

YOUR MISSION, YOUR VOICE

FRA *today*

The magazine of the Fleet Reserve Association

APRIL 2020

IMMIGRANT EXPERIENCE IN THE NAVY

INSIDE:

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Cover: First-generation American Jairo Briñas celebrates his promotion to Aviation Machinist Mate 1st Class aboard the *USS HARRY S. TRUMAN* with other members of VFA-11 during a “steel beach picnic” in 2018. Photo by Chief Petty Officer George Giles.
Above: Sailors from Naval Medical Center San Diego’s Diversity Committee step forward in unison at the end of an observance Jan. 31 honoring the life of Martin Luther King Jr. Photo by Mass Communication Specialist 1st Class R. David Valdez.

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16 Fighting for a New Homeland: The Immigrant Experience in the U.S. Navy

Although new Americans have fought courageously for their adopted homeland, they have often been treated as outsiders, scapegoats and security threats. How much has the immigrant military experience changed over the past 230 years?

24 The Virginia War Memorial

Virginia’s appreciation of generations of fighting men and women has not stalled at the Civil War. The commonwealth’s official commemoration of its war dead is expressed in two sites within 3 miles of each other.



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.

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Thirty Seconds Over Tokyo

Seventy-eight years ago this month, one of history's most significant air attacks, the Doolittle raid was pulled off. As a youngster, one of the first books I choose to read for my English class was "Thirty Seconds Over Tokyo." The story captivated me then as it does now.

Within a four-month period, Japan had decimated the U.S. fleet at Pearl Harbor, Hawaii, and had conquered Southeast Asia, the oil-rich Dutch East Indies and the islands of the Central Pacific. They were also about to force the last battered U.S. defenders in the Philippines to surrender.

The U.S. needed to change the momentum of the war with a victory. President Roosevelt decided days after the attack on Pearl Harbor to bomb the Japanese mainland. But how? Heavy B-17 bombers would not work because the Philippines' air bases were gone and all land-based planes were out of range.

Lt. Col. James Doolittle suggested a carrier-based attack. The U.S. Navy had carrier-launched planes with a 250-mile range, but it didn't dare sail its remaining carriers that close to Japan. The new twin-engine B-25B Mitchell medium bombers could perform the mission, but they would have to launch from a carrier. They couldn't land on a carrier. If they were stripped down and overloaded with fuel, B-25s could deploy from a carrier several hundred miles off the coast of Japan, bomb their targets and land on airfields in China.

The *USS HORNET* (CV-8) along with the carrier *USS ENTERPRISE* (CV-6), four cruisers and eight destroyers all under the command of Admiral "Bull" Halsey deployed. The *HORNET*'s flight deck had 16 B-25s, which left only the *ENTERPRISE*'s fighters and bombers to provide air cover. If they had run into Japan's Combined Fleet — especially the six carriers that had attacked Pearl Harbor — the battle would have been short.

On April 18, 1942, at about noon over Tokyo, Japanese air defenses were extremely weak. Tokyo's air-raid sirens didn't even blare until after the attack was over. A few industrial sites were lightly damaged, as were a few schools and a hospital, killing or injuring about 450 people. The most damage was inflicted by a B-25 that struck the carrier *RYUHO* under construction, which delayed its launch. Most of the American airmen were saved by Chinese soldiers or civilians. But three crewmen died while bailing out, and eight were captured by the Japanese — three of these faced a firing squad.

The Doolittle Raid barely qualified as a military nuisance. But it gave America back a sense of pride, reinforced our can-do attitude and was a great book for my English assignment. **FRA**

In Loyalty, Protection and Service,

William D. Stevenson, Editor-in-Chief

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FRAtoday Magazine

The monthly membership publication of the Fleet Reserve Association

Publisher	Fleet Reserve Association
National Executive Director	Christopher J. Slawinski
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FRAtoday (ISSN 1935-7192) is published monthly by the FRA, 125 N. West St., Alexandria, VA. 22314-2754. A member's subscription is covered by the member's annual dues. Periodicals postage paid at Alexandria, Virginia, and additional offices. Publication of nonsponsored advertising in *FRAtoday* does not constitute an endorsement by the FRA or its representatives. **Postmaster: Send address changes to Member Services, FRA, 125 N. West St., Alexandria, VA 22314-2754.** *FRAtoday* is published in the interests of all current and former enlisted personnel of the U.S. Navy, Marine Corps and Coast Guard. Eligible nonmembers are entitled to subscription rates of \$45. Established Nov. 1, 1923. Title registered with the U.S. Patent Office.


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Volume 99 Number 4



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JUST RELEASED: One of America's FIRST Civil War Silver Half Dollars.

