIGH! PRESS ON! **FRA**

In Loyalty, Protection & Service  
NED Tom Snee

Tom is FRA’s National Executive Director and can be reached at NEDFRA@fra.org



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The hunt for the perfect outdoorsman knife is over. There's only one tool you need: the Whitetail™ Hunting Knife—now **ONLY \$49!**

The consummate outdoorsman never goes on deep woods hunting trips without the essentials. Not just the basics for every hunting trip, but the items he's come to depend on over the years.

Our new **Whitetail™ Hunting Knife** will quickly become your go-to blade for every expedition. The Whitetail™ is a premium fixed-blade hunting knife that's perfect for skinning. With the Whitetail at hand, you'll be ready for field dressing in only seconds, and you'll never need a separate gut hook tool ever again. The Whitetail™ boasts a mighty 420 high carbon, full tang stainless steel blade, meaning the blade doesn't stop at the handle, it runs the full length of the knife. According to Gear Patrol, a full tang blade is key, saying "A full tang lends structural strength to the knife, allowing for better leverage ...think one long steel beam versus two."

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### Is this the new Navy Pride?

The *Great Memories* letter from LCDR (LDO) Bruce De Wald USN(Ret.) in the July issue of *FRAtoday* started me thinking of my own observations, now that I am retired from the Navy after serving 26 years. At that time in



1992, I already felt there was something missing compared to when I started serving.

The new Navy now appeared to want to show how much more important getting a college degree was to “getting the job done.” I remember having to wait on needed information to get my job completed while the individual who needed to supply it had to leave work early for classes, which were only given at the local

college during working hours. When evaluation time came around, he was commended for having achieved this. No note was taken about his failure to train others in his work center to perform his duties during his absence, because getting that college degree was more noteworthy for the Command than others doing their jobs.

Now here it is, 2018, and I wonder where the Navy Pride has gone. I live in Pensacola, Fla. and the only Navy uniforms I see off base are camouflage and flight suits. We had to wear our dress uniforms during off duty hours, even on weekends and holidays. While I did not much like the “crackerjacks,” I was still proud to wear it and show my pride in the Navy and with each rise in grade, to show off what I had accomplished. Now it almost appears as if the Navy wants to be just another company, with no reason to train the next generation of Sailors. Encouraging them to get all of the college education they can and getting advanced, sending the message that military training is not so important any more. We will get by.

*Walter B. Carillion, CEC, USN (Ret.)*

### Sorry Lowe's, “I AM MILITARY, SEE?”

Recently, I visited a Lowe's store in Florida. When checking out I asked if Lowe's gave a military discount to military members. The clerk said, “yes” so I presented my Navy I.D. Without even looking at my I.D. she said, “in order to obtain a military discount you must fill out a form and register with Lowe's before I can give you a military discount.”

I was very much insulted that my official Navy I.D. card had no meaning to Lowe's Corp. and that I must prove to them that I was legitimate. At that point, I asked the Lowe's employee what the form for registration consisted of. She replied that it required information such as address, telephone number, I.D. card number or social security number. I said that I did not and never would give out such information for anyone to keep on their files.

If Lowe's Corp. told me they did not give military discounts I would accept that. Many other places do not offer military discounts and that does not offend me. What greatly offends me is that my military I.D. card, which I worked 34 years to obtain, means nothing to Lowe's.

Since that day, I have not entered, nor will I ever enter a Lowe's store. I have talked to more than 50 other military members about Lowe's and 90 percent of them feel the same way. We are all upset that our official military I.D. card means nothing to the Lowe's Corp.

I suggest Lowe's either give military discounts based on producing a military I.D. card or just don't offer a military discount. It is insulting to me that they ask for proof other than my official Navy I.D. card. I worked very hard for many years serving my country in the Navy to obtain my Navy I.D. card.

*MCPO Wayne Dean US Navy (Ret.)*

*FRA Life Member*

**Submit** Shipmate Forum letters to *FRAtoday*, 125 N. West St. Alexandria, VA 22314. 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 individual FRA members. They do not necessarily reflect the official position of FRA as a whole. FRA is not responsible for the accuracy of letter content.

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# ON & OFF *capitol hill*

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



John Davis DLP

## **Congress on Schedule for a Change**

As this issue of *FRAtoday* goes to press, Congress is working to complete the FY2019 spending (appropriations) bills before the start of the fiscal year. FRA dispatched a letter to key appropriators reminding them that we are still a nation at war. The U.S. military is struggling to remain effective in the face of marginalized and unpredictable funding levels. The all-important FY2019 defense appropriations legislation provides

the necessary resources and continuity for our military services to grow, equip, train and sustain the all-volunteer force necessary to meet today's growing global threats. This is also the first time since 1996 that the NDAA was sent to the President before October 1, the start of the new fiscal year. (See President Signs NDAA story below for further details.)

## **President Signs FY 2019 NDAA into Law**

President Trump signed into law the National Defense Authorization Act (NDAA-H.R.5515) at Fort Drum, N.Y., which is the home of the U.S. Army 10th Mountain Division. The bill passed both chambers of Congress with large margins (House 359-54 and Senate 87-10). This is the first time since 1996 that the NDAA will be sent to the President on or before October 1. Key provisions of the bill include:

- Blocking a TRICARE fee increase that would have doubled annual fees for TRICARE beneficiaries under age 65;
- Expanding the VA Caregiver Program to include all severely disabled veterans. The original program applied only to severely disabled veterans that were injured after September 11, 2001;
- Limiting rent increases for residents at the Armed Forces Retirement Home (AFRH) for next year and prohibiting the AFRH from removing residents only because they are unable to pay rent;
- Increasing Navy and Marine Corps reserve and active duty end strength for FY2019;

- Increasing annual active duty pay by 2.6 percent, keeping pace with civilian pay increases;
- Repealing a scheduled one percent cut in Basic Allowance for Housing (BAH) for active duty;
- Expanding availability of Military One Source for retired and discharged members of the Armed Forces (see story on page 14);
- Allowing Purple Heart, Medal of Honor, former POW, service-connected disability veterans and caregivers for disabled veterans to use commissaries and MWR facilities;
- Permitting veterans, who have a 100 percent service connected disability, to utilize a travel benefit currently extended to active duty and retired military members and their families to travel on military aircraft when there is extra space onboard; and
- Mandating maximum life insurance coverage for service members deployed in combat zone.

This final bill provides an overall increase in top line funding to support our troops and readiness recovery. FRA wants to thank Shipmates for using the FRA Action Center for issues pertaining to the NDAA.



## NED Meets with SecNav Retiree Council and VA Secretary

National Executive Director Tom Snee met with members of the Secretary of the Navy Retiree Council. NED Snee and staff from several other associations provided a legislative update to the Council. He stressed the need to pass the "Blue Water Navy Vietnam Veterans Act" (H.R.299) this year. The original proposal would clarify that service members serving off the coast of the Republic of Vietnam during the Vietnam conflict have a presumption for filing disability claims with the Department of Veterans Affairs (VA) for ailments associated with exposure to the Agent Orange herbicide.

During the committee markup in the House, the legislation was amended to extend the presumption of herbicide exposure for veterans who served on or near the Korean DMZ between September 1, 1967 and August 31, 1971. As amended, the legislation will now also extend health care, vocational training and rehabilitation and monetary allowance to a child who was born with spina bifida, if at least one of the child's parents served in Thailand between January 9, 1962 and May 7, 1975 and the VA determines that at least one of the parents had been exposed to an herbicide agent during that period.

The bill also now includes improvements to VA's home loan program. The bill passed the House by a unanimous vote (382-0) and has had a hearing in the Senate Veterans Affairs Committee (SVAC). As of yet, no committee vote has been scheduled. Members are strongly urged to use the FRA Action Center located on the website to urge their Senators to support the bill.

Other issues discussed include:

- The possibility for more TRICARE fee increases for military retirees;
- SBP/DIC offset repeal legislation;
- Discussing efforts to reduce veterans suicide;
- Other Than Honorable (OTH) discharges being reviewed due to PTSD;
- Burn pit exposure legislation (H.R.5671); and
- Lack of financial literacy for active duty personnel making investment decisions with the new Blended Retirement System.

In related news, NED Tom Snee met with the new VA Secretary Robert Wilkie, confirmed in July, to discuss veteran's issues. This off-the-record meeting included a discussion of the pending "Blue Water Navy Vietnam Veterans Act" (H.R.299), and VA efforts to reduce the frequency of veteran suicide.

## July 2018 CPI at 2.9 Percent

The Consumer Price Index (CPI) is used to calculate the annual cost-of-living adjustment (COLA) for military retired pay, VA benefits for disabled veterans, survivor annuities and Social Security benefits for the next year. According to the Bureau of Labor Statistics (BLS), the CPI inflation rate for July 2018, was 2.9 percent and the rate of year-over-year growth is up 0.2 percent from last month. Last year's COLA was 2 percent. Since 2008, the annual COLA has been above 2 percent only once and has been at zero three times. This year's COLA will be announced in October.

The Consumer Price Index (CPI) is an indicator of the general level of prices. CPI is a benchmark to determine the cost of a "basket of goods" for the



average American. Components in the "basket of goods" include gasoline, electricity, food and beverages, housing, apparel, transportation, medical care and entertainment. When the consumer price index goes up, it is an indication that consumers have to pay more for the same amount of goods and services.

