

YOUR MISSION, YOUR VOICE

# FRA *today*

*The magazine of the Fleet Reserve Association*

JUNE 2019

## F-35 JOINT STRIKE FIGHTER



### INSIDE:

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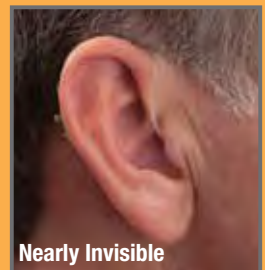
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COVER: Aviation Technician 3rd Class Tyler Dean, assigned to the "Argonauts" of Strike Fighter Squadron (VFA-147), signals to the pilot, Cmdr. Daniel Kitts, after a successful flyover during the change of command ceremony. Photo by Mass Communication Specialist 2nd Class Manuel Tiscareno

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### The F-35 Lightning II: Joint Strike Fighter

*Aircraft carrier-based fighter evolution culminates in the F-35C, which has never been available at sea. The F-35C long-range strike fighter is built explicitly for carrier operations, making it the Navy's future first-day-of-the-war strike fighter.*

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### The Washington Navy Yard

*The Washington Navy Yard is the oldest shore establishment of the U.S. Navy. It sits along the Anacostia River in southeast Washington, DC, about four and a half miles east of the Pentagon and two miles east-southeast of the U.S. Capitol.*



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*Confidently Invest in a Volatile Market*

#### LOYALTY, PROTECTION AND SERVICE

The 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.

## D-Day

I have a friend who is Army and I am Navy, so you can see where many of our conversations often differ, but all in fun—particularly during football season. One time we were talking about D-Day when he asked, “How many Navy guys had boots on the ground at Normandy?” To avoid any more discussion, I changed the subject because I was not sure how many sailors were at Normandy. I knew the U.S. Navy played a significant role in Operation Neptune, which supported Operation Overlord, which paved the way for the liberation of Europe. I am sure my friend was talking about the 1st Infantry that hit the beaches as well as the 101st and 82nd U.S. Airborne, who were dropped behind German lines to secure bridges on the right flank of the beaches.

General Dwight Eisenhower was appointed commander of Operation Overlord in January of 1944. In the months before D-Day, the Allies carried out a massive deception operation to make the Germans think the main invasion target was Pas-de-Calais rather than Normandy. Many tactics were used to carry out the deception, including fake equipment; a phantom army commanded by George Patton and supposedly based in England, across from Pas-de-Calais; double agents and fraudulent radio transmissions.

Bad weather caused a 24-hour delay so the assault began just after midnight on June 6, 1944. Eisenhower told the troops, “You are about to embark upon the Great Crusade, toward which we have striven these many months. The eyes of the world are upon you.”

By dawn on June 6, phase one had thousands of troops behind enemy lines. The second phase was the allied amphibious invasions that began at 6:30 a.m. The invasion fleet was made of eight different navies, with 6,939 vessels: 1,213 warships, 4,126 landing ships and landing craft and 736 ancillary craft and 864 merchant vessels.

The Allies overcame light opposition at beaches code-named Gold, Juno and Sword, as did the Americans at Utah Beach. The U.S. forces faced heavy resistance at Omaha Beach with more than 2,000 casualties. By the end of the first day, none of the assault forces had secured their first-day objectives. Allied casualties on June 6 have been estimated at more than 10,000 killed, wounded and missing in action: 6,603 Americans, 2,700 British and 946 Canadians. By June 11, the beaches were fully secured with more than 326,000 troops, 50,000 vehicles and 100,000 tons of equipment at Normandy.

Back to my friend’s question, there were 195,700 naval personnel involved in D-Day. The Royal Navy provided 112,824 sailors. The Merchant Navy supplied 25,000 men. There were 52,889 American sailors along with another 4,998 sailors from other allied countries.

The D-Day invasion turned the tide against the Nazis and in my opinion was the beginning to the end of the war. **FRA**

In Loyalty, Protection & Service,  
William Stevenson, Editor-in-Chief

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— J. Fitzgerald, VA



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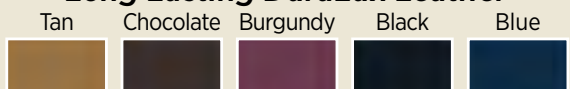
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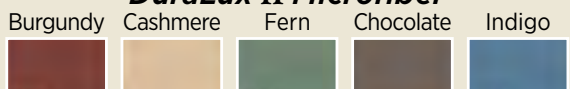
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## Memphis Convention: Home of Barbecue, Music and More!



Tom Snee NED

**T**his year, the FRA will host their Annual National Convention in Memphis, Tennessee, from September 22 to September 29. I hope you will join your Shipmates at the Crowne Plaza Memphis East located at 2625 Thousand Oaks Blvd., just 8 miles from the Memphis International Airport. Come explore one of the South's most famous cities.

Memphis is on the Mississippi River located in the southwest of the state. It is probably most famous for its influence on music such as blues, soul and rock 'n' roll. Some notable musicians who got a foothold in Memphis are Elvis Presley, B.B. King and Johnny Cash. They all recorded popular albums at the legendary Sun Studio. Other music landmarks include the Rock 'n' Soul Museum and the Blues Hall. Everyone has their favorite attraction, but in Memphis the most notable would be Elvis Presley's Graceland mansion, which was established as a museum in 1982 and sits upon nearly 14 acres that is currently owned by his daughter, Lisa Marie.

The city of Memphis is a vibrant city, full of culture and full of spirit. It has an incredible mixture of small city charm and big city activities. This is what helps make it such an amazing destination to visit. So, if you are visiting for the first time, there is always something new to do. Here are just a few suggestions to point you in the right direction for the best experiences.

**Best Place for the Blues.** Memphis is the home of the blues; beloved for bringing the world people like W.C. Handy, B.B. King and Big Walter Horton. People from across the country make the pilgrimage to hear today's best blues musicians and sit around the historic stages where the legends got their start.

**Best Barbecue.** With more than 100 barbecue joints serving up the world's best dry rub ribs, it is almost impossible to pick the best barbecue in Memphis. Everyone wants to know where they should go to get the best. In fact, the best Memphis BBQ list is one of the most sought-after guides

online. If you want fine dining, then try Corky's. It is considered to be a favorite for tourists.

**Best Things to Do.** Memphis has many sites that are historic and of national importance that everyone should see, including the National Civil Rights Museum at the Lorraine Motel, Elvis' home Graceland, Sun Studios, Stax Museum of American Soul, Beale Street, the Memphis Zoo, the Grizzlies, the Peabody Hotel, The Pyramid and Mud Island. More can be found online at [www.memphistravel.com](http://www.memphistravel.com).

**Best Outdoor Activities.** To truly appreciate all that Memphis has to offer, you need to get outside and experience the splendor of the South. Try walking; the city is very much a walkable city that has many outdoor experiences. The downtown Memphis Commission Sidewalk Stories offers a series of more than 50 bronze plaques laid in the concrete downtown to tell the city's colorful history.

**Down By the River.** At Mud Island River Park, located at 125 N. Front St., you can get an understanding of the Mississippi River's role and influence over Memphis. You should not miss the free Mud Island Riverwalk experience. The Riverwalk spans five city blocks and is marked with bridges and historic markers to give visitors a perspective on the Mississippi and its people. The riverwalk is open 10 a.m.-5 p.m. Tuesday through Sunday, April through October.

**Memphis Stands for Music.** If you like music, you will love Memphis. Muddy Waters, Johnny Cash, Aretha Franklin, Jerry Lee Lewis and Elvis Presley all made their way through Memphis on their way to super stardom. Take a walk down Beale Street and visit the many pubs and clubs scattered throughout the area.

This city has so many places to go and things to experience. Treat yourself to a small setting with a "KING" size menu of fun. **FRA**

In Loyalty, Protection & Service  
NED Thomas J. Snee

Tom is the FRA's National Executive Director at [NEDFRA@fra.org](mailto:NEDFRA@fra.org)

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### Change Name to Sea Services Association

Mark Anderson's letter about attracting younger members is quite correct. Any organization must constantly attract new blood or it will not survive. However, achieving that goal is very difficult, and may even be impossible. Today's old and young have almost nothing in common. We don't even speak the same language, but today's young people seem to be well educated in technology and celebrities. Like it or not, there's a huge divide.

FRA is a bland title with little appeal. It began as an organization for career USN people but is no longer that. My suggestion for increasing membership is to change the name to Sea Services Association and open membership to anybody with an interest in the sea services; Navy, Marine Corps, Coast Guard, Merchant Marine and Sea Scouts. We could also include Naval ROTC, Merchant Marine Academy and other maritime schools, etc., and shift emphasis from veteran's advocacy to sea history and education. We're overloaded with veteran's organizations.

*BT Davenport, USN (Ret.)*

### January FRAtoday

I received my monthly magazine yesterday and read it through and through that very night. Three great articles: Service Dogs, *USS MIDWAY* and the Shipmate Joe Prusacik profile. The three articles were right on target and I am hoping you publish more of the same. I enjoy human interest articles with lots of pictures.

*Angelo Coppola, USN (Ret.) former CPO then LCDR*

### Armed Guard

I enjoyed the Armed Guard article in the April issue of *FRAtoday*. When I was in the first grade in September of 1942, my father, Lieutenant Junior Grade Wendell Chesser was just entering active duty. After training, he was assigned as gunnery officer on a merchant ship in New York. During his first Atlantic crossing in 1942, his forty-two-ship convoy suffered thirteen losses.

According to my father, most of the losses were to ships that straggled because of propulsion casualties. The escort ships could not leave the convoy to guard stragglers, making them vulnerable to U-boats. On one occasion, my father's ship straggled, but they were able to make repairs and rejoin the convoy. It was a frightening time for the crew.

Later during the war, the Navy developed the escort carrier (CVE) whose aircraft cover greatly reduced merchant ship losses. My father made several more trips, which thanks to the CVE's, suffered much fewer losses.

In 1944, my father transferred to the Armed Guard Training Base in Little Creek, Virginia and became a gunnery instructor. Later, he transferred to Pearl Harbor to join other ship pilots—my father had a Master's License for inland waters, Baltimore to Cape Henry. He and the other pilots were preparing for the planned invasion of Japan when the Japanese surrendered. He made it to Japan after the surrender and piloted American ships in Otaru on the northern Japanese island of Hokkaido. He returned home in 1945 in time for Christmas. He was active in the Naval Reserve and retired at the rank of Commander in 1968.

*P.J. Chesser, HMC(SS), USN, (Ret.)  
Cumberland County, Tennessee*

### Distinguished Graduate Chambers

The USS Midway Museum article in the January issue included a recounting of the *MIDWAY*'s participation in the rescue of Vietnamese families in April 1975 during the evacuation of Saigon. The skipper of *MIDWAY* was my Naval Academy Class of 1952 classmate, Larry Chambers. When the Bird Dog pilot mentioned in the article asked for permission to land on *MIDWAY*, Captain Chambers made the courageous decision to emergency clear the flight deck and ordered all hands to push the "helos" that cluttered the deck overboard, a decision that could have caused him to be court-martialed.

Chambers was the second African-American to graduate from the Naval Academy, the first to command a carrier and the first to attain flag rank, retiring in the rank of rear admiral. In recognition of his achievements, he was named a Distinguished Graduate of the Naval Academy in 2017.

*James A. Sagerholm, VADM, USN (Ret.) Branch 24*

**Submit** letters to *FRAtoday*, 125 N. West St. Alexandria, VA 22314. or 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 the FRA as a whole. The FRA is not responsible for the accuracy of letter content.



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# ON & OFF *capitol hill*

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



John Davis DLP

## **NDAAs Action Will Start to Heat Up**

As *FRAtoday* goes to press, the annual National Defense Authorization Act (NDAA) bills in each chamber of Congress are about to go through the legislative process. They will eventually be merged into one bill and approved by the House and Senate, and then sent to the president to be signed into law or vetoed. This is supposed to occur before the start of the new fiscal year (FY2020) Oct. 1, 2019. The process was slowed

due to the administration's late submission of a FY2020 proposed budget. The FRA Legislative Team is closely monitoring this process to try to stop any provisions that negatively impact FRA members and their families. Members are urged to subscribe to and read *NewsBytes*, the weekly legislative newsletter and review issues on the FRA Action Center located on the FRA website.

## **DOJ Decision on AOBWN Case Delayed 30 Days**

The Supreme Court of the United States issued a 30-day extension to Department of Justice (DOJ) officials who are contemplating an appeal of a lower court ruling (*Procopio v Wilkie*). In January, the U.S. Court of Appeals for the Federal Circuit in Washington DC, in a 9-2 decision extended presumptive VA disability benefits to the so-called Blue Water Navy veterans who served off the coast of Vietnam and who were exposed to toxic chemical defoliants during the Vietnam conflict.

Mr. Procopio is a Blue Water Navy Veteran who never stepped foot on land in Vietnam but was exposed to Agent Orange during his military service off the coast of the Republic of Vietnam. Due to this exposure, he developed medical conditions consistent with other veterans who had served on land, and were exposed to Agent Orange. He argued that he should be entitled to a presumptive category and thereby eligible for disability benefits. The FRA is listed as a "Friend of the Court" by the petitioner and Blue Water Navy

Veteran, Mr. Procopio.

Some court observers were surprised by the DOJ request since earlier, VA Secretary Robert Wilkie had recommended that DOJ not appeal the decision. In keeping with Wilkie's recommendation, the Board of Veterans' Appeals removed a stay that prevented any decisions on Blue Water Navy appeals, a hold that had been in place since October. Many details remain undetermined, including the precise definition of Vietnam's nautical boundaries and the diseases that will be considered connected to herbicide exposure.