Civil War collectibles are among today's most popular and sought after artifacts. But no Civil War collection can be complete without including one of the very FIRST-EVER Civil War commemorative coins struck by the United States Mint: The 1925 Stone Mountain Silver Half Dollar.

Both the coin and the Stone Mountain Memorial near Atlanta, Georgia feature Generals Robert E. Lee and Stonewall Jackson on horseback. The Stone Mountain Memorial was designed by famed sculptor Gutzon Borglum, whose next masterpiece would be the magnificent Mount Rushmore.

Etched in History, Carved in Stone, Struck in Silver!

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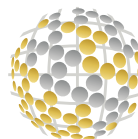
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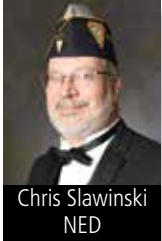
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Protecting Yourself from Scams



Chris Slawinski
NED

Recently, I received an email from what appeared to be the president of my Branch 181, where I am also the secretary. The email stated: “Do you have a moment? I need a favor from you. The Hospice Care Valley home needs our help with some gift cards. The cards I bought aren’t enough can you help and get some today? You will be reimbursed.”

I have a great relationship with my branch president so if there was a need for “gift cards,” he would have called or brought it up during our monthly meeting.

A few weeks back, our IT director asked me about the “favor” I needed his help with. I looked at the email; it had my name on it but was not my email signature.

I knew these were both scams.

Nobody is exempt from these schemes. “Shark Tank” star Barbara Corcoran lost nearly \$400,000 in an email scam that tricked her staff. Corcoran said someone pretending to be her assistant emailed an invoice for a renovation to her bookkeeper. She had no reason to be suspicious because Corcoran invests in real estate, so the bookkeeper wired \$388,700.

The scammer imitated the assistant’s email address and misspelled it by one letter. The mistake wasn’t caught until the bookkeeper sent a follow-up email to the correct address.

Phishing scams all work in similar ways. The scammer utilizes a trusted name or organization to ask for help, usually by making a purchase, sending money or paying an invoice. The unknowing individual, familiar with the name, follows through just to find out they have been scammed!

The FRA occasionally asks for donations, but these emails will always come from an official “fra.org” email address. We take every precaution to protect our members’ personal information, and we would never ask you to purchase gift cards. Any correspondence from the FRA HQ will have

“fra.org” at the end of the email address. If in doubt, call HQ at: 703-683-1400.

Here are some tips to protect you from scams:

- Always verify the request is valid. If you know what the sender’s email is, mouse over the name in the “From” line and verify the email.
- Call the person making the request.
- If you suspect an email is a scam, DO NOT RESPOND and delete the email.

Call Out to Blue Water Sailors and their Survivors

On June 25, 2019, the president signed into law the Blue Water Navy Vietnam Veterans Act of 2019, which went into effect on Jan. 1. It extends the presumption of herbicide exposure to Blue Water Navy Veterans who served in and offshore of the Republic of Vietnam. Survivors and certain dependents may also be entitled to benefits if the veteran was exposed.

Under the law, certain veterans who served offshore of the Republic of Vietnam and Cambodia or who had service in the Korean Demilitarized Zone may be entitled to disability compensation for conditions that are related to exposure. The law also provides benefits for children born with spina bifida if a parent was a veteran with verified exposure in Thailand.

To be entitled to VA benefits, veterans must have served between Jan. 9, 1962, and May 7, 1975, and have one or more of fourteen identified conditions.

Veterans with questions about benefits or filing a claim can visit the VA Agent Orange website at: www.va.gov/disability/eligibility/hazardous-materials-exposure/agent-orange/ and Survivor and Dependent Compensation (DIC) website at: www.va.gov/disability/dependency-indemnity-compensation. You can also call 800-749-8387. **FRA**

In Loyalty, Protection and Service,

Chris Slawinski

Chris is the FRA’s national executive director and can be contacted at NED@fra.org.

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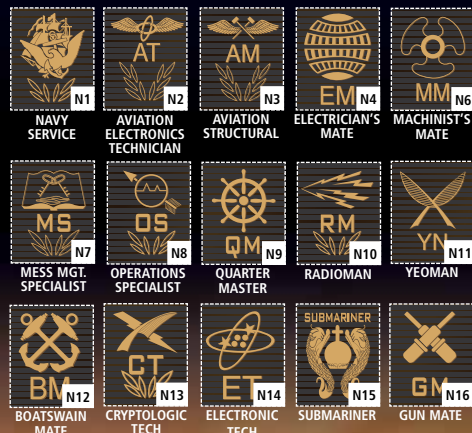


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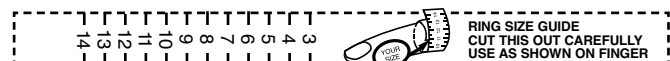
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Pendleton Rescue and the Artist Who Captured It

The U.S. Coast Guard Academy Alumni Association class of '62 came up with the idea of the Historical Murals Project and commissioned artist Tony Falcone for the project's 10 large paintings. Many of your readers will recognize the (February *FRAtoday*) cover. The original hangs in the lobby of Waesche Hall, the library, at the Academy. Tony's other paintings are exhibited around the campus. If the project was never commissioned, Falcone would not have met Bernie Webber and been inspired to complete the murals.