## SASC Chairman Passes



Senate Armed Services Committee Chairman Senator John McCain passed away from brain cancer just before his 82nd birthday on August 25, 2018. The Senior Senator from Arizona who served as a Navy fighter pilot and for more than five years was a prisoner of war in Vietnam, served nearly 32 years in the Senate (1987-2018) and two terms in the U.S. House of Representatives (1983-1987). The Naval Academy graduate ran twice for President unsuccessfully (2000 & 2008). FRA awarded Senator John McCain the Pinnacle award in 2000.

The Senator will lie in state at the U.S. Capitol Rotunda. Only 31 Americans have lain in state or in honor in the Capitol Rotunda since the structure was completed in 1824. Most recently, evangelist Billy Graham lay in honor from February 28 to March 1, 2018.

## FRA Media Briefing on Predatory Lending Regulations

DLP John Davis participated in a media briefing to explain the association's concerns about media reports that the Administration is planning to roll back enforcement of the Military Lending Act (MLA). Davis told the media that this legislation was included in the FY2007 National Defense Authorization Act (NDAA) and passed in 2006. In addition, the Dodd-Frank banking regulation legislation passed in 2010 and included the creation of the Consumer Finance Protection Bureau (CFPB) that provided for the Office of Servicemembers Affairs that enforced MLA, as well as the Servicemembers Civil Relief Act (SCRA).

FRA, with several other like-minded groups, signed and sent a letter to President Trump expressing the groups' concerns, including the impact on military readiness and security clearances for service members. In addition, 49 Senators signed a letter to President Trump urging him not to relax MLA oversight over predatory lenders.

The MLA was an FRA-supported measure that passed in 2006 as part of the FY2007 National Defense Authorization Act (NDAA). It had bipartisan support to help safeguard active duty

military members and their families from financial fraud, predatory loans and credit gouging. The law caps the annual interest rate for an extension of consumer credit to a service member or his or her dependents at 36 percent. Members are strongly urged to use the FRA Action Center on the FRA website ([www.fra.org](http://www.fra.org)) to send a message to President Trump asking him not to reduce regulatory oversight of predatory lenders.

In related news, the Department of Defense (DoD) made some significant changes to the way it monitors security clearances. The federal government recently implemented new security clearance guidelines that make it more important than ever for service members to stay on top of their bills and monitor their credit histories. DoD will now "continuously" monitor the financial status of service members with security clearances. This means that a past-due bill or an error on your credit report could jeopardize your clearance status. For more information on new changes to security clearances go to:

<https://www.consumerfinance.gov/about-us/blog/warno-new-security-clearance-guidelines-make-it-more-important-ever-servicemembers-monitor-their-credit>

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### CNO Selects New MCPON

The Chief of Naval Operations (CNO) Admiral John Richardson selected Fleet Master Chief Russell Smith to be the Master Chief Petty Officer of the Navy (MCPON) on August 29. "After a thorough and deliberate review process, I am confident that Fleet Master Chief Smith is the right leader to be our Master Chief Petty Officer of the Navy," said Richardson. "I look forward to working with him to advocate for our Sailors and their families selflessly serving around the world." The previous MCPON Steven Giordano resigned last June. His resignation came during an ongoing inquiry by the Navy Inspector General's office into claims he created a "toxic work environment" in his office. Fleet Master Chief SW/IW/AW Russell Smith had been acting MCPON since Giordano resigned. He joined the Navy in 1988 and began his career as an airman, later becoming a weapons technician and an intelligence specialist. His sea duty assignments have included SEAL Team 4 and the aircraft carriers *USS ENTERPRISE*, *USS*



Chief of Naval Operations Adm. John Richardson, left, congratulates Master Chief Petty Officer of the Navy (MCPON) Russell Smith.

Photo by Mass Communication Specialist 2nd Class Sarah Villegas

*CARL VINSON* and *USS ABRAHAM LINCOLN*.

As the Navy's 15th MCPON, Smith will serve as the senior-ranking enlisted leader and advisor to the CNO. The position of MCPON was created by legislation in 1966 that was strongly supported by FRA. The MCPON also serves as a spokesperson on issues impacting enlisted personnel.

### Navy Retirement Boards for Officers and Senior Enlisted

Despite the increasing end strength authorizations, the Navy has announced it will hold selective early retirement boards for specific groups of officers later this year. The goal is to force non-performing senior officers into retirement. This is the first time since 2012 that the Navy

has employed officer retirement boards.

The Navy will also convene a senior enlisted board this coming December. As part of the "Sailor 2025 Up-And-Stay" program, officials will grant more High Year Tenure waivers to chiefs, senior chiefs and master chief petty officers who will serve at sea or other tough jobs in order to continue their Navy service.

FRA wants to ensure that early retirement and other benefits will be authorized for service members involuntarily separated with less than 20 years of service. This includes the temporary early retirement authority (TERA) program to minimize the impact of end strength reductions on career personnel.



To some, sunglasses are a fashion accessory...

# But When Driving, These Sunglasses May Save Your Life!

**Drivers' Alert:** Driving in fall and winter can expose you to the most dangerous glare... do you know how to protect yourself?

In the fall and winter, the sun is lower in the sky so it rises and sets at peak travel periods. During the early morning and afternoon rush hours many drivers find themselves temporarily blinded while driving directly into the glare of the sun. Deadly accidents are regularly caused by such blinding glare with danger arising from reflected light off another vehicle or snowy and icy pavement. Yet, motorists struggle on despite being blinded by the sun's glare that can cause countless accidents every year.

**Not all sunglasses are created equal.** Protecting your eyes is serious business. With all the fancy fashion frames out there it can be easy to overlook what really matters—the lenses. So we did our research and looked to the very best in optic innovation and technology.

**Sometimes it does take a rocket scientist. A NASA rocket scientist.**

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of solar radiation light. This superior lens technology was first discovered when NASA scientists looked to nature for a means to superior eye protection—specifically, by studying the eyes of eagles, known for their extreme visual acuity. This discovery resulted in what is now known as Eagle Eyes®.

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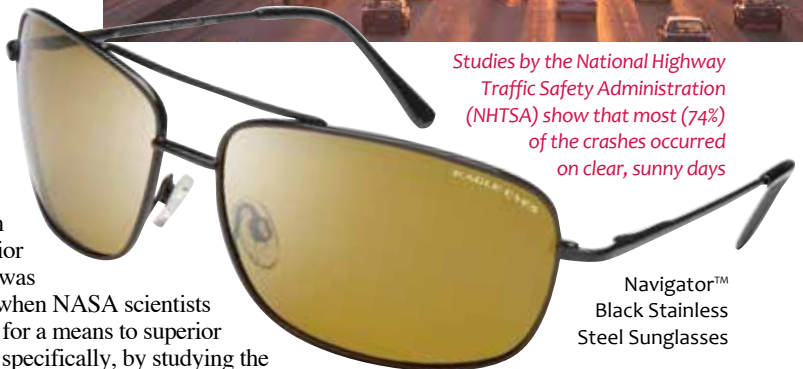
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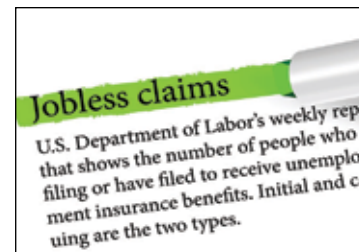
Slip on a pair of Eagle Eyes® and everything instantly appears more vivid and sharp. You'll immediately notice that your eyes are more comfortable and relaxed and you'll feel no need to squint. These scientifically designed sunglasses are not just fashion accessories for the summer; they are necessary to protect your eyes from those harmful rays produced by the sun in the winter.

### Bill to Expand Veterans Treatment Court Sent to President

The Senate recently passed the “Veterans Treatment Court Improvement Act” (H.R. 2147), sponsored by Chairman of the House Armed Services, Military Personnel Subcommittee, Mike Coffman (CO). The House passed this bill in June, and recently the Senate passed it unanimously. The bill now goes to the President’s desk for his expected signing into law.

This FRA-supported legislation requires the Department of Veterans’ Affairs (VA) to hire 50 additional Veterans Justice Outreach (VJO) specialists to aid in the rehabilitation of veterans caught up in the criminal justice system due to convictions on misdemeanor

offenses. Under the expansion of this program, more veterans will be diverted from serving sentences behind bars to Veterans Treatment Courts providing them with a second chance by participating in a court-mandated treatment program with services coordinated and provided by the VA. Currently, there are not enough VJO specialists to serve all of the eligible veterans. Veterans Treatment Courts are designed to deal directly with behavioral problems associated with PTSD, substance abuse, and anger management—symptoms that are often associated with repeated combat tours of duty.



### Veteran’s Unemployment Drops

The Bureau of Labor Statistics shows veterans who have served in the military since September 11, 2001 had an unemployment rate of 3 percent in July—the lowest it has ever been since 2006. Overall veteran unemployment dropped from 3.3 percent in June 2018 to 3 percent in July 2018. Non-veteran unemployment stayed at 4 percent for the same time period.

### Eligibility for Military OneSource Benefits Expanded

The Department of Defense (DoD) announced it will extend eligibility for Military OneSource benefits from the current 180 days to 365 days after separation or retirement from military service. This is to ensure that all service members

Reserve Component members, as well as their families and survivors. Provided at no cost, Military OneSource gives exclusive access to programs, tools and benefits designed to help ensure service members and their families are mission-ready and able to thrive in both their military and post-military lives.