The VA has indicated that a decision regarding the addition of bladder cancer, hypertension and other ailments would come in June, 2019.



Stock photo



## Agent Orange Blue Water Navy Bill Introduced in Senate

Sens. Kirsten Gillibrand, (N.Y.), and Steve Daines (Mont.) have introduced the Blue Water Navy Vietnam Veterans Act (S.1195). The bill would clarify that service members who served 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. The bill would also extend the presumption of herbicide exposure to veterans who served on or near the Korean DMZ between Sept. 1, 1967 and Aug. 31, 1971. The legislation would provide health care, vocational training, 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 Jan. 9, 1962 and May 7, 1975. The VA would also have to determine that at least one of

the parents had been exposed to an herbicide agent during that period.

Earlier, the chairman of the House Veterans' Affairs Committee, Rep. Mark Takano (Calif.) introduced the Blue Water Navy Vietnam Veterans Act (H.R.299), which is similar to the Senate bill. Last year's House bill had 335 co-sponsors and passed the House (382-0), only to stall in the Senate Veterans' Affairs committee and be tabled at the end of the session.

The FRA believes Congress should recognize these veterans who were exposed to Agent Orange herbicide and authorize presumptive status for VA disability claims associated with this exposure. Members are urged to use the FRA Action Center to contact their legislators to ask them to support these bills.

## Bill Introduced to Protect Bankrupt Disabled Veterans from Losing Benefits

Sens. Tammy Baldwin (Wis.) and John Cornyn (Texas) have introduced the Honoring American Veterans in Extreme Need (HAVEN-S.679) bill to shield veterans' disability benefits from debt collectors when a veteran declares bankruptcy.

Under current law, when a disabled veteran declares bankruptcy, debt collectors can seize their disability benefits because they are considered disposable income. Yet social security benefits are exempt from being included as disposable income. Disability benefits in any form are not taxable and therefore should not be considered disposable income. The legislative sponsors noted that it is unfair that veterans may be forced to give up their disability benefits when declaring bankruptcy, while the general population receiving similar benefits from social security is not.

Sen. Baldwin believes this bill will help veterans with mental health issues by easing their financial burdens. Members are encouraged to weigh in on this issue by contacting their senators through the FRA Action Center online at: [www.fra.org/fra/Web/Content/VotervoiceFullInfo.aspx](http://www.fra.org/fra/Web/Content/VotervoiceFullInfo.aspx).

## Bill to Improve VA Mental Health Care Introduced

Sens. Jon Tester (Mont.) and Jerry Moran (Kan.) have introduced the Commander John Scott Hannon Veterans Mental Health Care Improvement Act (S.785), which will try to expand veterans' access to high-quality mental health care and help reduce the rate of veteran suicide. Currently, on average, 20 veterans commit suicide each day. The legislation would:

- Increase the VA's mental health staff to serve more veterans.
- Improve access to mental health care for veterans who live in rural areas.
- Strengthen support and assistance for transitioning service members.
- Study and expand innovative and alternative treatment options.
- Hold the VA accountable for its mental health care and suicide prevention efforts.

Members are urged to use the FRA Action Center to ask their senators to support this legislation.





## HVAC Chairman Concerned that VA's IT Could Disrupt Healthcare for Some Veterans

House Veterans' Affairs Committee Chairman Mark Takano (Calif.) issued the following statement regarding the serious concerns raised about the Department of Veterans Affairs Information Technology solutions:

"The recent U.S. Digital Service (USDS) report on implementation of technology systems to support the Community Care components of the MISSION Act is incredibly alarming. By suggesting that VA's planned IT solutions are inadequate, and that VA has not given itself enough time to develop a workable system, this report raises real concerns that implementation may be delayed and could even disrupt healthcare for 75,000 veterans every day.

"USDS raises credible concerns that Community Care should have a veteran-centric approach, but despite these critiques, VA appears to be ignoring the problem or at least is unwilling to revisit its approach. Nowhere is this clearer than VA's intention to formally request a funding transfer to implement the very IT solutions USDS raises concerns about.

"VA's history of failed IT systems shows that it cannot move forward with this IT implementation without addressing these root problems. The Committee will hold a hearing to demand answers from VA about the status of system development and will scrutinize the funding transfer request in light of these troubling findings."

The FRA believes congressional oversight of the ongoing implementation of the VA technology upgrades is vital to ensuring improvements to the system. The FRA wants to ensure adequate funding for Department of Defense and VA health care resource sharing to deliver seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families.

## The FRA NBOD Visits Pentagon

Due to a scheduling conflict, the National Board of Directors' (NBOD) April meeting occurred during a week that Congress was in recess. In lieu of visiting Capitol Hill, the NBOD, along with the President and Vice President of the FRA Auxiliary visited the Pentagon. The board met with several Pentagon officials including OPNAV Command Master Chief Richard James, who was representing Master Chief Petty Officer of the Navy Russell Smith. He was out of town at the time.

NBOD members expressed alarm about off-base privatized housing conditions. These conditions include faulty wiring, exposed plumbing, poor water quality, vermin infestations, mold and lead contamination, raw sewage and other toxic exposures. The conditions have had negative health impacts for all residents, many of whom are young children. Shipmates are concerned that active duty members are not getting adequate financial education pertaining to investment options under the new Blended Retirement System (BRS). The FRA wants to ensure the Defense Department implements a high-quality education program that assists members under the new retirement system in developing prudent investment strategies. Military spouses should be included as fully as possible in the BRS education program.

The tour also included a visit to the National 9/11 Pentagon Memorial to honor victims of the attack on Sept. 11, 2001.

## FRA Recognizes Outstanding USN & USCG Performers

The FRA continued its long-standing tradition of recognizing superior performance, by honoring Sea Service personnel who are standouts in their respective fields.

FRA's National President Robert Washington, National Executive Director Tom Snee and members of the FRA headquarters staff participated in several events honoring the Navy's 2018 Reservists of the Year (ROYs), including a special ceremony at the U.S. Navy Memorial, an FRA hosted luncheon on Capitol Hill, and a tour of the Capitol Building. NP Washington addressed the awardees during the Recognition Ceremony, thanking their spouses and the reserve sailor finalists for their hard work and sacrifices.

The winner of the Reserve Sailor of the Year Program was, PSC-Select Angelitta E. Baggoo. The other finalists were:

- PS1 (AW) Mary A. Dube.
- EM1 (SW) Christopher T. Harris.
- MA1 Justing C. Monson.
- HM1 Reginald B. Oden.

NP Washington presented each finalist with an FRA coin and two-year FRA Membership. The association has been a supporter of this recognition program since its inception and is proud to continue the tradition of acknowledging excellence.

In a separate event, the FRA recognized individual excellence by honoring the Coast Guard's 2018 Enlisted Persons of the Year (EPOY). During a ceremony at USCG Headquarters in Washington, DC, FRA's Robert Washington recognized Active Duty EPOY BM3 Jacob R. Blass of USCG Station Port Canaveral, Fla., and Reserve Component EPOY BM1 Michael A. Gould of USCG Port Security Unit 311, San Pedro, Calif. Both honorees received FRA Challenge coins, two-year membership and a certificate.

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Admiral Bill Moran

### Marines Name Next SMMC

The nominee for commandant of the U.S. Marine Corps, David Berger, has announced that Sgt. Maj. Troy E. Black will serve as the next (19th) Sergeant Major of the Marine Corps (SMMC).

Black is now serving as the Sergeant Major of Manpower and Reserve Affairs. He will replace Sgt. Maj. Ronald L. Green at a ceremony this summer. Green served 35 years in the Marines including 4 years as SMMC.

Black, originally from Louisville, Kentucky, is 50 years old and has been the sergeant major of manpower and reserve affairs since 2017. He enlisted in the Marine Corps in 1988 and he was sent to infantry school at Camp Geiger, North Carolina to be trained as a machine gunner. He has deployed multiple times throughout his career, including in support of



SMMC Troy E. Black

Operation Desert Storm/Desert Shield, Operation Iraqi Freedom and Operation Enduring Freedom.

His awards include the Legion of Merit with gold star, Bronze Star with Combat Distinguishing Device, Meritorious Service Medal with two gold stars, Navy and Marine Corps Achievement Medal with a gold star and a Combat Action Ribbon with two gold stars.

The rank of sergeant major of the Marine Corps was authorized in 1970. The SMMC is selected by the commandant of the Marine Corps and typically serves a four-year term, though the SMMC's service is at the discretion of the commandant.

### New Navy CNO and Vice CNO Nominated

Chief of Naval Operations Admiral John Richardson is scheduled to step down from his position later this year. Admiral Bill Moran has been nominated by President Trump to become the 32nd Chief of Naval Operations and awaits confirmation by the Senate. Moran has been the Vice Chief of Naval Operations since May 2016. The CNO is the Navy's top admiral and is a member of the Joint Chiefs of Staff. The CNO reports directly to the Secretary of the Navy.

Vice Admiral Robert Burke has been nominated to be promoted to a four-star admiral and assigned as the Vice Chief of Naval Operations. If confirmed by the Senate, Burke would take over the Navy's number two job from Admiral Moran. Burke, a career submarine officer, is currently the Navy's Deputy Chief of Naval Operations for manpower, personnel, training and education.

### Budget Bill Stalls on House Floor

The FRA is thankful that the administration's proposed budget provides \$750 billion for Defense spending (\$34 billion more than the current budget). Thanks also go to the House Budget Committee for voting to lift sequestration spending caps for two years. The House bill (H.R.2021) would provide \$733 billion for Defense spending in FY2020. Unfortunately, different factions in the House could not agree on spending limits and there were not enough votes to pass the measure. The bill was intended to be an opening proposition from House Democrats in budget talks with the White House and Republican-led Senate about spending levels. The inability of the House to pass a measure to lift sequestration spending caps could be a sign of gridlock in the legislative process. Without legislative changes, more sequestration cuts are scheduled for FY2020, which begins Oct. 1, 2019, potentially placing our national security at risk.

Budget cuts mandated by the Budget Control Act of 2011 (known as sequestration) pose a threat to national security and will substantially impact member pay and benefits. These automatic cuts require that 50 percent of the cuts come from the defense budget, even though defense spending makes up only 16 percent of the entire federal budget. The FRA believes the FY2020 defense budget should provide adequate funding for "benefits and bullets." Members are urged to go to the FRA Action Center to weigh in on this issue.



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### **Senate Subcommittee Urges Coast Guard Pay During any Future Shutdown**

The Senate Commerce, Science, and Transportation Committee's, Security Subcommittee held an oversight hearing on the proposed U.S. Coast Guard and Maritime FY2020 budget. Subcommittee Chairman Sen. Dan Sullivan (Alaska) and Subcommittee Ranking Member Sen. Edward Markey (Mass.) called for legislation mandating that during any future government shutdown, Coast Guard personnel would continue being paid. Sen. Roger Wicker (Miss.), chairman of the Senate Commerce, Science, and Transportation Committee who also serves on the subcommittee, pledged to work on passing legislation mandating that Coast Guardsmen be paid during a government shutdown, just like the other branches of the Uniform Services.

Members are encouraged to use the Action Center to ask their legislators to support this legislation.

### **Bill Empowers Employers to Hire Reserve Component Members**

Reps. Tim Ryan (Ohio) and Steven Palazzo (Miss.) have introduced the Reserve Component Employer Incentive, Compensation, and Relief Act (H. R.801). The bill would provide employers with a tax credit aimed to offset costs accrued and hardships undertaken when employees that are members of the Reserve Component (National Guard and Reserves) are activated for military duty. This legislation would incentivize employers to hire and retain these service members.

This bill recognizes that the Reserve Component has transitioned from a strategic reserve to an operational reserve; the National Guard and Reserves are fully integrated in ongoing national security missions around the globe. This transition has led to increased training requirements, which go beyond the statutorily required 39 days of annual training to requirements, totaling 80 or more days per year.

The FRA wants to ensure Congress adequately funds and supports Reserve Component requirements for an operational reserve. Members can weigh in on this legislation by going to the Action Center online and scrolling down to the appropriate bill.

### **American Forces Travel Discounts**

Service members, veterans and their families can now receive a military discount if they book their travel through American Forces Travel. The Department of Defense teamed up with Priceline and created an online travel booking site exclusively for U.S. military members. American Forces Travel is a new Morale, Welfare and Recreation (MWR) program that came out of a joint service initiative for the five branches of service.

The following personnel can use the service:

- All current Active Duty military (Army, Marine Corps, Navy, Air Force, and Coast Guard).
- All members of the Reserve Components and National Guard.
- All retired military, including those in the Reserves and National Guard who are retirement eligible.
- Medal of Honor recipients and 100% disabled veterans.
- All Department of Defense civilians serving outside the United States, including appropriated funds (APF) employees and non-appropriated funds (NAF) employees.
- American Red Cross and United Service Organizations (USO) paid personnel currently serving outside the United States.
- All eligible family members who are officially sponsored (ID card holders) by patrons in the above categories.

American Forces Travel is a full-service company that offers hotel, flight, car rental and cruise deals. They also offer bundled or package deals.

For more information about the service, go to: [www.americanforcetravel.com](http://www.americanforcetravel.com).

### **Senate Calls for "Military Retiree Appreciation Day"**

The Senate has passed a resolution (S.Res.118), sponsored by Sen. Elizabeth Warren (Mass.), that designates April 18, 2019 as Military Retiree Appreciation Day. The bipartisan measure recognizes, "the importance of paying tribute to those individuals who have faithfully served and retired from the Armed Forces of the United States. On this day, people of the United States are encouraged to honor the past and continued service of military retirees in their local communities and the United States."