*Judith Andrews,
Business/Project Manager, Falcone Art Studio*

Branch 46 and the Arizona Memorial

I was extremely disappointed in the December article regarding Pearl Harbor and Ford Island. Branch 46 has had a symbiotic relationship with Pacific Historic Parks and specifically the Arizona Memorial. Branch 46 was instrumental in raising the funds that created the Memorial as it exists today. The original Arizona Memorial Museum Association Board of Directors included several Branch 46 Shipmates, including PRPNW Noel Bragg, whom many of you older Shipmates probably know.

Due to brevity, I won't get into our many endeavors regarding the Memorial, Bowfin Association and others, but suffice it to say, it was obviously a boiler plate article that did not include any input from Branch 46. In the future, I would advise that whenever you pursue a site-specific article, that you reach out to local branches regarding their perspectives and insights. After all, this is the "FRA-today."

*I remain yours in Loyalty, protection and service,
PNP John D. Ippert, Pearl Harbor-Honolulu Branch 46*

Burial at Sea

The item in the most recent issue of *FRAtoday* (on page 6) concerning burial at sea, reminded me of an incident that occurred when I was the Commanding Officer of the USS WALDRON (DD-699) operating out of Mayport, Florida. On one occasion, WALDRON was tasked to conduct a burial at sea. The coffin was delivered to the ship

and placed on the fantail. We posted an honor guard and sailed out past the 100-fathom curve as was required. The sea was flat calm. We put on our dress uniforms and gathered around the coffin on the starboard quarter. I read the burial service and we played taps and slid the coffin into the water. It floated for a few minutes. Suddenly, a school of porpoises burst through the surface all around the coffin and leaped and swam around it and then followed it as it slowly sank. We were stunned and the hair on my neck stood out.

David E Williams, Commander USN (Ret.) MAL

Good Deeds Shared

Your article (March 2020) about what does the FRA does, was good. For my part, I am an accredited Veteran Service Officer, who is very active near Allentown-Bethlehem, Pennsylvania. It is time consuming to put a successful claim together, proper research and gathering all materials for the VA. But it is very rewarding to see the relief on the Veteran's face when I help solve his situation. When a veteran gets relief, that in and of itself, is the most reward any human can receive.

This year, I have worked on 11 claims, one appeal and five [claims] in progress. The few claims still in progress are just about "crossing the T's and dotting the I's." I have a good feeling that they will all be approved.

The work of a VSO is to logically compile the case material for electronic submission. You need the Power of Attorney from your veteran, as well as all their medical records and past forms, to best represent them in case you need to file an appeal.

So when asked this question about what WE do, the answer is: We provide continued work on the behalf of all veterans and their families. I want to make sure that the promise given by all veterans, for the blank check they signed when they joined, is upheld to its fullest.

*In Loyalty, Protection & Service
Dave Sharp, Veteran Service Officer, PRP NE/NEng.*

Letters published in Shipmate Forum reflect the opinions and views of individual FRA members. They do not reflect the position of the FRA. The FRA is not responsible for the accuracy of letter content. **Submit** letters to *FRAtoday*, 125 N. West St., Alexandria, VA 22314 or to fratoday@fra.org

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ON & OFF *capitol hill*

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



John Davis
Director, Legislative Programs

FRA Ready to Storm the Hill

As you get this issue of *FRAtoday*, the FRA Legislative Team will be doing final preparations for our national board of directors to “storm Capitol Hill” and award Rep. Mark Takano (Calif.), chairman of the House Veterans Affairs Committee, the FRA’s Pinnacle Award on Thursday, April 23. The hill visits are timely since Congress is under increasing pressure to reduce the budget deficit and may start looking at military pay and benefits. Thankfully, the

administration’s budget request does not include any kind of TRICARE fee increase for FY2021. However, the majority of FRA members (68% according to our recent poll) are very concerned about DOD plans to restrict retirees and dependents from using certain military treatment facilities. Shipmates already got hit with a pharmacy co-pay increase that was enacted in 2017 and allows for future increases scheduled to take effect in 2021.