As a DoD program, Military OneSource offers a wide range of services designed exclusively for the military community. Some of the services include help with relocation, tax support, financial planning and health and wellness coaching. Also offered are confidential non-medical counseling and specialty consultations for spouse employment, education, adoption, elder care and special needs care. Military OneSource services are accessible 24/7. Service members and family members can call Military OneSource at 800-342-9647 or go to [www.militaryonesource.mil](http://www.militaryonesource.mil). To explore the complete list of benefits available through the Department of Veterans Affairs, go to <https://explore.va.gov/>.



and families have access to comprehensive support as they transition to civilian life. The change was authorized by the recently signed into law, National Defense Authorization Act, and goes into effect immediately. Military OneSource provides information, resources and support for active duty and



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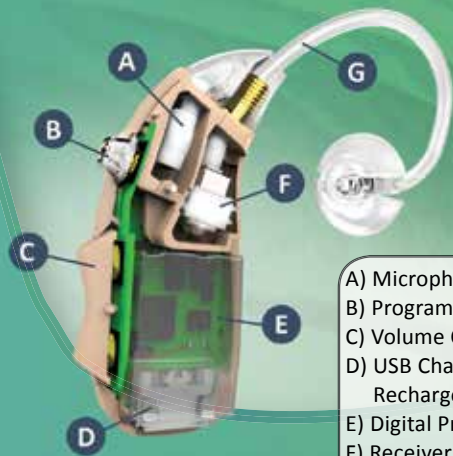


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PTSD is a serious issue that prevents people from completing their normal life activities. There is hope and for many, Accelerated Resolution Therapy may be the answer.

# Accelerated Resolution Therapy

## Can Save Veterans' Lives

By Kevin E. Kip, Ph.D., FAHA, Distinguished Health Professor, University of South Florida

**T**he number of U.S. veterans with Post-traumatic Stress Disorder (PTSD) is of great concern. According to the Veterans Affairs (VA) assessment by service period, it is estimated that 11 to 20 out of every 100 veterans who served in Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF) have PTSD in a given year. Similarly, about 12 out of every 100 Gulf War veterans have PTSD and about 15 out of every 100 Vietnam Veterans were diagnosed with PTSD at the time of the National Vietnam veterans *Readjustment Study* conducted in the late 1980s.

Both in-service and post-service planning of daily operations and transitioning to civilian life are essential components for members of our nation's military. However, regardless of the amount of planning our servicemen and women do, they cannot always account for unforeseen circumstances and health challenges these factors often make the transition to civilian life especially difficult for many of our nation's veterans.







(Right) Following 14 years of service, Brian Anderson (pictured left) struggled with PTSD after making the transition from military to civilian life.

The numbers, while not exact, do not lie. PTSD is a serious condition that is prevalent among veterans who have served in all prior conflicts. Brian Anderson is one example of a combat veteran who was experiencing major symptoms of PTSD and sought treatment. Brian is now the founder and CEO of the Veterans Alternative. He is also a retired United States Army Green Beret with 14 years of service, 33 months in combat and 3 Bronze Stars. On September 29, 2010, Brian's life changed forever.

### Brian's Story

While on active duty, Brian watched two helicopters land at his base in the Uruzgan Province of Afghanistan. It was day two of Operation Sundown and what seemed to be the beginning of a great day—starting with the helicopters dropping off mail—tragically eroded into a memory of ongoing sadness and anguish for Brian. Later in the day,

Brian learned that two of his military brothers were shot and killed by a high-ranking Taliban commander. As the remains of his military brothers made the journey back home to their final resting places, Brian never imagined the level of impact these losses would forever have on his transition out of the military and into civilian life.

Soon after leaving the military, Brian started to “see” things, such as bullets flying toward his head or his military brother sitting next to him while he drove his car. He envisioned danger and rage coming through the car door.

Each and every day became a struggle for him including frequent episodes of panic. The symptoms he was experiencing are what more than 24 million people in the United States living with PTSD face on a daily, or near daily, basis.

PTSD is a chronic and disabling condition that can develop after an individual experiences or witnesses a traumatic or life-threatening event.



This condition prevents thousands of people from completing their normal daily activities because traumatic memories keep repeating, somewhat like a loop in their mind. These unresolved memories can also create feelings of isolation, anger, depression, anxiety and confusion.

Thus, as is emblematic, each and every day became an internal battle for Brian as he lived with the symptoms of PTSD. Of major importance, veterans living with PTSD need to know that recovery is possible through the use of effective therapies and treatment options. Fortunately for Brian, a caring friend introduced him to Laney Rosenzweig, MS, LMFT, the developer of a therapy known as Accelerated Resolution Therapy (ART).

After just one session of ART, the therapy allowed Brian to stop seeing the images that persistently caused negative reactions. The therapy redefined his experiences in a positive manner as he transitioned to civilian life. He is now able to share

the story of that September day in Afghanistan without experiencing distress. Moreover, he is no longer plagued by the historical emotional reactions that he once had. Simply put, Brian believes that ART saved his life. As a result of this, he has made it a priority to spread positive messages about this therapy across the country to ensure that other veterans, who are having similar experiences to what he went through, know that ART is a treatment option that may work for them.

It is stories like Brian's and many others, in addition to positive treatment results reported among groups of individuals, that motivate me to continue to conduct research on this emerging therapy.

### **A Tried and Proven Solution**

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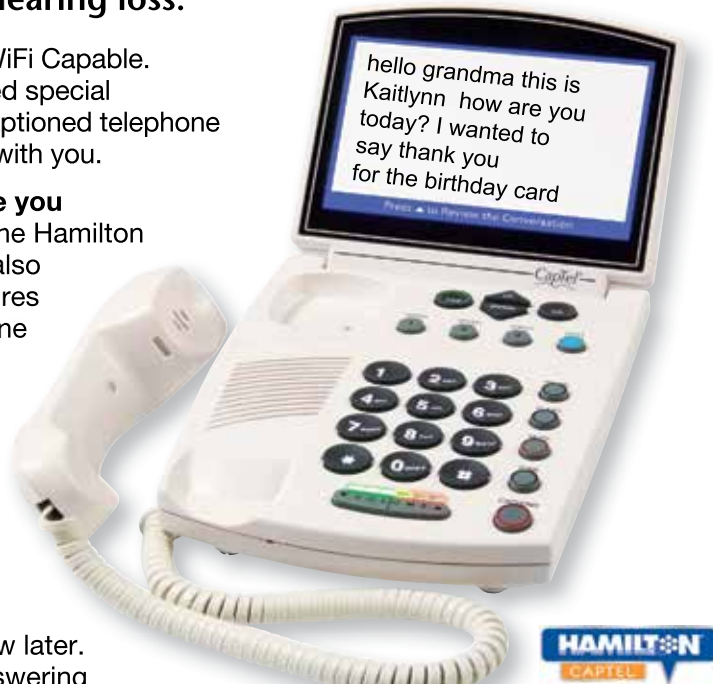
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ART was developed by Laney Rosenzweig, MS, LMFT (pictured left), in 2008. The evidenced-based psychotherapy has demonstrated proven results in treating individuals with PTSD.

distinct features include the use of horizontal eye movements and memory reconsolidation, which is a way in which new information is incorporated into existing memories. The therapy resolves how distressing memories and images are stored in the brain so that they no longer trigger strong physical and emotional reactions associated with PTSD, trauma, anxiety and depression. Research has shown that ART is effective in the majority of cases being treated for PTSD in as few as one to five sessions, with the average being four sessions.

Due to the physical desensitization and memory reconsolidation that are targeted within a treatment session, the patient typically does not experience troubling memories and symptoms of PTSD thereafter. Importantly, verbally recalling or writing details of the traumatic experience is not required, which sometimes offers patients a greater sense of safety and control than other trauma-focused therapies.

In an ART session, patients can expect to sit

across from the therapist and be guided through a thought process involving a previous experience. The pace of the session is directed by the patient as they move through imagining the original experience and then adding positive material and imagery to the memory. The therapist will often suggest metaphors to the patient to help create new images to be woven into, and take precedence over, the original memory and to guide the process to completion.

ART is continuing to gain acceptance nationwide and throughout military circles. Over the past five years, the Department of Defense (DoD) has shown considerable interest in ART by contracting for the training of 80 mental health clinicians at Fort Hood, Fort Stewart and Fort Drum, as well as more than 100 clinical providers at Fort Belvoir Community Hospital. Planning for the training of clinicians at Walter Reed National Military Medical Center in the delivery of ART is in progress. Other clinician trainings in ART have been conducted



at the Betty Ford Clinic and with the Idaho Army National Guard.

Earlier this year, the journal *Military Medicine* (2018 Apr 4. doi: 10.1093/milmed/usy027 URL: <https://www.ncbi.nlm.nih.gov/pubmed/29635395>) published information that summarized aggregate results from several studies of ART that my colleagues and I directed. Specifically, the manuscript reviewed the use of ART as a potential first-line PTSD treatment approach in VA and DoD facilities. It concluded that key components of ART align with the current VA/DoD trauma-focused clinical practice guidelines. Yet, delivery of ART is usually much shorter in duration than other treatments. The review includes comparisons to current treatments, while also reviewing primary treatment results from four published studies of ART, including treatment response rates. The studies reviewed in the *Military Medicine* publication, conducted at the University of South Florida, include a range of populations including civilians, combat veterans and military personnel

who have experienced military sexual trauma as well as veterans who are homeless. In addition, the paper discusses plausible theoretical rationale for why ART may be particularly effective, and also references high provider satisfaction rates among mental health clinicians who deliver ART.

### Positive Results

The specific results from the four published studies, which included civilians, active duty service members and veterans, are based on a total of 237 treatment completers who received an average number of 3.9 ART sessions. Across the four studies, the means and standard deviations (in parentheses) of treatment-related reductions on an established 20-item PTSD symptom checklist, known as the PCL-5, ranged from 15.6 (13.2) to 25.6 (11.3), and the overall (pooled) mean reduction was 20.6 (15.0) points. By way of interpretation and in layman's terms, if there is a reduction of 10 points or more on the 20-item PTSD checklist, that result is considered to represent a clinically

and statistically meaningful improvements. This metric occurred in approximately three-quarters of all persons who completed treatment with ART. On the basis of these results and the theoretical rationale for the therapy, the study concludes that ART may be considered as a potential first-line treatment modality for military personnel being served in both VA and DoD facilities.