**FRA**

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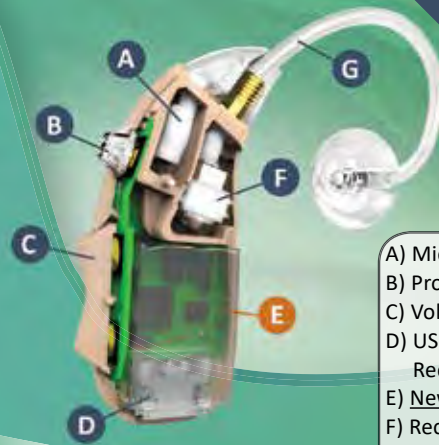


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Your new HearClear HCR3 hearing aids work at a fraction of the cost of name-brand hearing aids, and you won't have to keep changing the batteries! You will love the discreet, comfortable, lightweight Open-fit design. The HCR3 is pre-programmed for most moderate to significant hearing losses, so you won't need professional appointments to make costly adjustments. **It is shipped directly to you and will help you hear better right out of the box!**

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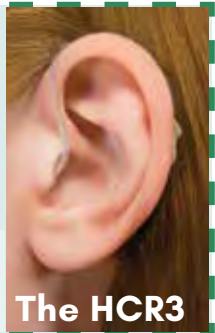
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# F-35 Lightning II Joint Strike



Two F-35C Lightning IIs, attached to the "Argonauts" of Strike Fighter Squadron (VFA-147), stationed at Naval Air Station Lemoore, fly in formation for a photo exercise. VFA-147 is the first U.S. Navy Operational F-35C squadron based out of NAS Lemoore. Photo by Chief Mass Communication Specialist Shannon E. Renfro.



The background of the page is a high-resolution aerial photograph showing two F-35 Lightning II fighter jets in flight. The jets are positioned diagonally, with one in the upper left and another below it, both pointing towards the right. They are flying over a rugged, mountainous terrain with a mix of green and brown hues, suggesting a forested and rocky landscape. The sky is a pale blue. The title 'Lightning II: The Fighter' is overlaid on the top left in a large, bold, blue font with a white outline.

# Lightning II: The Fighter

*By W.D. Stevenson and Elise M. Howard*

**T**he F-35 Lightning II is the manufacturing line of single-seat, single-engine, all-weather, stealth, multirole fighters. The fifth-generation combat aircraft is designed to perform unparalleled ground-attack and air-superiority missions, and is the latest fighter plane to be added to the inventories of the U.S. Navy, Air Force, and Marine Corps. The U.S. plans to purchase nearly 2,700 F-35s for these three service branches over the next 18 years. With a projected service life up to 2070, F-35s are expected to constitute the majority of America's crewed tactical airpower for decades to come.





Ten F-35C Lightning II jets of the “Argonauts” of VFA-147 sit on the flight line at Naval Air Station Lemoore (NASL).  
Photo by Mass Communication Specialist 2nd Class Manuel Tiscareno.

## A Decade of Development

The story of the F-35 begins in 1993, when the Defense Advanced Research Projects Agency launched the Common Affordable Lightweight Fighter project. The purpose was to develop a stealth-enabled design to replace all U.S. Marine Corps and Air Force lightweight fighter and attack aircraft, including the F-16 Fighting Falcon and the AV-8B Harrier II. In the same year, the Joint Advanced Strike Technology project was started to develop a common strike fighter to replace the Navy’s F/A-18 Hornet. In 1994, Congress ordered the two projects to be merged into the Joint Strike Fighter Program, which aimed to develop a single aircraft that could be used by all three service branches.

After lengthy development and concept demonstration phases, Lockheed Martin Corporation won the JSF program contract. Despite the original vision of creating a single interchangeable design, the differences in each branch’s operational needs proved to be too great, and three distinct versions of the aircraft were developed: the F-35A for the Air Force, the F-35B for the Marine Corps, and the F-35C for the Navy.

When the first F-35As were built in 2006, Lockheed announced that the model would be named the Lightning II, in homage to the U.S.’s Lockheed P-38 Lightning and the U.K.’s English Electric Lightning F.3. After years of rigorous flight and ground testing, initial deliveries of the F-35A, F-35B, and F-35C were made at last in 2011, 2012, and 2013, respectively.

## Controversy on Capitol Hill

The F-35 has been criticized by many on and off Capitol Hill for its high cost and lengthy development and production time. The aircraft has been the subject of many dissatisfied presidential tweets, and in 2017, *Bloomberg Businessweek* characterized the Joint Strike Fighter program as “a two-decades-in-the-making, trillion-dollar mistake.”

One of the greatest critiques of the program has been its failure to create the promised single plane to serve multiple branches of the military. Through the extensive testing and development phases, changes to the designs of each F-35 variant have resulted in improved performance for each variant, but widening discrepancies between the aircrafts’ designs. *Bloomberg Businessweek* noted that the three current versions of the F-35 share only 25 percent of their designs.

The lack of similarities between the F-35 designs means that the predicted economies of scale for producing thousands of identical planes have been limited, resulting in significant budget overruns for the Joint Strike Fighter program. Initially estimated to cost the DOD \$50 million each, the F-35 price estimate was closer to \$100 million per plane by 2010. Negotiations between the DOD and Lockheed Martin to reduce the cost of each aircraft have been ongoing, and a September 2018 joint press release cited the newly-lowered costs for 2019 deliveries to be \$89.2 million per F-35A, \$115.5 million per F-35B and \$107.7 million per F-35C.

At the 2018 Senior Air Force Conference in Israel, Lockheed Martin Chairman, President and CEO Marillyn Hewson noted that “We continue to make progress on our



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**Our naval aviators deserve nothing less than the most advanced capabilities to ensure they are able to perform their missions and return home safely,"**  
**— Commander Naval Air Forces,**  
**Vice Admiral DeWolfe Miller.**

An F-35C Lightning II assigned to the "Grim Reapers" of Strike Fighter Squadron VFA-101 launches off the flight deck of the Nimitz-class aircraft carrier *USS ABRAHAM LINCOLN* (CVN-72). Photo by Mass Communication Specialist 1st Class Josue Escobosa.

goal to reduce the price of the F-35A to \$80 million by the year 2020, which is comparable in price to a 4th-generation aircraft, but with all the attributes that the F-35 brings to the fight."

Despite domestic complaints about the cost, the F-35 has not been short on interested international buyers. Several allies of the United States have placed orders for F-35 squadrons of their own, including the United Kingdom, Canada, Australia, Italy, Norway, the Netherlands, Denmark and Turkey, all of whom have contributed millions of dollars to the development of the aircraft. Israel was the first country outside the United States to acquire an operational squadron of its own export variant, the F-35I Adir.

### Three Versions with Common Capability

Anyone who has seen the F-35 in action understands why the international interest in this plane remains strong. All three versions are supersonic, low-observable stealth fighters that utilize a single 40,000-lb. maximum propulsion engine that can achieve Mach 1.6, about 1,200 miles per hour. Each variant has unique capabilities tailored to the service branch it was designed for.

The F-35A is the only version equipped with an internal cannon and has conventional takeoff and landing abilities. It is designed for the U.S.'s and other nations' air forces with access to traditional runways, and is scheduled to be the most common version of the F-35 produced.

The F-35B was designed for the U.S. Marine Corps and other forces operating in short-field bases near the front lines of combat. The F-35B can take off in a mere 300 feet, as well as hover and land vertically by utilizing an Integrated LiftFan Propulsion System. Lockheed Martin won an award in 2002

for this innovative system, which uses a fan behind the cockpit 50 inches in diameter to blast air toward the ground while the engine rotates 90 degrees to send its exhaust downward.

Designed for the U.S. Navy, the F-35C uses a carrier-based, catapult-assisted takeoff and an arrested recovery landing system. It is also equipped with larger wings and sturdier landing gear to handle carrier-based takeoffs and landings, and has the ability to fold its wings upward for compact deck storage. The F-35C also has the largest fuel capacity of the three versions, carrying nearly 20,000 pounds of internal fuel, which allows a carrier to stay safely out of reach while its fighters engage remote targets. The F-35C is the only stealth fighter plane to ever be produced for use on a carrier, and expands a carrier's mission capabilities.

### A Multirole Fighter

One of the benefits of creating a fighter with so many capabilities is that missions traditionally requiring multiple aircraft to serve in air-to-air, air-to-ground, electronic attack, intelligence and surveillance and reconnaissance roles can now be performed by a squadron of F-35s instead, making it a "multirole" fighter.

In intelligence, surveillance and reconnaissance roles, the F-35's integrated airframe design, which contains all of the craft's fuel and weaponry within the airframe, as well as the advanced materials used to construct it, make it virtually undetectable to radar. The F-35 is also equipped with advanced electronic warfare equipment that allows pilots to jam radars, disrupt attacks, and locate and track enemy forces. These systems allow pilots to reach well-defended targets inaccessible to older aircraft.

Additionally, the F-35's avionics systems allow for



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Aircraft launch and recovery personnel prepare to launch aircraft 73/CF-03 from the waist catapult aboard *USS DWIGHT D. EISENHOWER* (CVN-69). Lt. Chris "TJ" Karapostoles, Patuxent River Integrated Test Force pilot assigned to the "Salty Dogs" of Air Test and Evaluation, has been conducting carrier suitability and integration testing of the F-35C aboard the "Mighty IKE." Photo courtesy Lockheed Martin; photo by Dane Wiedmann.



instantaneous information sharing with friendly aircraft, ground troops, nearby ships, and leadership personnel to coordinate military efforts. The F-35's integrated system of sensors captures more data than any previous fighter aircraft and is coordinated by a core processor that can complete over 400 billion operations per second. The processor combines information from BAE Systems' classified electronic warfare suite with real-time data from the eight-sensor Electro-Optical Targeting System to identify emissions from enemy radar and electronic warfare equipment. The system also uses this information to recommend targets for attack and determine which weapons would best eliminate the threat.

In more traditional air-to-ground and air-to-air combat roles, the F-35's advanced electronic systems and stealth give it a distinct advantage over previous generations of aircraft. The Lightning II uses Northrop Grumman's latest active electronically-scanned array radar, which is the largest antenna ever produced for an aircraft. Its solid-state technology, lack of moving parts, and "replaceable assemblies" design allow for longer-range targeting with low chances of being detected and tracked, as well as frequent hardware and software updates. The F-35 also employs air-to-air, radar-guided missiles and precision-guided ground munitions for precise striking. Defensively, the Lightning II's electro-optical Distributed Aperture System tracks incoming threats, such as missiles and enemy aircraft. The system is able to track threats up to 800 miles away from all angles simultaneously, as well as calculate a missile's launch point.

### The Helmet of the Future

A major component of the Lightning II's advantage over traditional fighter jets is its Helmet Mounted Display System, which gives pilots unprecedented access to surveillance

information. The helmet tracks a pilot's head and pupil movements, using real-time video from six cameras and a sensor system placed underneath the plane to give the pilot a 360 degree view of the world outside the cockpit. The result is that when a pilot looks down, she doesn't see her feet — she sees the ground. A button on the control stick allows the pilot to toggle between a video feed, thermal imagery, or night vision, and over each type of imaging a pilot can choose which data to display, from mission information such as potential targets, anticipated flight path and distance to destination, to information traditionally provided by a windscreen display, such as airspeed, pitch and altitude.

The helmets have a kevlar and carbon fiber outer shell that fits over a laser-cut inner liner, which is custom-made for each pilot. To achieve a seamless display that remains functional during high-G maneuvers, pilots attend four hours of fittings over the course of two days. Engineers ensure that the helmet's optical sensors align precisely with the pilot's pupils, and that the helmet's center of gravity sits directly above the pilot's spine to avoid neck injury.

### Worth the Money?

While the costs of the Lightning II are easy to calculate, the benefits of having the world's most advanced warplane are difficult to quantify. In the absence of a clearly identified war, it can seem unreasonable to spend decades of development and billions of dollars on a new fighter jet, but many nations have learned that wars do not announce themselves 20 years in advance. The process for developing new technology is never fast, cheap, or easy, and the final product is rarely perfect. While some may always see the F-35 as a "trillion-dollar mistake," for countless pilots it could be the difference between life and death. **FRA**

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Internet access. WiFi Capable. Callers do not need special equipment or a captioned telephone in order to speak with you.