Veterans History Project

The Library of Congress’ Veterans History Project is an effort to preserve oral histories, memoirs and collections of historical documents from U.S. veterans who served from World War I to the present. The FRA wants to provide an opportunity for Shipmates to share and preserve their stories for future generations of Americans. The Veterans History Project no longer accepts online registrations. Please submit your historical materials along with the required forms found in our Veterans History Project Field Kit. Be sure to follow the provided guidelines. The kit and additional information on the project are online at: <https://www.loc.gov/vets/kit.html>.

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House Passes PAWS Act

The House unanimously passed the Puppies Assisting Wounded Servicemembers (PAWS) for Veterans Therapy Act (H.R.4305). It is intended to assist veterans struggling with PTSD and other mental health challenges through service dog training therapy. Committee testimony on the measure, noted that mental wellness does not have a one-size-fits-all solution, which is why the VA must provide innovative and out-of-the-box treatments to help veterans combat these invisible illnesses. There is no question that the companionship and unconditional love offered by man’s best friend can have powerful healing effects on men and women from all walks of life, including our men and women in uniform. The bill now goes to the Senate for further consideration.

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DOD Announces Plan to Downsize Nearly 50 Hospitals and Clinics

A delayed report to Congress, mandated by the FY2017 Defense Authorization Act, recommends that 50 military treatment facilities stop seeing retirees and their dependents. FRA Director of Legislative Programs John Davis and staff from several other Military Coalition members met with senior Defense Health Agency officials about the report's suggestion of "rightsizing" MTF utilization. In the FY2017 NDAA, Congress mandated a rightsizing, realignment and restructuring of the direct care system. The DOD states these changes are needed to ensure the DHA can focus on the combat readiness of the military.

The Pentagon plan, if fully implemented, would significantly restructure the military health system's responsibilities in the continental U.S. over the next several years. The list includes 50 existing MTFs whose services would change in some way. In the FY2021 Defense Health Program budget proposal, the Pentagon estimated a \$36 million savings during the first transition year by moving some patients (retirees and families) from MTFs to private providers in the DOD's TRICARE system. The focus of these changes is to improve troop readiness by removing care that doesn't contribute to the readiness mission and moving it into the TRICARE civilian network. The Defense Health Agency estimates that 84,000 active duty family members and 110,000 military retiree beneficiaries will be impacted by the military treatment facility downsizing proposed.

The FRA provided an online survey to ask Shipmates if they are concerned. Sixty-eight percent of respondents said they oppose the restrictions. Many TRICARE beneficiaries are worried about the impact these changes will have on their pocketbooks. Retirees and their family members who are switched from MTFs to TRICARE network care would face out-of-pocket cost increases because they would have a co-pay for most of their covered services.

A copy of the report is at: <https://www.health.mil/About-MHS/OASDHA/Defense-Health-Agency/Congressional-Relations/Reports-to-Congress>.

SVAC Approves Veterans Suicide Prevention Bill

The Senate Veterans Affairs Committee amended and approved the FRA-supported Commander John Scott Hannon Veterans Mental Health Care Improvement Act (S.785), sponsored by Sens. Jerry Moran (Kan.) and Jon Tester (Mont.), the SVAC chairman and ranking member respectively. The bill is a comprehensive and aggressive approach to connecting more veterans with the mental health care they need and have earned. Their bill seeks to improve VA care by bolstering the VA's mental health workforce and increasing veterans' access to VA care in rural and hard-to-reach areas. The objective is to make sure veterans have access to alternative and local treatment options, such as, animal therapy, outdoor sports and activities, yoga, and acupuncture. The bill now goes to the full Senate for consideration.

It is estimated that more than 20 veterans die by suicide every day. Of those, 14 have not received treatment or care from the VA. The bill would improve outreach to veterans about their mental health care options in five major ways. It would:

1. Bolster the VA's mental health workforce to serve more veterans and place at least one suicide prevention coordinator in every VA hospital.
2. Improve rural veterans' access to mental health care by increasing the number of locations at which veterans can access VA telehealth services and by offering grants to non-VA organizations that provide mental health services or alternative treatment to veterans.
3. Strengthen assistance for service members transitioning out of the military by automatically giving every service member one full year of VA health care when they leave the military and improving services that connect transitioning veterans with career and education opportunities.
4. Study and invest in alternative treatment options by expanding veterans' access to animal, outdoor, and agritherapy; yoga; meditation; and acupuncture.
5. Hold the VA accountable for its mental health and suicide prevention efforts by examining how the VA manages its suicide prevention resources and how the VA provides seamless care for veterans who receive mental health care from both the VA and community providers.