### The Next Steps

The therapy's proven effectiveness in treating symptoms of PTSD inspired restaurateur and entrepreneur Chris T. Sullivan to form ART International Training and Research, Inc., a nonprofit organization dedicated to making ART more widely available to individuals in need of professional mental health therapy.

What motivated Chris to get involved in connecting more patients and therapists to ART was the staggering number of military personnel, active and retired, deeply and perhaps permanently affected by PTSD. Chris is an individual who is emphatically committed to helping those who have served our country. The work that he is doing to expand the reach of ART is extremely important to him.

To expand the reach of ART, the nonprofit is focused on three initial areas of interest: licensed-therapist recruitment and training; increased geographic access to the therapy; and providing funding for a three-year head-to-head clinical study to evaluate the effectiveness of ART versus a widely-used, VA-endorsed evidence-based PTSD protocol.

This year, the nonprofit aims to host more than 100 training sessions throughout the United States, offering local clinicians an opportunity to be trained and certified in ART. Licensed clinicians including psychologists, psychiatrists, social workers, marriage and family therapists and mental health counselors are eligible to participate in the training. Therapists who complete the training session earn 21.5 continuing education hours and are immediately

prepared to use ART in their clinical practice. More information on these training sessions can be found on ART International's website at [www.artherapyinternational.org](http://www.artherapyinternational.org).

### In Conclusion

As a scientist, I believe strongly in the results of ART. The published data from the studies conducted to date are highly encouraging and indicate that the therapy has the ability to become a first-line treatment for PTSD, not only for veterans, but also for individuals throughout the country who are suffering from various mental and behavioral health issues. **FRA**

#### About the author:



Kevin E. Kip, Ph.D. is a tenured Distinguished Health Professor, epidemiologist and biostatistician with 18 years of experience on U.S. Federal, Department of Defense and industry-funded studies. His background is interdisciplinary with more than 170 peer-reviewed publications. With multimillion-dollar funding from the U.S. Department of Defense, he previously established the Research to Improve Emotional Health/Quality of Life of Service Members with Disabilities, (RESTORE LIVES) Center at the University of South Florida.



# TRUMP AT WAR

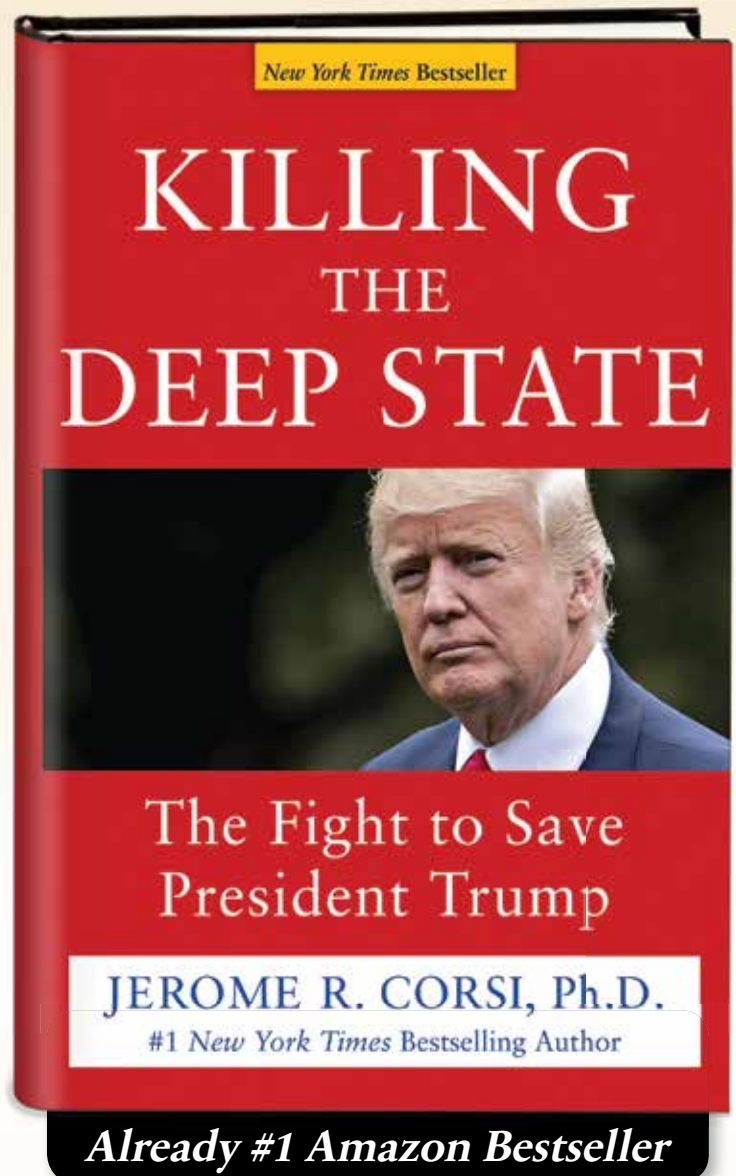
Author Jerome Corsi reveals in his new bestseller the secret identities of the ‘Deep State’ out to stop President Trump ...

**S**ecretly operating behind the curtain of “national security” in Washington, D.C., exists the real government of the United States — the Deep State. This is the story of the players who pull the strings, no matter who you voted for, who actually sits in the Oval Office, or even who controls Congress.

Now, the *New York Times* bestselling author pulls the veil off the Deep State and the powerful agencies behind it — the FBI, CIA, DOJ, NSA, and the Federal Reserve.

In his latest bestseller, *Killing the Deep State*, Corsi reveals for the first time powerful evidence that the Deep State is seeking to remove President Trump from office.

Corsi argues that no government agency, department, or official inside Washington — including the president of the United States — is immune from the powerful grip of the Deep State.



## Trump Targeted

Inside his explosive new book, *Killing the Deep State*, Corsi lays it all out — from the alarming evidence for the coup to take out President Trump to the plan that will allow the president and patriots to thwart this dangerous shadow government for good.

Dr. Corsi offers the “smoking gun” proof that the FBI has now taken the lead to stop Trump once and for all.

He also provides new evidence that Barack Obama and his key lieutenants are orchestrating the Deep State — relying on many of his most trusted aides who are still in the government working for President Trump!

*Killing the Deep State* shows that the

## The Buzz on 'Killing the Deep State'

### Bill O'Reilly:

"The people who entrenched in Washington from the very beginning wanted Trump out. **Killing the Deep State** gives examples . . . it's a bestseller!"

### Newsmax:

"The political book of the year."

### Ed Klein, *NY Times*

#### Bestselling Author:

"**Killing the Deep State** is an explosive must-read that not only exposes the insidious nature and goals of the shadow government, but also provides a roadmap to ensuring that the will of the people — through President Trump — succeeds."

investigation led by Robert Mueller is nothing more than a political witch hunt.

Corsi says President Trump is key to restoring America, protecting the U.S. Constitution, our borders, and our way of life — and the man who can destroy the global New World Order.

## Answers Revealed

*Have you ever wondered why . . .*

- **Just 24 hours after her loss in the presidential election, Hillary was already touting the Russian collusion theme? It was part of this FBI "insurance policy."** Pages 6 and 19
- The FBI's Robert Mueller has turned a blind eye to the open and brazen efforts of the Bureau to first back the Clintons and now sabotage Trump? Page 104
- **Russia was funneled U.S. military technology and 20% of all U.S. uranium production as part of the "Russian reset."** Pages 111–113
- Why Obama wants black America against President Trump and how antifa activities became designated as domestic terrorist violence by U.S. Department of Homeland Security . . . yet the

mainstream media still champions their cause and hails them as heroes? Page 134

- **FBI counterintelligence agent Peter Strzok, who once led the Clinton email probe, changed the wording in James Comey's speech about Hillary's handling of classified information through her private email server from 'grossly negligent' to 'extremely careless'?** Page 7

## The Trump Plan to Stop the Deep State

There is a way out . . . a way to defeat the hard-leftists at their own game. In **Killing the Deep State** Dr. Jerome Corsi lays it all out, step-by-step. His masterful plan shows you . . .

- **How Trump can play this "card" to his advantage and silence Deep State narratives backed by no evidence that are bent on destroying his presidency.** Page 154
- The 3 things that can save the Trump presidency, including polls! Pages 155–157
- **How ending a time-honored tradition will silence the mainstream media and stop fake news.** Pages 170–171
- And much more.

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The schooner C. A. THAYER, built in 1895 for the lumber trade and named for Clarence A. Thayer, partner in a San Francisco lumber company.





# Preserving Maritime History in the City By the Bay

## *San Francisco Maritime National Historical Park*

*By Ann Norvell Gray*

*What* do you think of when you think of San Francisco? Is it Tony Bennett, leaving his heart, or Steve McQueen as Detective Frank Bullitt, going airborne over its hills in that 1968 Mustang Fastback? Is it the Golden Gate Bridge emerging from the morning fog, or Grant Avenue, the colorful thoroughfare through one of the country's oldest and most vibrant urban Chinese neighborhoods, or great food and wine of every imaginable style and nationality? The culture of this remarkable city is complicated, rich and wild, with an endless number of intriguing things to discover.