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## REGIONAL CONVENTIONS

**July 18-21**

### **East Coast Regional Convention**

Holiday Inn Conference Center  
203 Greenville Blvd.  
Greenville, NC 27834  
252-355-8300  
Contact: Randy Phillipp  
301-977-2827  
rlphillipp@yahoo.com

**August 9-10**

### **Northeast/New England Regional Convention**

Grotton Inn & Suites  
99 Gold Star Highway  
Groton, CT 860-445-9784.  
Room rate: \$96, includes tax and two breakfast vouchers  
Hosted by Branch 20  
Contact: Joyce Harris  
860-303-1718  
email: joymh1@aol.com

**August 18-20**

### **North Central Regional Convention**

The Seasons Lodge  
560 State Road 46 E.  
Nashville, IN 47448  
800-365-7327  
Room rate: \$69 plus tax  
Hosted by Branch 130  
Contact: Barry White  
816-205-5191  
email:  
barrywhite688@gmail.com

**August 12-13**

### **Southwest Regional Convention**

Plaza Hotel & Casino  
1 S. Main St.  
Las Vegas, NV 89101  
800-634-6575  
Contact: John Quesnel  
email:  
jques619@aol.com

**August 22-25**

### **South Central Regional Convention**

Wyndham Garden  
1419 E. 70th Street  
Shreveport, LA 71105  
318-606-4723  
Contact: Emmett Smith  
318-617-1018  
email:  
emmettsmith191@gmail.com

**August 22-25**

### **Southeast Regional Convention**

Ramada Hotel &  
Conference Center by  
Wyndham  
3130 Hartley Road  
Jacksonville, Fla. 32257  
800-393-1117  
Room rates: \$71-\$92 plus 13% tax. Specify "FRA"  
Contact: J.J. Thomas  
904-291-1575  
email:  
aquaspaceventure@aol.com

**August 23-24**

### **West Coast Regional Convention**

Gold Dust West Hotel  
2171 E. William Street  
Carson City, NV 89701  
775-885-9000  
Hosted by Branch 137  
Contact: Verne Horton  
775-741-0681, or  
Rick Athenour  
775-901-2684

**September 6-8**

### **Northwest Regional Convention**

Seattle- Everett Delta  
Hotel, 3105 Pine Street  
Everett, Wash. 98201  
http://bit.do/2019NWFR  
425-339-2000.  
Room rates: \$113.00 per night plus tax. Specify "Fleet Reserve Assoc."  
Contact: Pete Lazzaretti  
253-444-7516  
email: pr@frabbranch18.org



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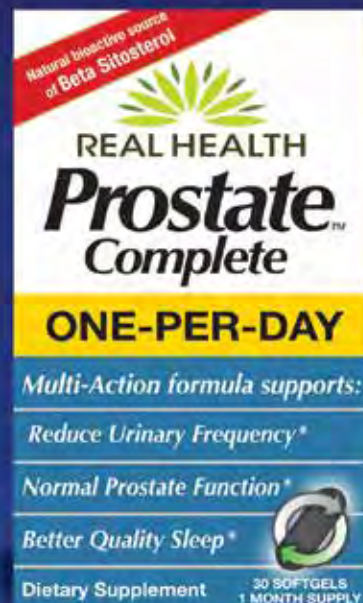
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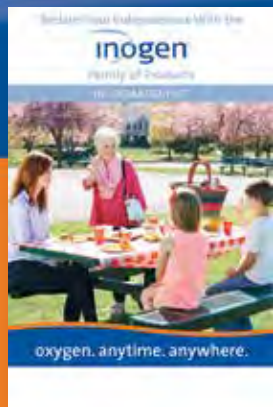


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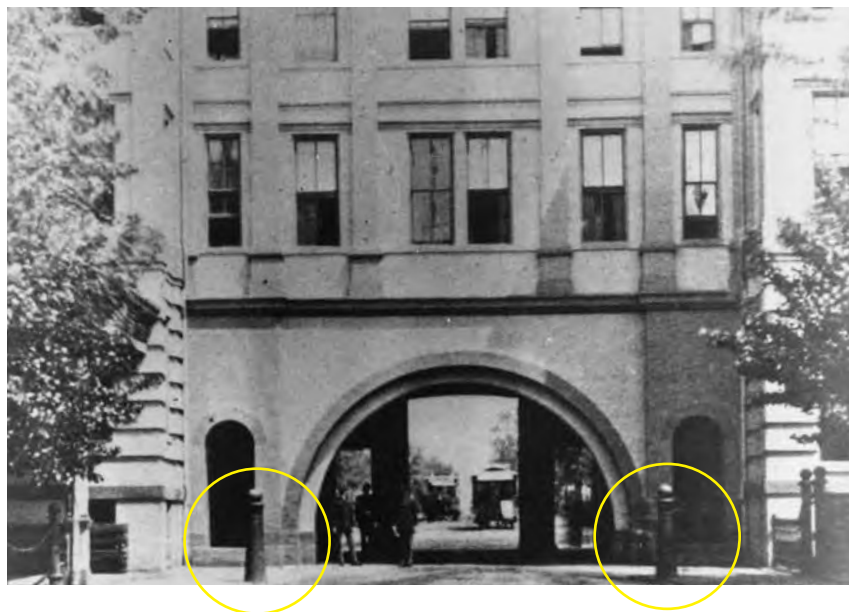
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(Top) View of the central part of the Yard, looking south, circa the early 1990s. M Street SE, the Yard's northern boundary, is in the foreground, with the Latrobe Gate on the lower right. At the foot of the Admiral Leutze Park parade ground, in the middle of the view, is the Building 57-44-108 and 67-46 complex, which houses most of the Naval History and Heritage Command. Building 70, which holds the Navy Museum, is the long building at the right. The small building to the left of Building 70 is Building 1, which also held Naval History and Heritage Command offices. The bow of the display ship *USS BARRY* (DD-933) is visible in the upper right. Photo by U.S. Naval History and Heritage Command.

(Right) A view looking north through the main entry gate and up 8th Street SE, circa 1900. Note the old cannons (circled) used for decorations. Photo by U.S. Naval History and Heritage Command.







The gate was designed in the Greek Revival style by Benjamin Latrobe, with constructing beginning in 1805. In 1880, a Victorian three-story building was added on top and at each side of the original gate structure. This photograph was received by the Naval Photographic Center in January 1979. Official U.S. Navy Photograph.

# The Washington Navy Yard

*Ceremony, History and Operations in the Nation's Birthplace*

*By Ann Norvell Gray*

**T**he Washington Navy Yard is the oldest shore establishment of the U.S. Navy. It sits along the Anacostia River in southeast Washington, D.C., about four and a half miles east of the Pentagon and two miles east-southeast of the U.S. Capitol. This power center of the burgeoning Navy was begun by George Washington, conceived as a shipbuilding center during John Adams' presidency and carefully supervised by Thomas Jefferson, who harbored a fundamental distrust

of unrestrained military power, and wanted this base near enough to lie under the watchful eye of a civilian government.<sup>1</sup> Congress approved the presence and purposes of the Navy Yard because it supported the protection of commerce across the seas.

The Navy Yard's elegant Greek Revival and Italianate street-side ceremonial entrance stands where Eighth Street Southeast dies into M Street Southeast. The gate was originally designed by Benjamin Latrobe, second





The ship's bell from the *USS WYOMING* (BB-32). Photo by U.S. Naval History and Heritage Command.



A 5-inch/25-caliber submarine deck gun. Photo by U.S. Naval History and Heritage Command.

**Location:**

M Street SE, between 6th & 11th Streets, SE  
Washington, DC 20003

**Visitors Entrance:**

O Street Gate  
11th Street SE  
south of M Street SE

**Hours:**

M-F, 9:00 a.m. - 5:00 p.m.  
Weekends/holidays  
10:00 a.m. - 5:00 p.m.

**Museum Telephone:**

(202) 433-4882

architect of the U.S. Capitol, for whom it is named. The Latrobe Gate's status as one of the nation's earliest examples of Greek Revival architecture has contributed to the yard's designation as a National Historic Landmark, but it was a controversial aesthetic choice at the time. William Thornton, the U.S. Capitol's first architect and a devotee of simpler classical and Georgian forms, hated it, and called it a "monument to bad taste and design."<sup>2</sup>

Under Latrobe's guidance, the yard continued to expand, and added, among other things, a guardhouse, officers' quarters, shops, and a foundry. During the War of 1812, President Madison's preoccupation was with the Canadian border. But in August of 1814, the British advanced from the Chesapeake Bay toward the city's woefully under defended Anacostia River shore, and Secretary of the Navy William Jones ordered the yard's architect and commandant Thomas Tingey to set fire to the yard. The following day, the British entered the yard to torch the buildings that remained. Mercifully, the Library of the Navy had evacuated all of its books before the blaze began, and neither the Latrobe Gate nor the two historic residences

known as Quarters A and Quarters B were burned.

Over the past two hundred years, the purposes and functions of the Navy Yard have expanded and changed as this sea service has enabled the nation to mature into the most sophisticated, formidable naval power in the world. Examples of this change include the Sail Loft, where sailmakers once stitched canvas shade coverings, and which now houses the headquarters of the U.S. Navy Band. Similarly Building 22, where wooden ships were built and armaments machined, is now the Town Center, which includes a food court, a commissary, a dry cleaner, a florist and offices.

The Navy Yard has served from its origins as a ceremonial point of entry to the nation's capital and has berthed and maintained presidential yachts throughout the years. Air travel has made formal riverside arrivals rare, but such dignitaries as the Marquis de Lafayette, Charles Lindbergh, and the first Japanese ambassador to the United States were welcomed at the waterfront, and the Unknown Soldier from a WWI battlefield was received in a somber ceremony in 1921. And although the NCIS headquarters is now

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Years of work by innovative engineers have resulted in a mobility device that's truly unique. They created a battery that provides powerful energy at a fraction of the weight of most batteries. The **Zinger** features two steering levers, one on either side of the seat. The user pushes both levers down to go forward, pulls them both up to brake, and pushes one while pulling the other to turn to either side. This enables great mobility, the ability to turn on a dime and to pull right up to tables or desks. The controls are

right on the steering lever so it's simple to operate and its exclusive footrest swings out of the way when you stand up or sit down. With its rugged yet lightweight aluminum frame, the **Zinger** is sturdy and durable yet convenient and comfortable! What's more, it easily folds up for storage in a car seat or trunk—you can even gate-check it at the airport like a stroller. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life. It folds in seconds without tools and is safe and reliable. It holds up to 275 pounds, and it goes up to 6 mph and operates for up to 8 hours on a single charge.

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An F4U-4 "Corsair" from Fighter Squadron Seventeen (VF-17) on display at the museum. Photo from Naval Archives.



A bathyscaphe from ALVIN (DVS-2) shown in Willard Park in the Navy Yard. Photo by U.S. Naval History and Heritage Command.

in Quantico, Virginia, it was first located here, and the establishing shot for the television show "NCIS" is the front facade of its original spot.

The yard is now primarily a ceremonial and administrative center, home to the chief of naval operations and the Naval Sea Systems Command. But in its roles as the headquarters for the Naval History and Heritage Command and the site of the National Museum of the United States Navy, the Washington Navy Yard continues to draw visitors from all over the map.

### The National Museum of the United States Navy

The museum is a long, narrow building in the center of the base. Its exposed, skylit metal ceiling and slender struts make one think of an enormous boathouse, while the alcoves housing individual exhibits present the stories, pictures and artifacts at a comfortable scale. As its name suggests, the long gallery is arranged chronologically, illustrating the complexity and richness of the Navy's role in national progress and security as the United States grew from concept to maturity. The museum's website introduces you to the experience of the place with a comprehensive series of virtual tours by subject, including "The Forgotten Wars of the Nineteenth Century," "Navigation," "Great White Fleet," and "Undersea Exploration."

There is so much to see along the gallery's length, and so many surprising artifacts and unusual stories beyond what you might think of, that perhaps descriptions of just a few outstanding or unexpected things will serve to whet your appetite for your own exploration.

One of the museum's most captivating aspects is its enormous collection of exquisite ship models. Even a person who doesn't know a jib sheet from a bedsheet can be fascinated by the artistry and precision of these remarkable replicas, varying in length from a few feet to numerous yards. They range from tabletop models of elaborately rigged wooden sailing ships to a sizeable scale model of the Iowa-class battleship *USS MISSOURI*, on whose deck the Japanese surrender ceremony ended the Second World War. After the war, Gibbs and Cox, the engineering firm responsible for the *MISSOURI*'s design, dedicated 70,000 hours to the construction of this model, which the museum describes as "probably one of the finest examples of the ship model-maker's art owned by the Navy."

A huge cut section model of the *USS CONSTITUTION*, lovingly nicknamed "Old Ironsides," showcases the details of frigate construction, and describes with text and engineering drawings the process of "careening," by which big ships in need of cleaning or repair below the waterline while far from dry docks could be rolled partway over to provide access to a damaged hull.

There is an alcove dedicated to the story of Matthew

# Leading Acid Reflux Pill Becomes an Anti-Aging Phenomenon

*Clinical studies show breakthrough acid reflux treatment also helps maintain vital health and helps protect users from the serious conditions that accompany aging such as fatigue and poor cardiovascular health*



by David Waxman  
Seattle Washington:

A clinical study on a leading acid reflux pill shows that its key ingredient relieves digestive symptoms while suppressing the inflammation that contributes to premature aging in men and women.

And, if consumer sales are any indication of a product's effectiveness, this 'acid reflux pill turned anti-aging phenomenon' is nothing short of a miracle.

Sold under the brand name AloeCure, it was already backed by clinical data documenting its ability to provide all day and night relief from heartburn, acid reflux, constipation, irritable bowel, gas, bloating, and more.

But soon doctors started reporting some incredible results...

"With AloeCure, my patients started reporting less joint pain, more energy, better sleep, stronger immune systems... even less stress and better skin, hair, and nails" explains Dr. Liza Leal; a leading integrative health specialist and company spokesperson.

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach.

Scientists now believe that this acid imbalance is what contributes to painful inflammation throughout the rest of the body.

The daily allowance of AloeCure has shown to calm this inflammation which is why AloeCure is so effective.

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, constipation, diarrhea, heartburn, and nausea.

Now, backed with new clinical studies, AloeCure is being recommended by doctors everywhere to help improve digestion, calm painful inflammation, soothe joint pain, and even reduce the appearance of wrinkles – helping patients to look and feel decades younger.

## FIX YOUR GUT & FIGHT INFLAMMATION

Since hitting the market, sales for AloeCure have taken off and there are some very good reasons why.

To start, the clinical studies have been impressive. Participants taking the active ingredient in AloeCure saw a stunning 100% improvement in digestive symptoms, which includes fast and lasting relief from reflux.

Users also experienced higher energy levels and endurance, relief from chronic discomfort and better sleep. Some even reported healthier looking skin, hair, and nails.