Members are urged to use the Action Center to ask their Senators to support this important legislation.



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VA Asks for Delay of New Presumptive Conditions Related to Agent Orange Exposure

The Department of Veterans Affairs recently sent a report to the House and Senate Veterans Affairs committees. It explains their concern with the scientific evidence behind the links between Agent Orange herbicide exposure and bladder cancer, hypothyroidism, parkinsonism, and hypertension. The VA claims that the National Academies of Sciences, Engineering, and Medicine did not identify any “definitive causal links” between Agent Orange and the diseases. The VA is now waiting on the results of its own study. The National Academy of Medicine has already established an association between Agent Orange exposure and

these four diseases. The FRA is supporting the Fair Care for Vietnam Veterans Act (H.R.5610), which would expand the presumptive conditions linked to exposure to the Agent Orange herbicide to include parkinsonism, bladder cancer, hypertension and hyperthyroidism. FRA members are strongly urged to use the FRA Action Center to weigh in on this important legislation.

The FRA has signed onto a letter to President Trump, with several other associations, requesting that he intervene and add these ailments to the list of Agent Orange presumptive conditions for disability benefits immediately.

CCN Payment Delays Discussed in House and Senate

Assistant Director of Legislative Programs Theo Lawson recently attended a joint oversight hearing of the House Veterans’ Affairs subcommittees on Health and on Oversight and Investigations. The hearing was about the status of the Community Care Network program’s provider networks. Attention was paid to the backlog of claims — 2.5 million claims out of 3.8 million are older than 30 days. The Department of Veterans Affairs testified that this will be remedied by the end of the fiscal year this September.

The Senate Veterans’ Affairs Committee also held an oversight hearing on the implementation of the CCN program, which was part of the VA MISSION Act. Senior officials of the Veterans Health Administration and the CEOs of both CCN providers testified at the hearing. All the witnesses stated that the implementation of the CCN program is progressing smoothly. There were questions about the pace at which providers are being reimbursed as well as the backlog of provider payments on the VA’s books. The VA is working on new processes to speed up the turnaround time for reimbursements. They expect to be caught up by the fall. Currently, 30 percent of veterans obtain their health care through the CCN.

HVAC Subcommittee Discusses Privacy Concerns at VA

The House Veterans’ Affairs Subcommittee on Technology Modernization held a hearing on data privacy for veterans who are using the Department of Veterans Affairs’ vendors. The VA explained during the hearing that they have a process for vetting third-party vendors who are part of the Community Care Network. Committee members expressed concern that privacy data should be protected by these third-party vendors. The committee focused on the security of the integrated electronic health record system, record sharing and data collection, and permissions used by apps the VA offers for smartphones. Veterans’ health care information under the jurisdiction of the Health Insurance Portability and Accountability Act and their personal information falls under the Privacy Act. A third-party vendor must follow VA procedures when gaining access to veteran information. The VA often performs compliance audits to ensure their agreements and policies are upheld. The VA states that they have policies in place to immediately rectify an incident such as a data breach.

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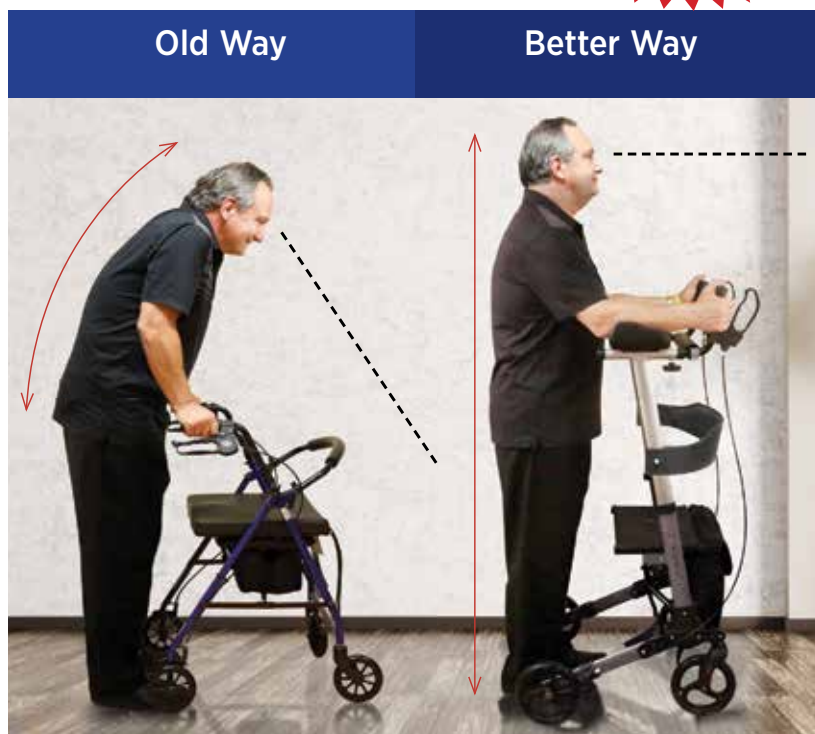