The 1886 square-rigger BALCLUTHA first arrived under British registry after a month-long voyage. It shares its name with a town in New Zealand and a leafhopper insect.

Among the best of them is the 34-acre San Francisco Maritime National Historical Park, which contains more National Historic Landmarks than any other unit of the National Park Service. Once you begin to explore, it becomes clear that this fascinating spot should rank right up there with the city's better-known landmarks. Located in the bustling Fisherman's Wharf district, where the northern edge of the urban engine meets the San Francisco Bay, this waterfront park is a surprisingly quiet, relaxing oasis. It maintains a fleet of historic ships at Hyde Street Pier—including the Aquatic Park Historic District with its Maritime Museum, beach, lawn and bleachers—operates a research facility in Fort Mason Center.

The San Francisco Bay is a shallow estuary crossed by six geological faults, including the famous San Andreas fault, which runs roughly 750 miles along California's length. The bay drains about

40 percent of the state and is actually made up of a group of interconnected waterways. Depending on which ones you include, it covers between 400 and 1,600 square miles. This measurement is complicated by the persistent filling in of wetlands since the mid-1800s and more recently, years of restoration, as the realization of their importance has grown. The Maritime Park is part of the Golden Gate National Recreation Area, a network of eleven affiliated national parks dedicated to the preservation and enjoyment of the bay and its surrounding environment.

To get to the Maritime Park, start from Russian Hill, a gorgeous vantage point high above the bay. Take a cable car on the Powell/Hyde line toward the Hyde Street Pier. After taking you right past the start of the famous Lombard Street corkscrew, "the crookedest street in the world," with its eight hairpin turns in one block, it is a wonderful ride





Children playing on the Aquatic Park beach, with BALCLUTHA in its berth across the lagoon. Photo courtesy of San Francisco Maritime National Park.

down the precipitous hill. Taking a cable car is much more scenic and much less terrifying than attempting to brave that hill in a car.

The cable line ends at the Hyde Street Turnaround, which puts you at the eastern edge of the park with its visitor's center across the street. The center is housed in the park's 1908 historic brick cannery warehouse at the corner of Hyde and Jefferson Streets and is open seven days a week from

9:30 a.m. – 5:00 p.m. (See the sidebar on page 31 for information about admission)

Inside, the exhibits “tell the stories of voyage, discovery and cultural diversity.”<sup>1</sup> Despite the wealth of interesting things to see and do, the grounds are relatively compact and walking is the best way to get around. It also has the rare advantage of being level, unlike the topography of its home town.

Straight ahead of you, the Hyde Street Pier stretches into the bay, forming the eastern boundary of the park's protected basin. A collection of seven

historically important ships is berthed along its length and every one of them has a place in San Francisco history. Walking the pier is free. The view of Alcatraz Island and the rosy Golden Gate Bridge across the bay from the end of this pier is spectacular.

Perhaps the most impressive of the vessels is the 301-foot, steel-hulled, three-masted square-rigger *BALCLUTHA*. It was built in 1886 by the Charles







Two sturdy tugs with different engineering: HERCULES, a sturdy long-haul steam tug built in 1907, and EPPLETON HALL, the last remaining Tyne paddle tug, built in 1914, used for towing coal vessels into the port of Newcastle in northeast England until 1967.

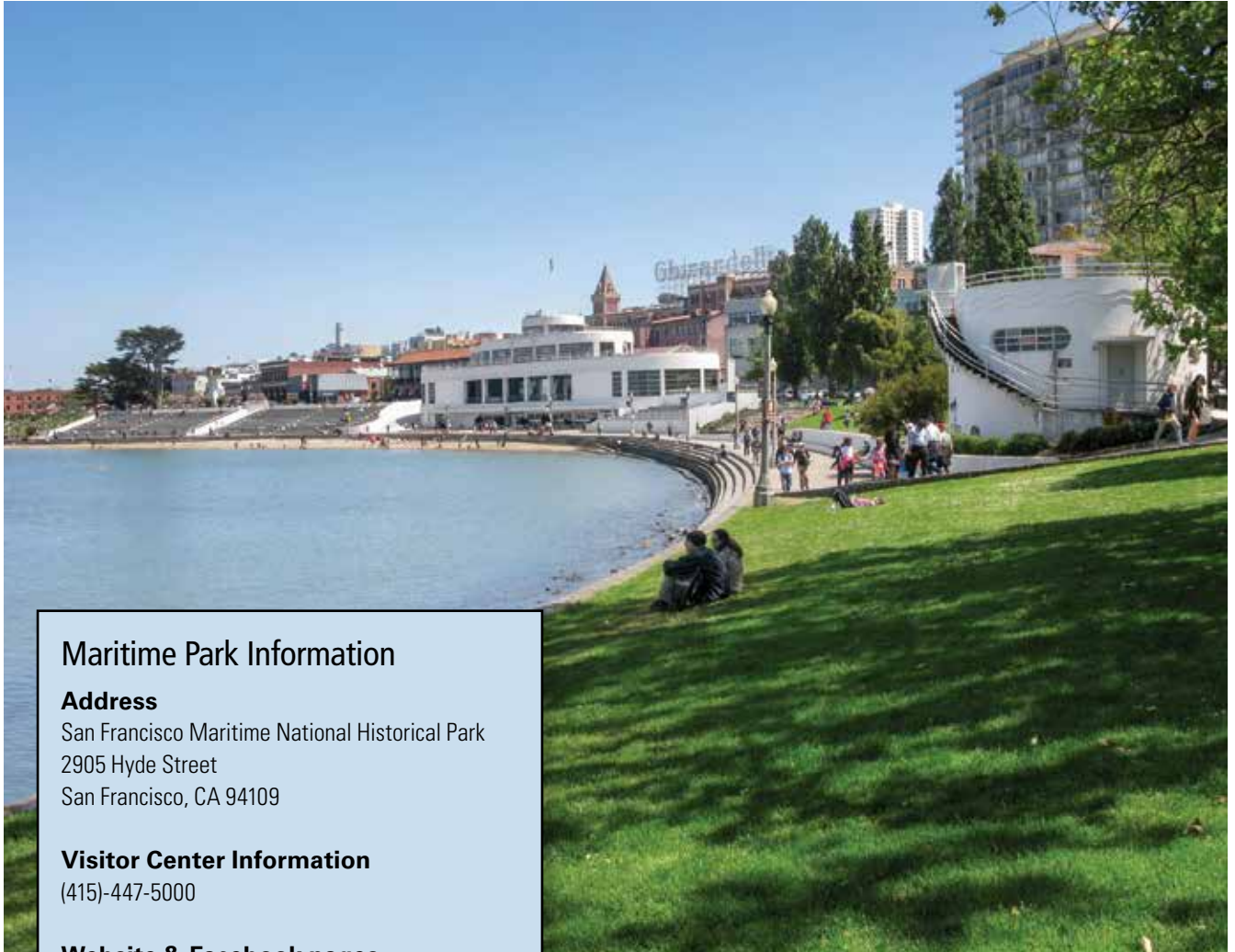


Connell and Company shipyard near Glasgow, Scotland, to carry a variety of cargo all over the world. With its complex rigging and 25 sails, it required a crew of about 26 men to handle the ship at sea and rounded Cape Horn 17 times. But it did far more in its working life than that. Follow the link below to read the ship's remarkable worldwide history as a commercial vessel. At press time, it was due to return to its berth following several months of maintenance dry docking and to open for tours later in the season. You can learn more online ([www.nps.gov/safr/learn/historyculture/balclutha-history.htm](http://www.nps.gov/safr/learn/historyculture/balclutha-history.htm)).

The three-masted lumber schooner *C. A. THAYER* was built in 1895 farther north in

California and carried lumber all along the Pacific coast. It suffered serious damage during a storm in 1912, which put an end to its days in the lumber trade. In reality, it was as likely to have been the rise of steam power and not the storm winds that moved it from the lumber to the fish industry. With the exception of a pause during the Depression as well as its service in World War II, *C.A. THAYER* remained in the bay until retiring in 1950. Her full history is online ([www.nps.gov/safr/learn/historyculture/ca-thayer-history.htm](http://www.nps.gov/safr/learn/historyculture/ca-thayer-history.htm)).

The Maritime collection also includes the 80-foot *ALMA*, an 1891 National Historic Landmark scow schooner designed to navigate shallow waters and deliver goods all over the bay area. The *EUREKA*,



## Maritime Park Information

### Address

San Francisco Maritime National Historical Park  
2905 Hyde Street  
San Francisco, CA 94109

### Visitor Center Information

(415)-447-5000

### Website & Facebook pages

[www.nps.gov/safr/index.htm](http://www.nps.gov/safr/index.htm)

[www.facebook.com/SanFranciscoMaritimeNHP](https://www.facebook.com/SanFranciscoMaritimeNHP)

### Fee to Board the Historic Vessels

\$15.00 per person, and is good for seven days.  
Children 15 and younger are free.

### Annual Park Pass

\$45 and is good for one year; only valid for this park.  
Includes three additional adults and any number of children 15 years old and younger.

\$80 National Park Service's Senior Pass for citizens older than 62 and provides free entry for life to this and more than 2,000 other Federal recreation sites. Active Duty military also receive a free National Park Pass for themselves and three others.

The Maritime Museum, seen from the lawn sweeping southwest around the lagoon.

a wooden-hulled, side wheel paddle steamboat from 1891; the steam tug *HERCULES*, built in 1907; and the 1914 paddle wheel steel tug *EPPLETON HALL* are also berthed along the pier. The seventh member of the fleet and the only one out of the water, is the *SAN FRANCISCO BAY ARK*, a little houseboat typical of its type. It was one of a small community of similar boats moored in Belvedere Lagoon in Marin County during the early 1900s and used as summer retreats for San Francisco families.