A healthy gut is the key to a reducing swelling and inflammation that can wreak havoc on the human body. Doctors say this is why AloeCure works on so many aspects of your health.

AloeCure's active ingredient is made from the healing compound found in Aloe vera. It is both safe and healthy. There are also no known side effects.

Scientists believe that it helps improve digestive and immune health by acting as a natural acid-buffer that improves the pH balance of your stomach.

Research has shown that this acid imbalance contributes to painful inflammation throughout your entire body and is why AloeCure seems to be so effective.

## EXCITING RESULTS FROM PATIENTS

To date over 5 million bottles of AloeCure have been sold, and the community seeking non-pharma therapy for their GI health continues to grow.

According to Dr. Leal, her patients are absolutely thrilled with their results and are often shocked by how fast it works.

"For the first time in years, they are free from concerns about their digestion and almost every other aspect of their health," says Dr. Leal, "and I recommend it to everyone who wants to improve GI health without resorting to drugs, surgery, or OTC medications."

"I was always in 'indigestion hell.' Doctors put me on all sorts of antacid remedies. Nothing worked. Dr. Leal recommended I try AloeCure. And something remarkable happened... Not only were all the issues I had with my stomach gone - completely gone - but I felt less joint pain and I was able to actually sleep through the night."

With so much positive feedback, it's easy to see why the community of believers is growing and sales for the new pill are soaring.

## THE SCIENCE BEHIND ALOECURE

AloeCure is a pill that's taken just once daily. The pill is small. Easy to swallow. There are no harmful side effects and it does not require a prescription.

The active ingredient is a rare Aloe Vera component known as acemannan.

Made from 100% organic Aloe Vera, AloeCure uses a proprietary process that results in the highest quality, most bio-available levels of acemannan known to exist.

According to Dr. Leal and several of her colleagues, improving the pH balance of your stomach and restoring gut health is the key to revitalizing your entire body.

When your digestive system isn't healthy, it

causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health, and calm painful inflammation without side effects or drugs.

This would explain why so many users are experiencing impressive results so quickly.

## REVITALIZE YOUR ENTIRE BODY

With daily use, AloeCure helps users look and feel decades younger and defend against some of the painful inflammation that accompanies aging and can make life hard.

By buffering stomach acid and restoring gut health, AloeCure calms painful inflammation and will help improve digestion... soothe aching joints... reduce the appearance of wrinkles and help restore hair and nails ... manage cholesterol and oxidative stress... and improve sleep and brain function... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age or current level of health.

## One AloeCure Capsule Daily

- Helps End Digestion Nightmares
- Helps Calm Painful Inflammation
- Soothes Stiff & Aching Joints
- Reduces appearance of Wrinkles & Increases Elasticity
- Manages Cholesterol & Oxidative Stress
- Supports Healthy Immune System
- Improves Sleep & Brain Function

## HOW TO GET ALOECURE

Due to the enormous interest consumers have shown in AloeCure, the company has decided to extend their nationwide savings event for a little while longer. Here's how it works...

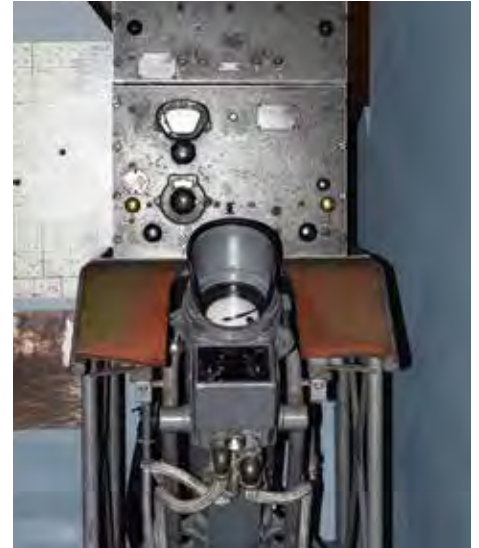
Call the AloeCure number and speak to a live person in the US. Callers will be greeted by a knowledgeable and friendly person approved to offer up to 3 FREE bottles of AloeCure with your order. AloeCure's Toll-Free number is 1-800-748-5068. Only a limited discounted supply of AloeCure is currently available.

Consumers who miss out on the current product inventory will have to wait until more becomes available and that could take weeks. They will also not be guaranteed any additional savings. The company advises not to wait. Call 1-800-748-5068 today.





A 22-mm anti-aircraft gun from World War II. Photo by U.S. Naval History and Heritage Command.



A type CFT-46243 radio receiver on display. Photo by U.S. Naval History and Heritage Command.

Fontaine Maury, the “Pathfinder of the Seas,” whose pioneering work in improving information for navigation cut passage times significantly. Farther along, another alcove describes the early 20th century development of camouflage called “Razzle Dazzle,” in which wild patterns were designed to confuse the eye and consequently the aim of torpedoes targeting U.S. ships. This exhibit’s photographs of ships painted with these patterns show how incredibly confusing they are and illustrate why the process contributed so significantly to turning the tide of U-boat warfare.

### Tragedy Strikes the Yard

One morning in September of 2013, the whole country was suddenly focused on reports of an active shooter inside the Navy Yard. A Navy veteran working in the city as a civilian contractor entered the base on a valid ID, pulled a sawed-off shotgun out of a sack, and began shooting, killing twelve people and injuring eight more, all civilians themselves. The shooter is now known to have had a history of instability and violence, but the fact that such an act could have happened on a Navy base in the nation’s capital stunned everyone. Security has been tighter since that terrible day.

Visitors to the Navy Yard today enter through a far humbler portal than the Latrobe Gate, with a precise security protocol. The visitors’ center, which conducts brief security checks and issues passes, is just inside the O Street gate, which is south of M Street SE on 11th Street SE, in the middle of the eastern boundary of the

yard. Visitors with active or retired military IDs, DOD Common Access Cards, or other federal credentials may enter the base to visit the museum upon arrival and may escort up to 10 other people without such IDs. Those without a federal ID or an escort will need to complete a Base Access Pass Registration form at least seven days prior to their visit, and will be background checked, finger printed, and photographed prior to entry. Once admitted to the base, these individuals will be restricted to visiting the museum only. Parking is extremely limited, and local advice is to take public transportation or use a ride-hailing service or taxi service to get there, if for no other reason than to save yourself time negotiating the area in your car.

However you arrive, give yourself plenty of time to walk the interior streets and the parks if you are able, stopping to see the old and new buildings and the souvenirs of Navy history placed around the base. Walk the length of the museum and investigate the rich collection of stories, accomplishments, engineering feats and artistry. Odds are that even the most seasoned veteran will discover new moments in the nearly two hundred and fifty year history of the U.S. Navy’s relentless and creative dedication to the mastery of the seas, the protection of our national heritage, and the security of the free world. **FRA**

### Sources

1. Sharp, John G., History of the Washington Navy Yard Civilian Workforce 1799-1962, Stockton, CA, 20005
2. [https://npgallery.nps.gov/NRHP/GetAsset/NRHP/73002098\\_text](https://npgallery.nps.gov/NRHP/GetAsset/NRHP/73002098_text)

# IF YOU'RE A VETERAN WEARING ADULT DIAPERS TO CONTROL URINARY INCONTINENCE, YOU ARE NOT ALONE

Did you know that 18% or almost twice as many men with military service experience urinary incontinence?

If you're a veteran looking for urinary incontinence solutions for daily leaks or as a result of an injury while serving our country, Men's Liberty can help you get out of absorbent products, condom catheters or pads and start living your life without letting incontinence get in your way.

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Men's Liberty is a life-changing solution. One unit keeps you dry up to 24 hours. This patented and proprietary external collection device for men ends dependency on adult absorbent briefs, pads and condom catheters — making embarrassing accidents a thing of the past!

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Adult diapers can cost up to \$300 a month when used regularly. Men's Liberty is covered by Medicare, VA/ TriCare and over 3,000 insurance plans. We take care of contacting your doctor and the paperwork for your insurance. If you're ready to save thousands of dollars a year, get your insurance card and give us a call today.

**CALL TODAY AND RECEIVE A FREE WEEK'S SUPPLY WITH YOUR ORDER!\***

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*Hablamos Español*

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- Scars & Blemishes
- Sprains, Strains & Muscle Aches
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Kure-it RX products consist of a proprietary infusion of one or more of the following natural ingredients: Frankensense, Myrh, Rosemary, Basil, Tea Tree, Oregano, Cedarwood, Ylang Ylang, Cinnamon, Spikenard, Sage, Citrus, Jasmine, Lavender, and Olive & Avocado oils. Face-it RX also includes Almond, Sesame, Rosehip, Hemp and Grapeseed oils.

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light to moderate pain  
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**RX-1+CBD-1250**  
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## Programs Are for Branches and MAL Members



Christina  
Hitchcock

**H**ave you ever looked at the Moving Forward page immediately to the right of this article? Did you notice it is also an FRA piece, and not a third-party advertisement?

We have had feedback that many Shipmates did not realize exactly that and missed an opportunity to earn recognition for their recruiting and retention efforts while supporting the FRA's mission.

A Shipmate engaging and recruiting a fellow Shipmate to the FRA has a greater impact than any ad. An individual testimonial about why the FRA is important to you will resonate far more strongly because it is personal. This is why word of mouth recruiting and retention is so important, and it's the simplest thing every Shipmate can do to strengthen both their branch and the national association.

We want active recruiters to be recognized for their efforts and have just redesigned the annual collectible pin. A picture of the new design is shown on the next page; as you can see, it features the familiar FRA triangular emblem, but modified with "Recruiting & Retaining 2019-2020" around the edge. Thus, it is a new annual design for this specific membership and recruiting year.

To earn this award, Shipmates need to recruit three new or former members into the FRA. We believe this is a goal that you could achieve simply through your normal connections in your community. For those of you who participate in reunions or attend branch meetings, those are excellent venues to introduce prospective members to the FRA.

The pins are stylish and just the right size for your lapel or your service cap, but there are higher tiers of achievement available as well. If you recruit five new or former members, you will receive the "Recruit 5" pin also shown at right, and a complimentary one year extension to your membership. If you recruit 32 new or former members during one membership year, your own FRA membership will be converted to lifetime status. If you are already a life member, you will be awarded \$100. A full list of FRA membership Awards can be

found at [www.fra.org/MembershipAwards](http://www.fra.org/MembershipAwards).

For the 2018-2019 recruiting year, 380 members participate in the recruiting program and two "Recruit 32" awards were earned by Shipmates, so we know it is possible with determination and the right tools. We encourage you get started early in the membership year which began on April first, to maximize your chances, and we hope these programs and tools FRA can provide will help you to work on your introductory remarks and find new places to meet potential Shipmates.

One final note: you do not have to be affiliated with a Branch to participate in any of these programs. Members-At-Large, who encompass over one-third of our membership, are eligible for all the same reward tiers described above, whether their new recruits ultimately affiliate with a Branch or not. The goal is to increase membership overall for the FRA, because that strengthens our voice and standing in Washington, DC, and among our fellow veteran service organizations.

We hope you will embrace the program and we look forward to sending you your pins! **FRA**

Yours in Loyalty,  
Protection, and Service,  
Christina Hitchcock

Christina is the FRA's Director of Membership. She can be reached at [ChristinaH@fra.org](mailto:ChristinaH@fra.org) or 703-683-1400 (Ext. 123)



# MOVING FORWARD

2019-2020



## Continuing Recruiting & Retention Programs

### Recruit 3 Program

Any FRA or Auxiliary member who recruits/sponsors three new or reinstated FRA members will be eligible to receive the red/white/blue collectible pin.

### Recruit 32 Program

Any FRA member who recruits/sponsors 32 new or reinstated members during the recruiting year will be eligible to receive a life membership or \$100 cash award if already a Life Member. For each subsequent 32 members recruited, a Shipmate will be eligible to receive an additional award of \$100.

### Submit completed applications to:

FRA, 125 N. West St., Alexandria, VA 22314 -2754.  
Remember to include payment and your full name and membership number in the "Sponsored by" section of the application.

## Continuing Recruiting Initiatives (2019)

### Recruit 5 Initiative

Any FRA or Auxiliary member who recruits/sponsors five new or reinstated members will receive a "RECRUIT FIVE" collectible pin and a one-year extension of his/her existing membership, valued at \$40. If the recruiter is already a Life Member, a special gift valued at \$40 will be awarded in lieu of paying for one year of membership dues. The recruiter is eligible to recruit only one set of five new or reinstated members during the recruiting year and receive the special incentive awards.

### Retain 5 Initiative

To strengthen retention, we will randomly draw a total of 20 names of new or rejoined FRA members with one or two years of membership who are eligible for renewal. This drawing will be held quarterly to select five names each in July, October, December and April. Winners' memberships will be extended for one year, valued at \$40.

Artist's rendering of the Moving Forward Pins. Actual pin design may vary and is smaller than shown.



125 N. West Street,  
Alexandria, VA  
22314-2754  
703-683-1400  
800-FRA-1924  
www.fra.org

## Join FRA: Membership Application

Membership is open to all current or former enlisted members of the Navy, Marine Corps, or Coast Guard. I certify that I fulfill the eligibility requirements and want to join the FRA. Annual dues include a subscription to *FRA Today*, *NewsBytes* and *OnWatch*.