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VA Gets Big Budget Boost, DOD Gets Small Increase

FRA Director of Legislative Programs John Davis and Assistant Director of Legislative Programs Theo Lawson attended the Department of Veterans Affairs budget briefing on the agency's proposed FY2021 budget. It includes a \$22.6 billion increase (10.2 percent) from the current budget. The proposed budget provides for 14,000 more employees, of which 7,000 would be medical staff. The VA anticipates more than 33,000 veterans to enroll in VA health care.

The VA budget also provides for \$1.2 billion increase (\$485 million more than 2020) for the caregiver programs, which includes the expansion of the FRA-supported program. The budget also includes \$137 million to support the processing of Blue Water Navy disability claims. Since the first week of January, the VA has received 14,000 BWN claims and has paid \$7.5 million in retroactive benefit payments to 218 veterans and their survivors. The VA expects a total of 70,000 BWN claims. The proposed budget provides \$2.6 billion to modernize the electronic health records system. The new system would provide a seamless transition to the VA for injured or wounded service members.

The DOD budget request for FY2021 is consistent with the bipartisan budget agreement Congress passed in 2019. The agency's resources are essentially unchanged from last year's amounts. To compensate, Secretary of Defense Mark Esper and our military leaders are implementing reforms and repurposing resources from lower priority functions to fund programs essential to the national defense strategy. The DOD has again requested an 18,000-billet cut in military medical staff.

President Signs Bill to Enhance STEM Careers for Veterans and Military Spouses

President Trump signed into law the Supporting Veterans in STEM Careers Act (S.153), which was sponsored by Sen. Marco Rubio (Fla.). The act will assist veterans who are re-entering the workforce by directing the National Science Foundation to encourage veterans to pursue careers in science, technology, engineering and math, or STEM. The act mandates the NSF's Office of Science and Technology to establish an interagency working group to increase veteran and military spouse representation in the STEM field.

Deputy VA Secretary Dismissed

Department of Veterans Affairs Secretary Robert Wilkie revealed in a brief statement posted on the VA website that he had terminated his next in command at the VA, Deputy Secretary James Byrne, due to loss of confidence. Byrne was confirmed by the Senate on Sept. 11, 2019 (81-11). He served as acting deputy director prior to his Senate confirmation when previous VA Secretary David Shulkin resigned after questions arose about taxpayer-funded travel. Before Byrne served as acting deputy secretary, he served as general counsel for the VA. Before coming to the VA, he served in the Office of the Special Inspector General for Iraq Reconstruction. Earlier, Byrne was a Marine Corps infantry officer.

DOD Provides Updated List of Agent Orange Storage Sites and Dates

The U.S. Department of Veterans Affairs recently released an updated Department of Defense list of locations outside of Vietnam where tactical herbicides were used, tested or stored by the United States military. The DOD conducted a thorough review of research, reports and government publications in response to a November 2018 Government Accountability Office report.

"DOD will continue to be responsive to the needs of our interagency partners in all matters related to taking care of both current and former service members," said Secretary of Defense Mark T. Esper. "The updated list includes Agents Orange, Pink, Green, Purple, Blue and White and other chemicals and will be updated as verifiable information becomes available."

"This update was necessary to improve accuracy and communication of information," said VA Secretary Robert Wilkie. "VA depends on DOD to provide information regarding in-service environmental exposure for disability claims based on exposure to herbicides outside of Vietnam."

The list of locations in the U.S. includes Arkansas, Florida, Georgia, Indiana, Maryland, Mississippi, Montana, New York, Tennessee, Texas and Utah. Specific sites are available online at: www.votervoice.net/FRA/campaigns/70965/respond. **FRA**

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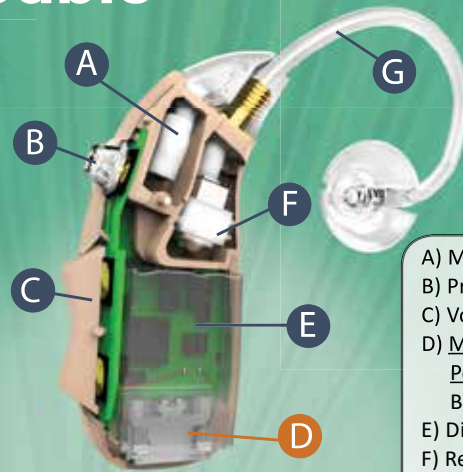
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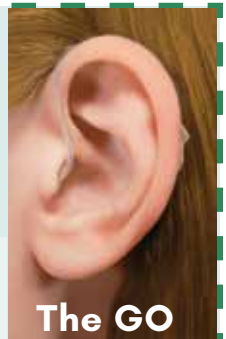


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Aviation Machinist Mate 3rd Class Austin Mollard. Photo courtesy of Austin Mollard.