At the other end of the beach lies the Maritime Museum, installed in the historic Aquatic Park Bathhouse Building. It is rich with art and artifacts chronicling the history of California's complicated relationship with nautical life. Among its treasures are sailors' tools, typical cargo, machines and ships'



supplies, intricate model ships and a network of murals illustrating the natural landscape and the development of human enterprise in the area since long before the United States was a country.

A bit farther to the west, you will find the Fort Mason Research Center, which is open by appointment with 24 hours' notice from 1:00 p.m. - 4:00 p.m. on weekdays. The park's introduction describes it this way: "The Maritime Research Center provides access to the library, archives and museum collections and encourages research in maritime history and humanities ... [it] is the premier resource for San Francisco and Pacific Coast maritime history and the portal into the park's collections. Originating in 1939, the collections have become the largest maritime collection on the West Coast and the largest museum and research collection in the National Park Service..."

When you have absorbed all you can hold of

the visual, historical and intellectual resources packed into this very compact area, walk back to the east along Beach Street and enjoy the shops and restaurants in the Fisherman's Wharf historic district. To cap off this day of exploring part of the city's history, you might want to get back on the cable car and ride up Russian Hill about eight blocks to the very first Swensen's Ice Cream Parlor, opened in 1948, on the corner of Hyde and Union Streets. It is hard to believe there are still places like this in San Francisco. Swensen's is now an international company, but it started here, and the tiny ice cream parlor has survived for decades, decorated with a 70's idea of Victorian style. The inside scoop from local sources informs us that its rather obscure Swiss Orange Chip ice cream, a citrus-scented milk chocolate flavor, is legendary.

**FRA**

FOOTNOTE

1. <https://www.nps.gov/safr/index.htm>

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## Branch and Unit 197: Making a Difference

Studies show that 29 percent of the homeless veteran community reside in California. Unit 197 President Gwendolyn (Peggy) Wild read an article in the *Modesto Bee* about how Stanislaus County was helping to relieve the stress of homeless veterans in their county. The ladies of Auxiliary Unit 197 (Modesto) have been a very busy “bunch of bees” recently. They saw the need to help out in the community and jumped right in to do what they could.

A pilot housing program had planned to build ten homes in four different locations, nine of which would be one-bedroom, one-bathroom measuring 600 square feet; one would be a three-bedroom, two-bathroom measuring 1500 square feet plus a garage. These would be specially constructed homes that were found to be more practical and cost effective than modular homes. The custom homes would also meet the Americans with Disabilities Act (ADA) requirements.

The first phase, known as Glendale Quarters, was built on a vacant lot in Modesto and dedicated in November 2017. These four units are now completely occupied and were built around a central courtyard with provisions for service dogs. The next phase (three-units) was scheduled for completion in August and another three are currently on hold. Veterans living in them receive management and other services from the U.S. Department of Veterans Affairs but are required to pay 30 percent of the housing costs themselves.

Great Valley Housing Development Corporation provided the essentials for modern living. Each house has a queen-sized bed, dresser and night stand in the bedroom. The living room has a love seat, club chair recliner and coffee table. The kitchen counter extends with a knee-level opening that accommodates either a stool or wheel chair for disabled veterans. Washers and dryers are located in a hall closet providing a convenient and compact living space. Originally the plan was to provide a captain's bed with drawers underneath in each



bedroom. However the builders found these were too awkward and heavy to maneuver so queen-sized beds were used instead.

The ladies of Unit 197 were aware, however, that a house is only a house without the furnishings to make it a home. This is where they stepped in and went out to individuals and retail stores asking for donations of the material goods that make a home. They acquired/requested new linens, towels, curtains, bedding, pots, pans, various kitchen utensils and bathroom items. “It did not take long,”



Photo of ladies in Unit 197: (L to R) Mary Reyes, Rita Murphy and Peggy Wild

Peggy noted, “as people were very generous in giving us items such as microwave ovens, toasters, coffee makers, crock pots, baking pans, silverware and can openers.”

Unit 197 held a housewarming for the first phase, Glendale Quarters. The ladies were busy placing towels, bath mats, shower curtains, mattress pads, blankets, pillow cases and comforters in the rooms.

“It is an absolute joy to know that because of the love and caring each of our members has shown, a veteran simply has to turn his/her key in the door, put clothes away and know that with great compassion LAFRA 197 welcomes the veterans and their families home,” Peggy cheerfully exclaimed.

Sometimes a change of perspective is all it takes to see homeless veterans with different eyes. Once that happens nothing looks the same. You recognize that these men and women are the same men and women you served alongside. We cannot meet every need or solve every problem, but the ladies of Unit 197 remain involved and true to the principles of loyalty, protection and service. They were elated recently when

they learned that one of the veterans helped was able to move out and buy a traditional unsubsidized home. The ultimate goal is to help veterans and their families become financially self-sufficient. **FRA**

Story and photos By Leonard E. Churilla



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**1. BRANCH 208, JACKSONVILLE, N.C.**

Branch Treasurer Ed Blizard was recently appointed as Chairman of the Jacksonville Environmental & Appearance Advisory Committee. The committee works to achieve a clean and green city and carries out community appearance projects.

**2. BRANCH 146, JOHNSVILLE, PA.**

The American Patriotism Essay winner, Luke Duthie from La Salle College High School, is with (L to R) Mr. Duthie, Charlie Glass, Principal O'Toole, Tom Concannon, Luke Duthie, Otto Blavier, Joe Millman, Gene Dyer and Mrs. Duthie.

**3. BRANCH 101, SANTA CLARA, CALIF.**

RVPWC Steve Matthews (L) presents Ray Clark (R) with his 65-year FRA award and pin.

**4. BRANCH 1, PHILADELPHIA, PA.**

(L to R) Pat La Rose and Frank Dillon manning an FRA table at the Fort Dix, McGuire and Lakehurst Retiree Appreciation Day April 28, 2018.

**5. UNIT 99, VIRGINIA BEACH, VA.**

East Coast Region's newest unit was visited by three National Officers (Beatrice Parco, Christina Murray and Shirley Vatter) for their Installation of Officers Wednesday June 13th. Branch and Unit 99 are near Mount Trashmore Park in the Kempsville area of Virginia Beach.

**6. BRANCH 115, LEHIGH VALLEY, PA.**

Branch Vice President Dan Heitzer, President Bill Nixon, Treasurer Larry Roth, Secretary Don Bear and PRPNE George Folk congratulate the new officers.

**7. BRANCH 244, GRAND JUNCTION, COLO.**

Branch President Richard Reno (R) presents Shipmate Gerald Rose (L) his 40-year Continuous Service pin.

**8. BRANCH 126, JACKSONVILLE, FLA.**

Shipmate Marlin Crider (R) receives a letter of commendation and lapel pin denoting his 65 years of continuous membership. The Award was presented by RPSE J. J. Thomas.







### 9. UNIT 94, CORPUS CHRISTI, TEX.

The recent installation of unit officers and board members was well attended.

### 10. BRANCH 40, CHESAPEAKE, VA.

RPEC Paul Phelps attended the Naval Academy's Awards Ceremony held in Annapolis on May 24. A sword was presented and awarded to the top graduating Midshipman, MIDN 1/C Bridget Devey.

### 11. BRANCH 181, ARLINGTON, VA.

Bob Pierpont was a dignitary at the 4th of July Parade in Wolfeboro, N.H. There was a very large crowd on both sides of the street.

### 12. BRANCH 172, YORKTOWN, VA.

The branch installation was held in June. The Installing Officer was 99-year-old Shipmate Ray Duley, USN (Ret.), WWII and Korean War Veteran. (L to R) Paul Kelly, Chip 'Chiappazzi' Imed, Ray Duley, John Frankenburg, Micki Baltigarvis, Lou Maher and Ira Millen.

### 13. UNIT 230, ROSEVILLE, CALIF.

RVPWC Brenda Horton presents long-term service pins to (L to R) Naomi Dunlap-25 years, Doris Newland-50 years, Mary Ann Frank-25 years, Brenda Horton, Grace Stanley-50 years and Vickie Janek-25 years.

### 14. BRANCH 94, CORPUS CHRISTI, TEX.

Branch President Ricardo Hankerson (R) presents a \$1000 Scholarship Award to NJROTC Cadet Lieutenant Mikayla Trevino (L) at Foy H. Moody High in School in Corpus Christi.

### 15. BRANCH 226, STATEN ISLAND, N.Y.

Branch President James Brown attends the N.Y. Sector Change of Command at Ft. Wadsworth Staten Island, N.Y. (L to R) Outgoing Commander Capt. Day, James Brown and Region 1 Commander USCG Adm Tiongson.

Submit a high resolution photo by email as an attachment in jpeg format to [FRAtoday@fra.org](mailto:FRAtoday@fra.org) or mail a high-quality photograph to *FRAtoday*, 125 N. West Street, Alexandria, VA 22314. Please include a brief description and the names of those pictured.