Name: \_\_\_\_\_ Rate/Rank: \_\_\_\_\_

Address: \_\_\_\_\_ Street \_\_\_\_\_ Lot/Space \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Date of Birth: \_\_\_\_\_ SS No. (Optional): \_\_\_\_\_ Phone: ( ) \_\_\_\_\_

Service: \_\_\_\_\_ Status: \_\_\_\_\_ Membership Pref.: Branch No. \_\_\_\_\_ ☐ Nearest to home ☐ Member-at-large

Previous FRA member: ☐ No ☐ Yes If yes, previous Member No.: \_\_\_\_\_

Email Address: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### SPONSORED BY:

Name: \_\_\_\_\_

Member No.: \_\_\_\_\_ Branch No.: \_\_\_\_\_

**SPECIAL  
OFFER**  
FOR FIRST TIME  
MEMBERS!

**2 Years for  
\$64.00**

### DUES OPTIONS:

- ☐ 1 Year \$40.00
- ☐ 2 Years \$64.00 **FIRST TIME MEMBERS**
- ☐ 2 Years \$75.00 (for renewing or reinstating)

### PAYMENT OPTIONS:

☐ Master Card ☐ Visa ☐ Discover ☐ American Express ☐ Check/Money Order Enclosed

Amount: \_\_\_\_\_ Credit Card No.: \_\_\_\_\_



**1. BRANCH 126, JACKSONVILLE, FLA.**

Branch President and PRPSE James J. Thomas presents a certificate and award to eighth grade Americanism Essay winners from Epiphany Catholic School in Lake City, Florida. (L to R) Luke J. Dotson, 2nd place; Dhruv Patel, 1st place and Alexander Trowell, 3rd Place.

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

The Camp Lejeune Branch presents awards to the 2019 local Fleet Reserve Association Americanism Essay winners, at their monthly meeting on March 12. (L to R) Branch President Raymond Applewhite, Kiersten Caliguire, Ashley Schaefer, Lexi Froncek, Laci Froncek, and Branch Secretary Paul Miethker.

**4. BRANCH 117, ORLANDO, FLA.**

(R) Branch President Jim Middlekauff presents a 50-year certificate for continuous membership and pin to PRPSE (2006-2007) (L) Anthony (Tony) Cassata.

**5. BRANCH 172, YORKTOWN, VA.**

Seven students were presented essay contest awards on March 18. Grafton Middle School and one Woodside High School were represented. Seventh grade winners were: 1st place, Sawyer Ehrlich; 2nd place Kaylee Brown; 3rd place Sophia Kelly. Eighth grade winners were: 1st place, Fiona Lin; 2nd place, Mackenzie Nations; 3rd place, Nathaniel Burton. The senior 1st place winner was Lauren Howard. (L to R) Branch President John Frankenberg, Kelly, Lin, Brown, Nations, Ehrlich, Burton, Howard and Branch Essay/Scholarship Coordinator Cal Richardson.

**6. BRANCH 146, JOHNSVILLE, PA.**

American Essay Contest awards were presented to students at St. Isidore Catholic School in Quakertown on March 8. (L to R) Shipmate Otto Blavier, Principal Dr. Robin Convoy, eighth grade 1st place Callan Abel, seventh grade 2nd place Grace Urenovich, seventh grade 1st place Kiele Magalengo & Branch Secretary Joe Millman. Abel was also selected as seventh grade 2nd place winner in the NE/NEng Regional Competition.

Submit a photo for Shipmate News by email to [shipmate@fra.org](mailto:shipmate@fra.org). Please include a brief description and should be 4 inches wide at 300 pixels or very



3



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### 7. BRANCH 245, BELLINGHAM, WASH.

Samuel and Madi Clemenson accept their awards from (R) Branch 245 President Michael Cole and their grandfather, (L) Shipmate Larry Johnson. Both won first place recognition at the Branch level and also won at the Northwest Regional Competition—a first and a second place, respectively.

### 8. BRANCH 207, DALE CITY, VA.

The Branch president congratulates Shipmate John Overton for his 40 years as a member of the FRA. (L to R) PNP Jeffrey Gilmartin, Shipmate John Overton, Branch President John Milliken, Shipmate Jack Lohmeyer, Branch Treasurer John Tyler, PNP Jerry Sweeney and Branch Secretary Bill Ashton.

### 9. BRANCH 146 JOHNSVILLE, PA.

Shipmates gather to say "Goodbye" to Shipmate Don Doring (seated). He is moving to Virginia and has already been invited by a Branch to join their Shipmates.

### 10. BRANCH 208 JACKSONVILLE, N.C.

On March 4, President Raymond Applewhite and LA FRA PNP Arlene Hemmingway, presented a \$500 donation to Coastal Carolina Community College student Alexander Gerace. The donation was in memory of PNP Hemmingway's spouse PNT Bill Hemmingway. Hemmingway faithfully served his community for several decades. (L to R) Raymond Applewhite, Alexander Gerace and Arlene Hemmingway.

### 11. BRANCH 72, FALL RIVER, MA.

Shipmate Peter D'Arrigo receives his 50-year continuous membership award while surrounded by his fellow Shipmates (L to R) Larry Beirola, Allen Given, Peter D'Arrigo and Branch President Ed Bailey.

### 12. SOUTH CENTRAL REGION

(L to R) During the Regional Mid-year Meeting, PRPSC Mike Snyder, PRPSC Terry Merteen, JrPRPSC Bruce Talbot, RPSC Emmett Smith and PRPSC Jerry Pugh all gather for a photo opportunity.

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

During the New York Coast Guard Enlisted Person of the Year Award Ceremony, Petty Officer Samuel Guzman received a plaque by the FRA and CPOA for Enlisted Person of the Year for Sector N.Y. (L to R) Branch President James Brown, BM1 Samuel Guzman, N.Y. Sector Commander Capt. Tama and Command Master Chief Evans.



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10



13



as an attachment in to *FRAtoday@*  
the names of those pictured. Images  
large in dimension at 72pixels.



# In Memoriam

Name	Rating	Branch	Name	Rating	Branch	Name	Rating	Branch
Acker, Albert D.	ADCS, USN	156	Chapman, Donald W.	SN, USN	230	Fernandez, Richard F.	CS1, USN	186
Airey, Emanuel L.	SGT, USMC	212	Cheche, James D.	PO1, USN	099	<b>Fewox, Grover C.</b>	<b>TMCS, USN</b>	<b>269</b>
Anderson, Alfie E.	CS1, USN	029	<b>Chitwood, John P.</b>	<b>AMHC, USN</b>	<b>334</b>	Folsom, George	DK1, USN	011
Anderson, Jerry	SMCM(SW), USN	242	Cinque, Francis A.	RMCS, USN	MAL	Forbes, Lester J.	ETC, USN	MAL
Angelo, Frank M.	YCM(SS), USN	099	Clark, John F.	MSGT, USMC	MAL	Forrest, Warren R.	EMCM(SS), USN	161
Arbo, Adrian E.	LT(NC), USNR	MAL	Clevenger, John M.	BMCM(DV) USN	MAL	Fortuno, Cesar R.	SKC, USN	127
<b>Arnette, Hildrey H.</b>	<b>HTC, USN</b>	<b>MAL</b>	Clolinger, Edward D.	BUCS, USN	MAL	Foster, James R.	ETC(SS), USN	287
Bagby, Grover C.	ACC, USN	MAL	Cole, Jerry	PO1, USN	MAL	Fredrickson, Raymond G.	HMCs, USN	MAL
Bailey, Wallace L.	BMCS, USN	MAL	Collins, Abraham	GYSgt, USMC	175	<b>French, Justin B.</b>	<b>AZCS, USN</b>	<b>099</b>
Baker, Jackie L.	HMCm, USN	060	<b>Collins, John P.</b>	<b>CE1, USN</b>	<b>MAL</b>	Fruling, Edward	AMM3, USN	254
Ball, Thomas A.	CSCM, USN	018	Concklin, Bryce G.	MUC, USN	067	Fuller, Gerald D.	HMC, USN	047
Bane, Wilson M.	HTC, USN	024	<b>Conklin, Thomas</b>	<b>CM1, USN</b>	<b>311</b>	Gallagher, James P.	HMC(SS), USN	087
Barnett, Leroy E.	LCDR, USCGR	MAL	<b>Conner, Leland K.</b>	<b>AOC, USN</b>	<b>047</b>	Galloway, David C.	MS1, USN	MAL
Barr, James R.	DT1, USN	302	Conner, William E.	AKC, USN	MAL	Garner, James A.	PRC, USN	234
Basinet, Donald L.	SSGT, USMC	339	Conrad, George M.	POCM, USCG	172	Garrett, Harold H.	ADR1, USN	011
Bauer, George C.	RMC, USN	057	Conrad, James A.	RMCm, USN	MAL	Gaskin, Robert H.	MTC, USN	049
Baughn, Marvin L.	CWO3, USN	105	Copeland, Lenton W.	BUCS, USN	MAL	Gass, Paul J.	ETCS, USN	316
Beeler, William D.	ADRC, USN	292	Corbin, William P.	ENC, USN	187	Geer, William Francis	EM1, USN	234
<b>Beer, Murray</b>	<b>RMC, USN</b>	<b>219</b>	Cox, Robert D.	BMC, USN	MAL	Gelinas, Gerard H.	HMC, USN	011
Benson, John K.	SSGT, USMC	106	<b>Cross, James W.</b>	<b>NCCM, USN</b>	<b>024</b>	Gerow, William	CPO, USN	137
Bigelow, Robert Joseph	S1C, USNR	059	Crowther, Paul J.	EM2, USN	067	Gibbs, Harold	HMC(SS), USN	MAL
Blackford, Bruce L.	AFCM, USN	346	Cunningham, James W.	RM1, USN	105	Gochbauer, Robert C.	MT1, USN	269
Blake, James E.	UT2, USN	MAL	Cunningham, Herbert	YNC, USNR	MAL	Goo, Glicerio I.	PO2, USN	046
Blanco, Evaristo B.	MSC, USN	060	Dalton, Chauncey W.	ADJC, USN	175	Gray, John T.	AE1, USN	MAL
Blansett, Walter T.	SKCS, USN	MAL	Dannemann, Leonard C.	MKCM, USCG	263	<b>Gray, Robert D.</b>	<b>ADCS, USN</b>	<b>268</b>
Bonzagni, George A.	HMC, USN	109	Daugherty, Obal	GMGC, USN	194	Greenlee, Robin C.	SK1, USN	061
Botte, Peter	CWO4, USN	MAL	Davis, Willie E.	ICC, USN	126	Grosskopf, Douglas O.	DTC, USN	040
Bounds, James G.	ENCM, USN	136	<b>Day, Dean E.</b>	<b>AE1, USN</b>	<b>086</b>	Halcrow, John	RMCS, USN	175
Bowers, Dale R.	HMC, USN	MAL	Deal, Mervin	DSC, USN	MAL	Hall, Edward E.	EMCS, USN	187
Bowman, Margaret H.	YN3, USN	170	<b>Dearman, Herman L.</b>	<b>HMC, USN</b>	<b>264</b>	Hall, Irving R.	RMCS, USN	040
<b>Bradell, Wilbert A.</b>	<b>QMC, USN</b>	<b>049</b>	Dechaine, James E.	MS1, USN	MAL	Hallett, Edward R.	CAPT, USN	067
Bragg, Ralph L.	PHC, USN	MAL	<b>Deleo, Angelo E.</b>	<b>SHCM, USN</b>	<b>162</b>	Hamilton, Charles R.	SHCM, USN	040
Breck, Terry J.	ETCM, USN	MAL	Desko, Frank J.	DTCS, USN	024	<b>Hankins, Norman L.</b>	<b>AEC, USN</b>	<b>042</b>
Breedlove, Richard D.	YNC, USN	089	Deville, Lenard	POC(CMC) USN	MAL	Harden, Herbert P.	RMC(SS), USN	269
Brehm, Bernard F.	UTCM, USN	MAL	Di Edwardo, Dante B.	AEC, USN	156	Harmon, Nathaniel	OSC, USN	077
Brindle, Dennis J.	AD1, USN	077	<b>Dickerson, Lewis J.</b>	<b>MNC, USN</b>	<b>212</b>	Harrar, Donald	EQCM, USN	070
Brockwell, Glen M.	GMGC, USN	MAL	<b>Diorio, Neil G.</b>	<b>LCDR, USN</b>	<b>085</b>	Harris, Raymond N.	LCDR, USN	188
Brown, Ray E.	MSCM/SS, USN	104	Dodds, Dennis D.	ETCS(SW), USN	040	Harris, William E.	GMCS, USN	182
Brown, Donald B.	RMCS, USN	147	Drexel, Allen P.	MS1, USN	115	Havasy, Stephen E.	YNC, USN	089
Bugg, Norman D.	LCDR, USN	192	DuPont, Fredrick R.	ETCS(SW), USN	025	<b>Hayworth, Glenn L.</b>	<b>HMC, USN</b>	<b>178</b>
Bunch, Louis M.	IC1, USN	226	<b>Durland, Peter S.</b>	<b>FCCM, USN</b>	<b>008</b>	Healy, Joseph G.	CAPT, USMC	261
<b>Bunch, David E.</b>	<b>YNC, USN</b>	<b>161</b>	Edwards, Casper H.	ADJC, USN	054	Heidinger, Thomas J.	MKC, USCG	309
Burton, Lewellyn D.	FTCM, USN	MAL	Edwards, Jessie R.	CPO, USN	MAL	Heitkemper, Bernard L.	YNC, USN	MAL
Camacho, Juan S.	CPO, USN	MAL	Ekstrom, Frederick H.	EM1, USN	229	Hernandez, Floyd J.	MSGT, USMC	163
Cannon, Maurice L.	CS1, USN	MAL	Eldred, Carl C.	EMCM, USN	MAL	Heston, Leroy S.	ATC, USN	112
Casey, Martin J.	SKC, USN	089	<b>Erdman, Robert G.</b>	<b>AO1, USN</b>	<b>MAL</b>	Hill, Jerry L.	BTC, USN	147
<b>PRPSE, Cassata, Anthony</b>	<b>AMHC, USN 117</b>		Ervin, Merritt G.	HMC, USN	MAL	Hill, Marvin L.	IC1, USN	238
Cassity, Jack	HMC, USN	MAL	Escher, Sidney E.	CPL, USMC	092	Hirsch, Joe E.	CAPT, USNR	MAL
Catron, William F.	ENCS, (SS) USN	105	Evans, Paul H.	CWO2, USN	060	Hix, Leroy	USN	188
Caughey, Samuel L.	ETC, USN	269	<b>Evans, Herman B.</b>	<b>ADC, USN</b>	<b>MAL</b>	Houseknecht, Collins	PNC, USN	MAL
<b>Center, James E.</b>	<b>BMC, USN</b>	<b>029</b>	Ewers, Alfred C.	JOC, USN	060	<b>Howell, Delbert L.</b>	<b>BM1, USN</b>	<b>269</b>
Chapin, William D.	SS2, USN	024	Fazendin, John C.	EMC, USN	MAL	Howell, Robert O.	POC, USN	040
			Felton, Edwin C.	QMCS (SS), USN	106	Hull, Laurence N.	SK1, USNR	192
						Hurd, Daniel	LCDR, USN	MAL
						Hurst, Marshall E.	GYSgt, USMC	MAL
						Hutchens, Shirley G.	ABEC, USN	MAL
						Iovanna, William R.	CWO4, USN	024
						Jack, Gaylon Gene	HTC, USNR	011
						Jackson, James E.	CPO, USN	256
						<b>Jasper, Gordon A.</b>	<b>AK1, USN</b>	<b>MAL</b>
						Jenkins, Charles E.	MA1, USN	MAL
						<b>Jenkins, Karl W.</b>	<b>1STSGT, USMC</b>	<b>MAL</b>
						Jennings, Ronald V.	NCCS, USN	382
						<b>Jeschke, Walter G.</b>	<b>CTC, USN</b>	<b>024</b>
						Johnson, Charles E.	BMC, USN	290
						Johnson, Fred A.	EMC, USN	MAL
						Johnson, Walter L.	AVCM, USN	029
						Jones, Arthur L.	ENC(SS), USN	055
						Jones, George	BMC, USN	MAL
						<b>Jones, Gerald W.</b>	<b>ENCM(SS), USN</b>	<b>136</b>
						Joseph, Robert F.	ICCS, USN	166
						Kehoe, Kevin J.	PO3, USN	MAL
						Kelly, Donald J.	AMHC, USN	289
						Kendrick, James P.	ADJ1, USN	MAL
						Kennedy, Odie R.	ABCS, USN	029
						<b>Keyser, James W.</b>	<b>DTC, USN</b>	<b>117</b>
						King, Claud M.	ADRC, USN	MAL
						Kirtlink, William W.	BTCM, USN	042
						<b>Klotz, Ralph X.</b>	<b>TM1(SS), USN</b>	<b>251</b>
						<b>Knecht, Robert J.</b>	<b>AOCs, USN</b>	<b>289</b>
						Kookan, Charles R.	PO1, USN	MAL
						Laberge, Charles E.	HMC, USN	046
						Laedtke, Ralph H.	CAPT/ MSC, USN	053
						Lambinus, Albert L.	OSC, USN	364
						<b>Lancaster, John W.</b>	<b>MMC, USN</b>	<b>MAL</b>
						Landry, William W.	USN	289
						LaRue, Billy E.	BM, USN	061
						Lawson, Jearld	CPO, USN	MAL
						Lee, William	BT1, USNR	001
						Leonard, Reuben M.	ADCS, USN	060
						Letterman, Kenneth A.	SKC, USN	MAL
						Limerick, James A.	STC, USN	251
						Lloyd, Edward L.	HMCs, USN	024
						<b>Long, William S.</b>	<b>CS1, USN</b>	<b>175</b>
						Lorena, Gil M.	DKCS, USN	104
						Loyd, Elmer	TMC, USN	117
						Lozier, Vernon W.	UTC, USN	038
						Luce, Gary L.	CPO, USN	MAL
						Lydon, John W.	PRC, USN	MAL
						Machalinski, Raymond A.	ATC, USN	053
						Majors, Larry L.	CPO, USN	MAL
						Mallari, Agripino	SF1, USN	175
						Manion, Frank A.	AXCS, USN	MAL
						Manlove, Henry E.	HTCM, USN	309
						<b>Maris, William L.</b>	<b>LT, USN</b>	<b>245</b>
						Marsh, John Orie	COL, USMC	177