Fighting for a New Homeland: The Immigrant Experience in the U.S. Navy

By Elise M. Howard

Since its founding, the United States' armed forces have contained a significant number of immigrants and first-generation Americans, children of foreign-born parents. Although these new Americans have fought courageously for their adopted homeland, they have often been treated as outsiders, scapegoats and security threats. How much has the immigrant military experience changed over the past 230 years? Five active duty sailors agreed to share their experiences of what it is like to be an immigrant or first-generation sailor today.

Getting Family on Board Before Going Aboard

For many, the unique challenges of being an immigrant or first-generation sailor begin with gaining their families' support for their decision to

join the U.S. military. Aviation Machinist Mate 1st Class Jairo Briñas recalls the difficulty of convincing his parents, who immigrated from Columbia as young adults in the 1980s, that the Navy was a promising career path.

"They weren't happy because the image of military in Columbia is very brutal and that's just not a life that they wanted for me here," he says. Despite being born and raised in the U.S., Briñas still found himself held to Colombian standards for success. As a 22-year-old eldest son, the pressure was on for him to either get married or begin a clear career path. With no Mrs. Right in sight, he saw the Navy as a route out of "failing" in his family's eyes.

Aviation Machinist Mate 2nd Class Matilda Aidoo had also struggled to find career success in the civilian world. Despite having a college degree in her home country of Ghana, the 29-year-old



Above: (L to R) Aviation Machinist Mate 3rd Class Austin Mollard, Aviation Machinist Mate 2nd Class Matilda Aidoo.
Opposite: (L to R) Aircrew Survival Equipmentman 2nd Class Simona Kaminskaitė, Aviation Machinist Mate 1st Class Jairo Briñas.
All photos are courtesy of the sailors as depicted.

found herself living paycheck to paycheck in the U.S. and sought the financial stability of having a military career. But she would have to sell her family on it first.

“Where we come from, it’s not all about you. It’s about your family, also. So I sought their permission,” Aidoo recalls. “In 2013, it was a time of war, so I wanted them to know that this is what I want to do: I want to be a better person; I want to be able to do something for the family. ... If I die, hey, I just want you to know it’s for a worthy cause. And they supported me.”

In Aviation Machinist Mate 3rd Class Austin Mollard’s case, he had been encouraged to join the military from childhood — at least, by his American father and grandmother. His Taiwanese mother, on the other hand, was less enthusiastic.

“As a Buddhist, she wasn’t exactly all for it. She was afraid I was going to get hurt or I was going to kill somebody, and that negative karma would

affect me in this life or my next,” Mollard recalls. “I just reassured her all I wanted to do was work on engines.”

Becoming a Citizen

Once they finish basic training, eligible sailors who are not already U.S. citizens complete naturalization testing and paperwork. For some, like Aidoo and Lithuanian immigrant Simona Kaminskaitė, obtaining U.S. citizenship means giving up citizenship in their country of origin, which can be a significant emotional loss.

“I heard someone say that I joined the military to get my citizenship, and I was like, ‘No,’ because I am proud to be Lithuanian,” says Kaminskaitė, an aircrew survival equipmentman 2nd class. “But if I have to give it up to serve military, then I’ll do it.”

But becoming a U.S. citizen does not equate to becoming like everyone else.



"I got my citizenship five months after I joined, but I still feel like I'm still an alien because of my accent, because of language barriers, sometimes," says Aviation Machinist Mate 1st Class Ahmadou Diallo, who has served for 10 years. Diallo moved to the U.S. from Senegal at age 24 seeking educational opportunities. Since enlisting in the Navy, he has earned degrees in petroleum engineering and aviation maintenance. A speaker of four languages, Diallo had wanted to enlist as a cryptologic technician interpreter, but knew that it would be "almost impossible" for him to get the required security clearance as an immigrant.

The Consequences of Having an Accent

Although the United States has come a long way toward embracing diversity in the military, some of today's immigrant sailors still face prejudices as old as the military itself.

Like Diallo, Kaminskaitė came to the U.S. for

educational opportunities, leaving friends and family behind to live with her immigrant father and stepmother. She struggled to talk to potential friends at her new high school for fear of revealing her accent, and six years later, she still finds that her Lithuanian accent garners "Russian jokes."