# In Memoriam

Name	Rating	Branch	Name	Rating	Branch	Name	Rating	Branch
Aamodt, Palmer	SMC, USN	MAL	Burns, Claron R.	PO1, USN	61	Fockler, Ralph B.	ATC, USN	147
Adams, Dale D.	CWO4, USN	MAL	Butcher, David C.L.	ASCM, USN	289			
Aimone, Charles A.	AOC, USN,	215	Cameron, Allan R.	MLCM, USN	MAL	Galbraith, Edgar D.	HMCM, USN	208
Albertson, L. T. (Tom)	MMC, USN	310	Carino, Robert M.	SD3, USN	289	Garner, Oscar W.	AFCM, USN	11
Aldridge, Charles R.	AXCS, USN	106	Caruso, Francis D.	GMGC, USN	276	Gayton, Lincoln F.	SK1, USN	156
Alexander, Adam G.	CDR, USN	MAL	Chappell, Allen J.	YN3, USN	15	George, Davey L.	HMCS, USN	MAL
Allen, Frank F.	CDR, USN	MAL	Christiansen, Lewis R.	YNCM, USN	53	Gibson, George E.	AMSC, USN	MAL
Allen, Lyndall D.	SMCM, USN	MAL	Collier, Harry S.	MMCM, USN	41	Giesse, Philip C.	EMCS, USN	289
Anthonissen, Raymond R.	YNC, USN	28	Cook, Delos E.	SKC(SS), USN	136	Gilcrease, Howard O.	CWO1, USN	11
			Cox, Joseph A.	AMS1, USN	161	Gollen, Russell T.	FTG1(SS), USN	245
Baxter, Allan Gene	CTOCM, USN	182	Crepeau, Amos L.	AXC, USN	MAL	Gray, Jeannine A.	PN1, USNR	55
Beauvais, Edward M.	SK1(SS), USN	194	Crider, George L.	STSCS(SS), USN	163	Green, William J.	HMC, USN	MAL
Beavers, Mansel E.	SKC, USN	216	Crist, Leroy	AOC, USN	MAL	Green, William T.	SFI, USN	MAL
Beazer, Robert C.	CE1, USN	MAL	Cummings, Walter L.	SFC, USN	11	Griffin, George E.	ADC/CPO, USN	22
Beddoe, John E.	HMCS, USN	61	Cupit, Calvin J.	HMCM, USN	40			
Belanger, Gary R.	ABCS, USN	MAL				Hall, Curtis E.	DTCM, USN	293
Belzer, William Lee	HTCM, USN	290	Deshazo, Thomas J.	CS1, USN	259	Hamilton, James H.	BMC, USN	99
Benny, William L.	AO1, USN	MAL	DeVries, Bernard F.	HT1, USN	53	Hansell, Ralph E.	HMC, USN	MAL
Beverly, John C.	RMCS, USN	147	Diede, Christian	SK3C, USN	230	Hardman, David A.	EMCM, USN	29
Blalock, Gary F.	CWO4, USN	MAL	Dodson, Fred D.	MMCM, USN	11	Hawks, James R.	MNCS, USN	MAL
Bond, Ovie	BM1, USN	210	Doremus, William T.	AKCS, USN	MAL	Henderson, John W.	OSCS, USN	210
Booth, David E.	ADC, USN	161	Dreasky, Raymond Q.	AK1, USN	MAL	Henley, James O.	EMC, USN	175
Boyd, Clifford J.	MMC, USN	61				Hoffer, Paul F.	TSGT, USMC	307
Brackett, Hoyt J.	AVCM, USN	99	Fagiola, William	ENCS, USN	310	Horn, Maurice D.	CDR, USN	24
Brofford, Arthur W.	YNCS, USN	136	Farrar, William J.	ADJC, USN	91	Hosgood, Richard A.	USN	289
Bryant, Jennings R.	HMCM, USN	MAL	Flint, Velton G.	RM1, USN	MAL	Huber, Wendell J.	YNCS, USN	175

# In Memoriam

Name	Rating	Branch						
Innumerable, Gerardo	SKC, USN	61	Meyer, Robert C.	MMCM(SS), USN	MAL	Thompson, Gary	AZ2, USN	104
Isidro, Ernesto	USN	MAL	Michaud, Theodore T.	CPL, USMC	MAL	Thompson, Gary C.	BM1, USN	MAL
			Miles, Joe D.	USN	147	Tonkin, Marvin	SKC, USN	MAL
James, Ernest W.	LCDR, USN	MAL	Miller, Edward A.	CDR, USN	MAL	<b>Townesley, Charles T.</b>	<b>ACC, USN</b>	<b>MAL</b>
Jeffers, Earl	AMH1, USN	MAL	Moore, Eugene	AZC(TAR), USNR	89	Turner, William A.	LT, USN	MAL
<b>Jensen, Don C.</b>	<b>SGT, USMC</b>	<b>260</b>	Nation, Charles F.	BMC, USN	117	Tuthill, Alfred F.	RMCM, USCG	166
Jones, Leonard L.	ADJ1, USN	261	<b>Nida, James O.</b>	<b>SKCS, USN</b>	<b>MAL</b>	Urban, Chester J.	MSCM, USN	248
Jones, Marion Jervey	BMCM, USN	MAL	Nieves, Joseph	RM1, USN	MAL			
Jones, Stanley G.	FTCM, USN	MAL	Noel, Frank A.	RMC, USN	105	Viering, Paul A.	ETCS(SS), USN	269
Jones, Robert K.	NAP, USN	24						
			Oliveira, Joseph P.	HTC, USN	72	Wade, Frederick H.	PO1, USN	223
Kahrimanian, Jack	RM1, USN	261				<b>Walker, Norman D.</b>	<b>HMCM, USN</b>	<b>269</b>
Kelly, James F.	MCPO, USN	22	Padre, Jaime R.	MSCS, USN	4	<b>Walther, John M.</b>	<b>1STSGT, USMC</b>	<b>MAL</b>
Kieffer, Thomas J.	LCDR, USN	MAL	Peck, Keith	BMC, USN	276	Weeden, Elbert R.	DCCS(SW), USN	54
Killian, Durmot E.	WO1, USN	261	Plouffe, Robert P.	PNCS, USN	42	Wetzsteon, Earl A.	ENC, USN	161
Kuehnen, Gerald D.	BM1, USN	161	Price, William A.	GMTC, USN	24	White, Thenman	BM1, USN	84
						<b>Whittington, Kenneth T.</b>	<b>RM1, USN</b>	<b>219</b>
Leaver, Melvan J.	MMC, USN	115	Rausch, Henry J.	MACM(AC), USN	29	Wilcox, Clyde M.	PNC, USN	136
Legan, William Edwin	SKC	130	Reeves, Glennan C.	EN2, USCG	269	Williams, James T.	BTC, USN	44
Lemay, Elmer T.	CS2, USN	62				<b>Wilson, Charles J.</b>	<b>AOCM, USN</b>	<b>MAL</b>
Lence, James O.	LCDR, USN	335	Sabo, William J.	YNCS, USN	42	Wilson, Clarence R.	MS1, USNR	MAL
<b>Lennefelt, Roy</b>	<b>CTC, USN</b>	<b>295</b>	Shunk, Robert J.	AD1, USN	MAL	Wiseman, Billy	PH1, USN	11
Lookabill, Joe H.	FC2	269	Simmons, Earle E.	ISCS, USN	MAL			
Lowe, Frederick D.	CPO, USN	MAL	Simons, Thomas W.	ICC,	MAL	Young, Alvin W.	AQCS, USN	MAL
Lutz, Charles W.	AZC, USN	MAL	Simpson, James O.	AWCS, USN	MAL			
<b>Lyon, Patrick G.</b>	<b>CS1 (SS), USN</b>	<b>136</b>	Smith, Donald R.	PO1, USN	161			
			Sparks, Alferd D.	YNC(SS), USN	268			
Mabb, Walter W.	AMHC, USN	61	Stainback, William D.	ATCS, USN	MAL			
Markle, Robert C.	MMC(SS), USN	269	Stanczyk, David W.	HTCS, USN	MAL			
Markowski, Casimer J.	PHC, USN	MAL	<b>Stark, Walter W.</b>	<b>YNC, USN</b>	<b>106</b>			
Martin, Michael J.	BTCS, USN	MAL	Stewart, Stewart M.	YNC, USN	MAL			
Matibag, Dalmacio	ATC, USN	84	Straub, Cloyed	PO1, USN	MAL			
Matzke, Ray O.	SSGT, USMC	MAL	Striley, George S.	IC1, USN	MAL			
McCray, Robert W.	POC, USN	MAL	Szczepanski, Mark H.	EM3, USN	181			
Meadows, Garrett E.	RMC, USN	MAL						
Mehoves, John H.	ADRC, USN	MAL	Tennyson, Charles R.	PCCM/SW, USN	130			



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

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 Telephone: 207-651-5878  
 Email: ssbn635aganger@gmail.com  
 www.grotoninn.com  
 www.ssbn635.org

### USS Saratoga Association (CV-3, CVA/CV-60)

10/10/2018-10/13/2018, San Antonio, Texas  
 Contact: Chip Hayes  
 Email: uss\_saratoga@yahoo.com

### USS Inchon Assoc.

05/04/2019-05/09/2019, Nashville, Tenn.  
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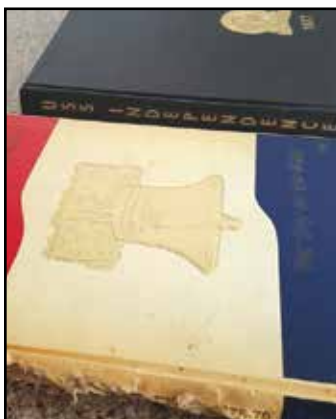
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## Greetings from the Northwest Region



Gail Doloway,  
PNP & NWRA

Nearly a year ago, the Northwest Region was placed under suspension due to a lack of elected officers. In accordance with our C&BL, I volunteered and was subsequently appointed by our National Board to be the Regional Administrator, lifting that suspension. My job was clearly defined by our preamble in “to aid, assist and promote,” the welfare of this organization and its members.