The remaining names will be in the next *FRAtoday* magazine due to space constraints.

**BREAKING NEWS...**

# CoQ10's Failure Leaves Millions Wanting

*Use this pill to supercharge your brain and think better than ever.*

**BREAKING NEWS:** Millions of Americans take the supplement CoQ10. It's the "jet fuel" that supercharges your cells' power generators, known as mitochondria.

As you age, your mitochondria begin to die. In fact, by age 67, you lose 80% of the mitochondria you had at age 25. But if you're taking CoQ10, there's something important you should know.

As powerful as CoQ10 is, there is a critical thing it fails to do. It can't create new mitochondria in your cells.

## Taking CoQ10 is not enough

"There's a little-known NASA nutrient that multiplies the number of new power generators in your cells by up to 55%," says Dr. Al Sears, owner of the Sears Institute for Anti-Aging Medicine in Royal Palm Beach, Florida. "Science once thought this was impossible. But now you can make your heart, brain and body young again."

"I tell my patients the most important thing I can do is increase their 'health span.' This is the length of time you can live free of disease and with all your youthful abilities and faculties intact."

**Medical first: Multiply the "power generators" in your cells**

Al Sears, M.D., recently released an energy-boosting supplement based on this NASA nutrient that has become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of over 500 scientific papers on anti-aging and recently spoke at the WPBF 25 Health & Wellness Festival featuring Dr. Oz and special guest Suzanne Somers. Thousands of people listened to Dr. Sears speak on his anti-aging breakthroughs and attended his book signing at the event.

Now, Dr. Sears has come up with what his peers consider his greatest contribution to anti-aging medicine yet — a newly discovered nutrient that multiplies the number of tiny, energy-producing "engines" located inside the body's cells, shattering the limitations of traditional CoQ10 supplements.

## Why mitochondria matter

A single cell in your body can contain between 200 to 2,000 mitochondria, with the largest number found in the most metabolically active cells, like those in your brain, heart and skeletal muscles.

But because of changes in cells, stress and poor diet, most people's power generators begin to malfunction and die off as they age. In fact, the Mitochondria Research Society reports 50 million U.S. adults are suffering from health problems because of mitochondrial dysfunction.

Common ailments often associated with aging — such as memory problems, heart issues, blood sugar concerns and vision and hearing difficulties — can all be connected to a decrease in mitochondria.

## Birth of new mitochondria

Dr. Sears and his researchers combined the most powerful form of CoQ10 available — called ubiquinol — with a unique, newly discovered natural compound called PQQ that has the remarkable ability to grow new mitochondria. Together, the two powerhouses are now available in a supplement called **Ultra Accel II**.

Discovered by a NASA probe in space dust, PQQ (Pyrroloquinoline quinone) stimulates something called "mitochondrial biogenesis" — a unique process that actually boosts the number of healthy mitochondria in your cells.

In a study published in the *Journal of Nutrition*, mice fed PQQ grew a staggering number of new mitochondria, showing an increase of more than 55% in just eight weeks.

The mice with the strongest mitochondria showed no signs of aging — even when they were the equivalent of 80 years old.

## Science stands behind the power of PQQ

*Biochemical Pharmacology* reports that PQQ is up to 5,000 times more efficient in sustaining energy production than common antioxidants.

"Imagine 5,000 times more efficient energy," says Dr. Sears. "PQQ has been a game changer for my patients."

"With the PQQ in **Ultra Accel II**, I have energy I never thought possible," says Colleen R., one of Dr. Sears' patients. "I am in my 70s but feel 40 again. I think clearer, move with real energy and sleep like a baby."

## It works right away

Along with an abundance of newfound energy, users also report a sharper, more focused mind and memory, and even younger-looking skin and hair.



NASA-discovered nutrient is stunning the medical world by activating more youthful energy, vitality and health than CoQ10.

Jerry M. from Wellington, Florida, used **Ultra Accel II** and was amazed at the effect.

"I noticed a difference within a few days," says Jerry. "My endurance almost doubled. But it's not just in your body. You can feel it mentally, too," says Jerry. "Not only do I feel a difference, but the way it protects my cells is great insurance against a health disaster as I get older."

## Increase your health span today

The demand for this supplement is so high, Dr. Sears is having trouble keeping it in stock. "My patients tell me they feel better than they have in years. This is ideal for people who are feeling or looking older than their age... or for those who are tired or growing more forgetful."

"My favorite part of practicing anti-aging medicine is watching my patients get the joy back in their lives. **Ultra Accel II** sends a wake-up call to every cell in their bodies... and they actually feel young again."

## Where to find Ultra Accel II

Right now, the only way to get this potent combination of PQQ and super-powered CoQ10 is with Dr. Sears' breakthrough **Ultra Accel II** formula.

To secure bottles of this hot, new supplement, buyers should contact the Sears Health Hotline at 1-877-353-0632 within the next 48 hours. "It takes time to get bottles shipped out to drug stores," said Dr. Sears. "The Hotline allows us to ship the product directly to the customer."

Dr. Sears feels so strongly about this product, he offers a 100%, money-back guarantee on every order. "Just send me back the bottle and any unused product within 90 days, and I'll send you your money back," said Dr. Sears.

The Hotline will be taking orders for the next 48 hours. After that, the phone number will be shut down to allow them to restock.

Call 1-877-353-0632 to secure your limited supply of **Ultra Accel II**. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. To take advantage of this great offer use Promo Code **FRAT0519UA** when you call in.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE. RESULTS MAY VARY FROM PERSON TO PERSON. NO INDIVIDUAL RESULT SHOULD BE SEEN AS TYPICAL. OFFER NOT AVAILABLE TO RESIDENTS OF IOWA



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<sup>1</sup>National Safety Council, Injury Facts, [nsc.org. https://injuryfacts.nsc.org/all-injuries/deaths-by-demographics/all-leading-causes-of-death](https://injuryfacts.nsc.org/all-injuries/deaths-by-demographics/all-leading-causes-of-death), 2017.

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## REUNIONS

### Navy Musicians Association

6/18/2019-6/23/2019  
Milwaukee, Wisc.  
Contact: Wilbur Smith  
Telephone: 407-497-9765  
Email: smuffsan@gmail.com

### USS Billfish (SSN-676)

8/25/2019-8/28/2019  
Pigeon Forge, Tenn.  
Contact: John Martin  
Telephone: 301-689-5070  
Email: jmmartin622@yahoo.com

### USS Pickaway (APA-222) Amphship Assoc.

9/5/2019-9/9/2019  
Buffalo/Niagara Falls, N.Y.  
Contact: Skip Sander  
Telephone: 412-367-1376  
Email: lsander153@aol.com

### USS John King (DDG-3)

9/9/2019-9/12/2019  
Mystic, Conn.  
Contact: Mathew Cummings  
Telephone: 917-685-6804  
Email: mrgilholey@msn.com

### VP-4 Association

9/11/2019-9/15/2019  
San Diego, Calif.  
Contact: Larry Hames  
Telephone: (503) 688-9804  
Email: Larry.Hames@VP4Association.com

### USS Beale (DDE/DD-471)

9/12/2019-9/15/2019  
Bay City, Mich.  
Contact: Leroy Thurn  
Telephone: 320-233-7340  
Email: ldtretired@frontier.com

### USS Antietam (CV/CVA/CVS-36)

9/15/2019-9/18/2019  
Buffalo, N.Y.  
Contact: Lyonel Young  
Telephone: 316-680-0252  
Email: lyonelyoung@outlook.com

### USS Prichett (DD-561)

9/16/2019-9/20/2019  
Wilmington, N.C.  
Contact: Terry Crawford  
Telephone: 618-259-3007  
Email: prichett@charter.net

### USS Towers (DDG-9)

9/17/2019-9/21/2019  
Savannah, Ga.  
Contact: Raymond Wong  
Telephone: 415-601-6285  
Email: usstowersddg9@pacbell.net

### USS Cacapon (AO-52)

9/18/2019-9/22/2019  
Long Beach, Calif.  
Contact: Bruce Webster  
Telephone: 949-786-9663  
Email: bruce.webster@cox.net

### USS Sterett Association

9/20/2019-9/22/2019  
Jacksonville, Fla.  
Contact: Joe Gaughan  
Telephone: 904-465-7175  
Email: jgaug58@att.net

### Mobile Inshore Undersea Warfare (MIUW) Unit-112 /Inshore Boat Unit (IBU)-14

9/21/2019-9/21/2019  
Perryville, Mo.  
Contact: Dean Berkbigher  
Telephone: 618-972-6960  
Email: DeanDot@hotmail.com

### USS Dixie (AD-14), USS Sierra (AD-18)

9/23/2019-9/27/2019  
Dayton, Ohio  
Contact: Ken Robinson  
Telephone: 520-825-5613  
Email: Robinson4Ken@gmail.com

### USS Piedmont (AD-17)

9/23/2019-9/27/2019  
Dayton, Ohio  
Contact: Michael Morast  
Telephone: 517-673-7157  
Email: memorast@yahoo.com

### USS Forrestal CVA/CV/AVT-59

10/1/2019-10/6/2019  
Jacksonville, Fla.  
Contact: Jim Brussell  
Telephone: 937-295-2863  
Email: cva59@roadrunner.com

### USS Sperry (AS12)

10/1/2019-10/4/2019  
Reno, Nev.  
Contact: David Jackson  
Telephone: 360-435-6919  
Email: Djpanda34@cs.com





*Karen James is a noted journalist and expert in sex and relationships.*

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**Ask The Expert**

Health, Marriage, and  
**Love After 50!**

# Older Men in Italy Don't Need ED Drugs. Now We Know Why...

## A Secret Any Man Can Use...

This month I got a letter from a reader in Texas about a "little secret" that has renewed her sex life with her husband!

### Tina writes: Dear Karen,

For years my husband and I had a wonderful love life, but when he reached his 50s, he lost some of his old spark, especially in the bedroom. He tried every product available, but nothing worked. For the past few years, it's felt like we were roommates, not husband and wife.

Well, last month he came home from a business trip in Europe and shocked me with more energy and passion than he's had in years. He took me in the bedroom like we were newlyweds and gave me a night I'll never forget. It was just incredible, and our love life has been like that ever since. So here we are, closer than ever and enjoying the best sex of our lives... in our 50's!

On his trip, my husband stayed in a hotel room next to an Italian nutritionist and his wife and heard them passionately making love every night. He figured they must be in their twenties, but one morning he encountered them in the hallway and it turns out, they were in their 70s!

Instead of being embarrassed that they'd been found out, they were positively glowing and happy to share their "secret." The man pulled out a small pack from his satchel, gave it to my husband and said "These tablets come from a small town up north and are made from naturally pure extracts, packed with densely rich sexual nutrients. They will give you back your vigor in the bedroom and you will perform even better than you did as a young man. Then he laughed and said, "You will become an Italian Stallion like me!"

Karen, my husband has been taking one tablet each morning with breakfast, but



***"My husband shocked me with more passion than he's had in years. I'm so glad I discovered this new product"***

the pack is almost empty and we both desperately want more. Do you know about these European tablets and how to get some in the States?

Sincerely,

**Tina D., Fort Worth, TX**

Tina, you're in luck, I do know about them. Ever wonder why older men from Italy and all over Europe are famous for staying energized, passionate, and sexually active well into their golden years? For decades, these men have relied on a unique blossom seed extract to enhance their bedroom power and performance.

Milled on the fertile northern plains, and sold under the brand name Provarin, these pure plant extracts have a legendary reputation throughout Europe for naturally fueling increased energy and excitement.

All-natural and safe to take, Provarin is a well-kept secret for those in the know.

An old-school, family business, they still harvest product by hand and don't do any advertising. Long-time customers and word of mouth ensures their limited stock is sold out every year.

They do have a distributor here in the U.S. and Provarin is surprisingly inexpensive. A spokesman told me they were proud to produce the highest quality product for men and couples. He went on to say that if any of my readers call and mention this article, they'll be offered an additional 50% discount, free priority shipping, and a free bonus pack of 30 tablets!

Wow, so there you go, Tina - and the rest of you readers! The offer is only good while supplies last so give them a call today. The number is **1-800-715-2276**.

Aren't you glad you asked?

*Karen*



## REUNIONS

### USS Iwo Jima (LPH2/LHD7)

10/2/2019-10/5/2019  
Norfolk, Va.  
Contact: Robert G. McNally  
Telephone: 757-723-0317  
Email: yujack46709@gmail.com

### MCB 11 Seabees

10/2/2019-10/6/2019  
Seattle/Everett, Wash.  
Contact: Larry Hagler  
Telephone: 512-796-2834  
Email: mcb11@earthlink.net

### VP-6 Blue Sharks Association

10/2/2019-10/6/2019  
San Antonio, Texas  
Contact: James Lamers  
Telephone: 703-727-7944  
Email: jimlv6@comcast.net

### Mine Division 113 Vietnam (Navy)

10/3/2019-10/6/2019  
St. Petersburg Fla.  
Contact: Dick Schreifels  
Telephone: 651-455-1876  
Email: richard\_rosemary@msn.com

### MCB1/MCB9/MCB10

10/3/2019-10/9/2019  
Virginia Beach, Va.  
Contact: Wally Johnson  
Telephone: 757-570-5864  
Email: wallyjohnson1711@gmail.com

### USS El Paso (LKA-117)

10/3/2019-10/6/2019  
Norfolk, Va.  
Contact: David Suhs  
Telephone: 808-450-8704  
Email: DavidS@ussmissouri.org

### USS Providence (CL-82/CLG-6)

10/9/2019-10/13/2019  
San Antonio, Texas  
Contact: Jim Chryst  
Telephone: 717-284-6996  
Email: jchryst@embarqmail.com

### USS Saratoga (CVA/CV-60)

10/10/2019-10/14/2019  
Charleston, S.C.  
Contact: Ed McCready  
Telephone: 845-729-8775  
Email: emc0853@yahoo.com

### USS Waller (DD/DDE0-466)

10/12/2019-10/20/2019  
Philadelphia, Pa.  
Contact: John McCabe  
Telephone: 215-280-5111  
Email: johnmccabe@hotmail.com

### USS Monticello (LSD-35)

10/16/2019-10/20/2019  
Branson, Mo.  
Contact: Robert Behm  
Telephone: 573-207-4670  
Email: beamer@ussmonticello.com

### USS Bordelon (DD/DDR881)

10/17/2019-10/20/2019  
Jacksonville, Fla.  
Contact: Sonny Stowers  
Telephone: 804-356-3112  
Email: dpeterson53@comcast.net

A list of Reunions is at: [www.fra.org/Reunions](http://www.fra.org/Reunions). All Reunions/lookingFor... must be submitted online, via email to [reunions@fra.org](mailto:reunions@fra.org) or in writing to FRA Reunions/LookingFor... at 125 N. West St. Alexandria, VA 22314. Include your Member ID and a daytime telephone number. For help, contact FRA Member Services at: 1-800-FRA-1924.

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

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

Robert Ward,  
Associated Health Press

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

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

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

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

## NEW DISCOVERY IN BLADDER CONTROL

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

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

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

## FREEDOM FROM SUDDEN URGES AND LEAKS

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

To begin with, the double blind large clinical studies published in the [clinicaltrials.gov](http://clinicaltrials.gov) have been impressive. Participants taking *UriVarx*<sup>TM</sup> saw a **stunning reduction** in urinary frequency, which resulted in fewer bathroom trips both day and night.

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

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

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

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

## EXCITING RESULTS FROM URIVARX USERS

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

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

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

## IMPRESSIVE CLINICAL RESULTS

The exciting clinical results published on the government clinical website [clinicaltrials.gov](http://clinicaltrials.gov) show that *UriVarx*<sup>TM</sup> can strengthen your bladder fast, significantly reducing the urine urgency and leaks.

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

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

Overall, the *UriVarx*<sup>TM</sup> group experienced:

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

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

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

## HOW IT WORKS

*UriVarx*<sup>TM</sup> is a pill that’s taken just once daily. It does not require a prescription.

The active ingredients are patented natural extracts.

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



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

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

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

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

## BLADDER PROBLEMS GONE

With daily use, *UriVarx*<sup>TM</sup> can restore strong bladder control and help users overcome leakage without the negative side effects or interactions associated with drugs.

Leakage sufferers can now put an end to the uncontrollable urges, the embarrassing accidents, and enjoy an entirely new level of comfort and confidence.

## HOW TO GET URIVARX

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

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

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

## The National Pilgrimage



Christina Murray  
National President

In the words of Winnie the Pooh, April 27th “was a blustery day.” Although it was bright and sunny, the wind was blowing.

To start off the day’s activities, a large group of Auxiliary members met at 0900, in the lobby of the Sheraton hotel located at Pentagon City in Arlington, Virginia. We were about to pay our respects and honor to PNC Ofelia T. Bitanga from Unit 274. She was being laid to rest with her beloved spouse Michael at Arlington National Cemetery. Led by Arlington Lady PNP Doreen Huylebroeck, the contingent arrived and met with the family. There were plenty of hugs and condolences.

Upon the conclusion of the burial ceremony, most of the contingent returned to the hotel for the National President’s Tea, which was hosted by Pilgrimage Chair Grace Villanueva and the members of Unit 4. The tables were decorated with three-tier sandwich trays topped with tea cups, surrounded by fruit bouquets. There were also rum cake, fruited scones, brownies, petite cakes and chocolate accompanied by an assortment of tea. The entertainment was provided by Lindsay Thomas and Hannah Castillo–Villanueva.

The next event was loading the vans for the trip back to Arlington and the ceremony at the *USS MAINE* Mast Memorial. RPEC LA FRA Cristina Dixon and RPEC FRA Randy Phillipp led the preambles. We were once again treated by Lindsay Thomas singing a beautiful rendition of “The Star Spangle Banner” followed by “America the Beautiful.”

FRA National President Robert Washington expressed thanks from the FRA for all the support given by the LA FRA. The eulogy was presented and for the first time in the history of the LA FRA the organization’s national president was escorted by a female Marine, Lance Cpl. Maiah Jurado, and a male sailor Seaman Taylor Baska.

The prayer was led by Loretta Jorden from Unit 24 and the Two-Bell Ceremony was conducted by PRPEC Chris Slawinski and RPEC Brian Condon, both from Branch 181. Taps was performed by a navy bugler. RPNE/NEng Joyce



Photo by Chris Murray

Harris added her special touch to the ceremony. My escorts and I then led the pilgrimage down the walkway from the Mast of the Maine to the Tomb of the Unknown Soldier. We were followed by the color bearers Aida Littlejohn from Unit 182 and Dorothy Smiley from Unit 99. The national officers also attended; NVP Bea Parco, NFS Pat Suckow, NT Linda Telly, parliamentarian and NTPNP Doreen Huylebroeck, RP NE/NEng and PNP Cindy Rodham-Tuck, RPEC Cristina Dixon, RPSE and PNP Carolyn Whitaker, RPNC Barbara White, RPSC and PNP Gini Larson, RPSW Peggy Loa, RPWC Brenda Horton, RPNW Rose Hall, PNP Sandra Robbins, PNP Helen Courneya, PNP Diane Hoover, PNC Gail Nathan and PNC Vera Thomas.

Many members of the LA FRA and the FRA attended, including FRA NED Tom Snee, PNP Bob Beese, PNP Virgil Courneya, PNP Donald Larson and JrPNP William Starkey. Thanks to Shipmate Chris Murray for taking the pictures. For those who were unable to attend due to illness, our prayers are with you.

As we move to the second half of the administrative year, remember to send in your 2019-2020 officer lists to the National Executive Secretary by July 15. Also be sure to file your IRS 990 and select your delegates for Regional and National Conventions. Thank you for continuing to recruit and reinstate members. **FRA**

In Loyalty, Protection and Service,  
Christina Murray, National President

Christina is the LA FRA National President and can be reached at: christinamurray.lafra@gmail.com



## Four Ways to Invest More Confidently in a Volatile Market



Carl M. Trevisan, CFP®



Stephen M. Bearce

**W**hen financial markets fluctuate, even the calmest investors can start to question their financial strategies. But volatile markets can present opportunities, says Tracie McMillion, head of global asset allocation strategy for Wells Fargo Investment Institute (WFII).

“Financial markets are frequently volatile—that’s their nature,” she says. “Over longer periods of time, that volatility can add up to attractive portfolio growth.”

McMillion shares an analogy that compares this worry to seasickness: “If you stare at the waves directly ahead of you (the current financial market), the water may look bumpy and turbulent, and you might feel ill at ease. However, if you look outward at the horizon (your long-term investment goals), the ocean as a whole appears to be on a fairly even keel.”

In addition to focusing on your financial horizon, here are some strategies you can use to help weather economically turbulent times.

**1** Match your investments to your time horizon. The simplest way to feel more comfortable about your investments is to align them with your financial calendar, no matter what happens in the financial world this month or year. For example, do you need some of your money fairly soon, or want it close at hand in case of an emergency? If so, McMillion says you should consider investments such as cash holdings and short-term bonds that shouldn’t lose much, if any, value over the short term.

On the other hand, if you won’t need some of your investment money until you retire multiple years in the future, equities or longer-term bonds are worth a closer look. Those investments carry more risks but also offer potentially better returns.

**2** Know what to expect from your assets. Some investors lose confidence because they don’t fully understand how their investments work. In that case, McMillion says, some knowledge of typical asset behavior is a good thing.

Consider reading up on different types of investments and asking questions of your financial advisor. Once you know how your investments are more likely to perform in certain financial markets, you can help ensure that your investment strategy is in line with your tolerance for risk.

**3** Tune out the noise. By “noise” McMillion means the constant barrage of financial reports from the 24/7 news media.

“It’s common for the financial markets to temporarily get a little bit messy as they sort through the current news cycle,” she says.

However, investors usually don’t need to react to the everyday financial news, no matter how topsy-turvy things may seem.

“Remember: The U.S. news tends to report on a very small slice of available investments, particularly U.S. large company stocks,” she says. “Your portfolio, if it’s diversified as it should be, probably isn’t going up and down to the same degree as these stocks. Your portfolio changes are probably much more moderate.”

**4** Regularly revisit your plan. There’s no such thing as a completely set-it-and-forget-it investment strategy, McMillion says. It’s always smart to check in regularly with your investment advisor.

“Your life circumstances may change, or your financial goals could shift,” she says. “You’ll feel much more confident that your investments are doing their job if you review them regularly with your advisor.” **FRA**

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