This region has 550 hardworking and devoted members within its 11 Units. It stretches from Cheyenne, Wyoming to the Philippines. There were many questions with few answers. The biggest problem, and it is not just a problem in this region, was a lack of training and communication. Our Auxiliary, as a family, has an obligation to find the answers and assist as we can. This was my goal exactly.

I do not live in the Northwest but actually in Nevada, so my ability to meet the members and officers on a one-on-one basis was somewhat hindered. But today’s electronic communication network works like a charm. I was able to deal with one problem, get it resolved and move on to the next. The actual personal touch can be achieved without the person. This is true throughout our organization—we can show our family that we really do care and everyone is important, even if we are miles apart.

The members are extremely active in their communities and involved in *Toys for Tots*, parades, collecting and delivering school supplies, hosting parties and gift wrapping for vets in Veteran’s Medical Centers, assisting in natural disaster relief efforts and feeding families that live in landfills in the Philippines. **This is not an inactive Region.**

So where are we now? We have resolved most of the internal problems that existed this past year within some units. Unhappily, I assisted Seattle Unit 18 with the process of surrendering



their charter but happily, I was also able (together with the branch secretary and our MSA, NFS and NT) to resurrect a unit that was struggling. We even gained a few members and are getting current with unit EIN obligations. The units have a better understanding of their responsibilities to the National Auxiliary. One example is that units have submitted 100 percent of their required Officer’s Reports, Regional and National Delegate Sheets by the second week in July! We now have a cohesiveness that makes us one.

The Northwest Regional Convention was held August 18, 2018 in Boise, Idaho. There was a total of 15 members/delegates present. A quorum was declared, all appropriate reports were given and discussions were held followed by a vote on standing rules and financial obligations for 2017, as well as the 2018-2019 year. I am very pleased to report a full slate of officers was elected and installed by NP Jean Smith.

This has been a working year for this region and success could not have been accomplished without the cooperation and working involvement of everyone—that includes our National Officers, as well as the many branches. I sincerely want to thank all of you and share that I will always be here to support you in whatever you need. **FRA**

In Loyalty, Protection and Service,  
Gail Doloway, PNP LA FRA

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Gail Doloway is a Past National President of the LA FRA and currently the Northwest Regional Administrator





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## How to Avoid and Correct Tax Issues



Carl M. Trevisan, CFP®



Stephen M. Bearce

**N**obody likes unexpected tax bills or IRS penalties. So how can you minimize the possibility of errors on your return? And if an error does still slip through, what then? In both cases, it is often a matter of paying close attention to documentation.

**Avoiding tax errors.** Audrey Young, a tax attorney and senior manager at accounting, tax and consulting firm RSM US, says one of the basic things that everyone should do is pay attention to what their tax preparer sends them. “Most clients who work with professionals get a tax organizer,” Young says. The organizer is a document outlining a series of questions for people to answer. It helps taxpayers think through all the big and small items from the past year that could impact their taxes.

Big life changes in particular should be called out in the organizer, as they are a common cause of tax filing errors. These might include:

- Selling a business
- Selling interest in a building or shares in a closely held business
- Inheriting money or an IRA
- Turning 70½ and triggering mandatory IRA distribution requirements

“Most people do a very good job except when an extraordinary transaction comes along,” Young says. In these cases, good record keeping is crucial—as is sharing that information with your advisor. For example, a problem that can attract unwanted IRS interest is when someone fails to note an extraordinary gift, such as land, to a university or charitable organization. The value of that property has to be properly documented.

When gifts of stock or other property (like a vacation home) are made during one’s life, good records are essential to avoiding tax problems down the road—especially for the recipient. That is because the gift’s “cost basis”—the purchase price—also transfers to the gift recipient. Say mom and dad give their vacation home to their adult child. If, later on, that child sells that house, the cost basis



used to determine how much profit was made on the sale is the purchase price of the home when the child’s parents originally bought it.

**Correcting tax errors.** If you do make a mistake, do not panic. With some common mistakes, such as math errors, IRS computers will often detect the error and send you a bill. You will be required to pay interest on the unpaid tax, but unless the IRS thinks it is a deliberate or particularly large omission, you probably will not owe a penalty.

If you or your preparer discover an error after filing, Young recommends filing an amended return as soon as possible. “I think it’s always better to report your error before the IRS finds it,” Young says. Remember, your preparer will need to correct all the errors in the return—not just the ones that are favorable for you.

It is important to note that your preparer must file amended returns on paper (rather than e-filing) and they can take longer for the IRS to process. So, the sooner you correct any mistakes, the sooner you can resolve any potential conflicts. **FRA**

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

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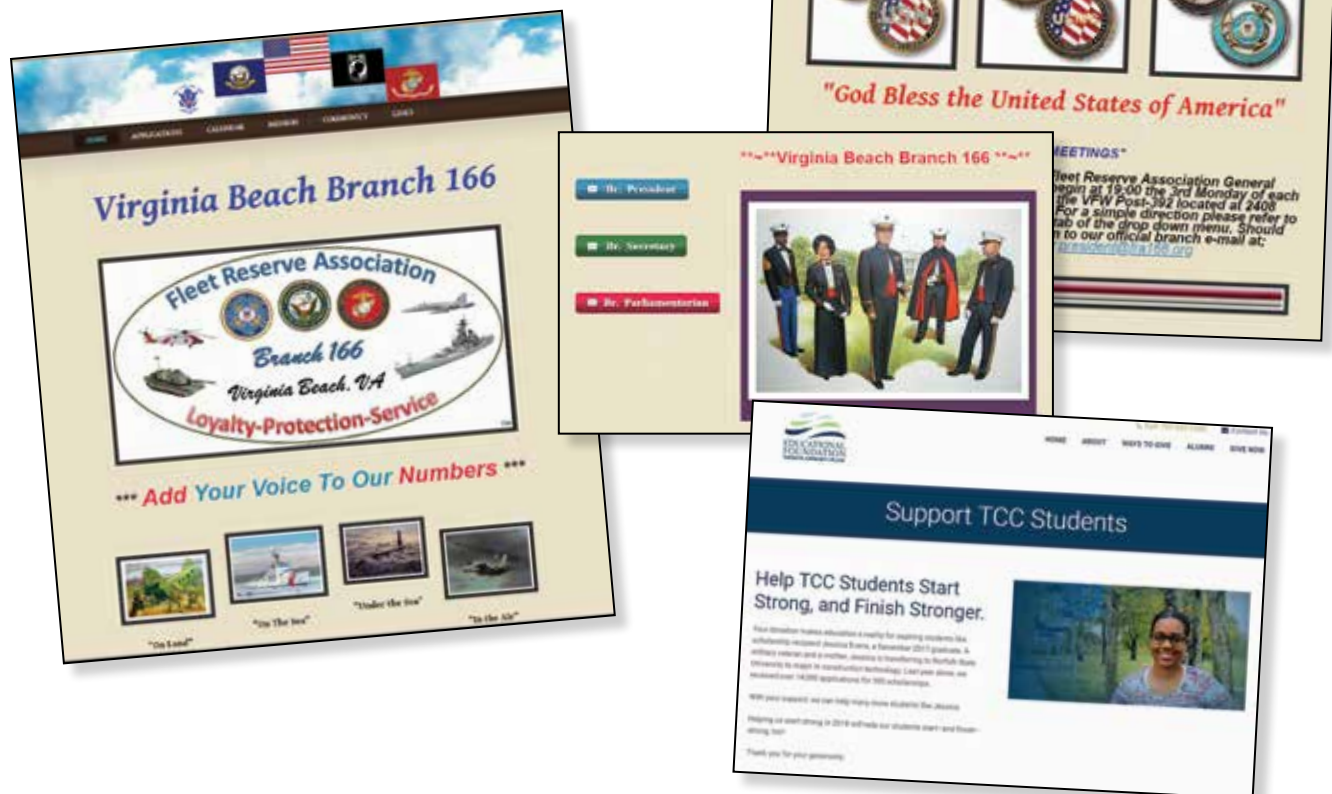


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## Branch 166's Website: [www.fra166.org](http://www.fra166.org)

Anyone who has attempted to construct a website knows first-hand the time, effort and frustration involved. New curse words are continually added to your lexicon when updating a website's content. It brings you back to the brink of square one.

The Marquis de Sade once said, "It is always by way of pain one arrives at pleasure."

Nobody knows this better than Sha'ron David "Marty" Martin, Virginia Beach Branch 166 President and website innovator, who built the branch website from scratch four years ago and has maintained it ever since.

The branch's website is not limited to who, what, when and where.

Marty has compiled links to local, state, regional, national and federal websites to keep members up-to-date on current and developing events that are at the very heart of FRA's mission. Branch 166's website also includes links to other local FRA branches, community events, high school JROTC

awards, scholarships for the local community college and general stores as well as memorial page dedicated to departed Shipmates.

Other helpful resources include information requests and downloadable membership applications, branch bylaws, visitors' comments and links to all of the local commissaries and the latest sales that are at each one!

When the branch holds a special event, Marty puts it on the website within a day or two for members who were unable to attend. Marty's abilities and contributions are key to keeping the branch members fully informed of what the branch has done, is doing and will do. Marty has rewarded branch Shipmates with a beautifully crafted website.

If the FRA held a Branch website recognition competition, I would have no doubt Virginia Beach Branch 166's website would be in the winner's circle! **FRA**

Dan Shaughnessy, Branch 166 Public Relations

# Wow! A Simple to Use Computer Designed Especially for Seniors!

*Easy to read. Easy to see. Easy to use. Just plug it in!*



*"I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time."*

— Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

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