"It's definitely really stressful already to serve the military. As an immigrant, you always get the jokes," she says. "It's something you have to get used to. You know, grow thick skin. Laugh, too, because people will always have some kind of comments about you being foreign, or about you having a language barrier or about you eating, as they say, 'weird stuff.'"

Diallo has certainly heard his share of such comments.

"I got used to someone asking like, 'Do you used to wear clothes back home?' Or 'Do you live in a tree?'" Diallo sighs. "Or people question you, asking 'Why you come to this country?' 'Why are

Right: Recruits recite the Oath of Allegiance during a naturalization ceremony held April 22, 2015, at Recruit Training Command, Great Lakes. The RTC, United States Citizenship and Immigration Services and Region Legal Service Office Midwest work to expedite the citizenship process for recruits that are qualified under Immigration and Nationality Act Section 329, which allows expedited naturalization for aliens and non-citizen nationals serving in an active duty status. Photo by Sue Krawczyk, RTC Public Affairs.



Left: Jairo Briñas with members of Fleet Readiness Center Mid-Atlantic at Naval Air Station Oceana in Virginia. Photo courtesy of Jairo Briñas.

you here?’ ... Just because of your accent, you get all those questions.”

Kaminskaitė reports that some of the attention crosses the line to discrimination. Aidoo notes that she has had “some conflicts with people” over offensive ethnic jokes or impressions of her accent. One incident from her first deployment still stings.

“I made rank on that deployment. ... Somebody said he couldn’t believe that I could make rank, that I could pass the test,” she recalls. “And the only reason this guy said that was because I was an immigrant. Because I had an accent, and so he thought I was stupid.”

While not labelling it as discrimination, Diallo also remarks that immigrants face additional obstacles when it comes to succeeding socially and occupationally in the Navy.

“I’ve seen, in my ten years’ career, a lot of people from different countries, they have a problem fitting in,” he says. “You have to fit in in order to be able to do your job right, and you feel like you have to prove yourself, you have to go that extra mile to be accepted as part of the groups.”

Mollard and Briñas, who speak English without an accent, note that they have never had an issue in the Navy with discrimination or not fitting in.

“I haven’t really seen people being racist or prejudiced against other people from other countries because you take a walk through the command, and there’s plenty of people from different backgrounds, different ethnicities and whatnot,” Mollard says.

Briñas says that for him and others who grew up with little family in the U.S., the Navy can provide “a sense of home that you find eventually. I just feel I fit in, honestly.”

The Long Journey Home

One of immigrant sailors’ greatest sacrifices is making going home a process that involves months of paperwork, multiple online safety courses, and redundant meetings with higher-ups.

“I thought it would be easier because I’d have more of a stable income, unlike what I was doing before as a civilian,” says Mollard, who left Taiwan at age four. “I just look at all the requirements and I think, ‘Oh my God, is this even worth it to go for like two weeks?’”

For Kaminskaitė, the answer to that question was “yes.” She spent almost a full year planning her Christmas 2019 trip to Lithuania, and it took two months to get her paperwork completed and approved.

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Throughout the ages, there have been many important advances in mobility. Canes, walkers, rollators, and scooters were created to help people with mobility issues get around and retain their independence. Lately, however, there haven't been any new improvements to these existing products or developments in this field. Until now. Recently, an innovative design engineer who's developed one of the world's most popular products created a completely new breakthrough... a personal electric vehicle. It's called the **Zinger**, and there is nothing out there quite like it.

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—Dana S., Texas

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding—when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact



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Marines, sailors, airmen, Coast Guardsmen and soldiers were part of a group of 125 immigrants who received their citizenship on Liberty Island in New York, Oct. 28, 2011. The event was part of the day long celebration of the 125th anniversary of the Statue of Liberty's dedication. Photo by Sgt. Randall Clinton, Marine Corps Public Affairs Office New York.

Diallo notes that the unfortunate truth is that if one of his family members in Senegal were to die, “it’s a guarantee that you will not make it to the funeral, because in Africa probably the funeral is about two or three days after the death. So just to get through the process, the fastest time I’ve seen is probably three weeks.”

Finding Personal Meaning in the Daily Grind

Despite the jokes, the difficulty of going home, and the rigors of Navy life, these immigrant sailors ultimately find satisfaction in their work for reasons that are deeply personal. All five say that serving in the Navy is an honor and has made them feel more connected to the United States.

“I feel as though I have been a part of it. I feel like this is home,” Aidoo says. “It is a huge honor and it comes with a lot of respect among other Ghanaians, and then even other Americans.”

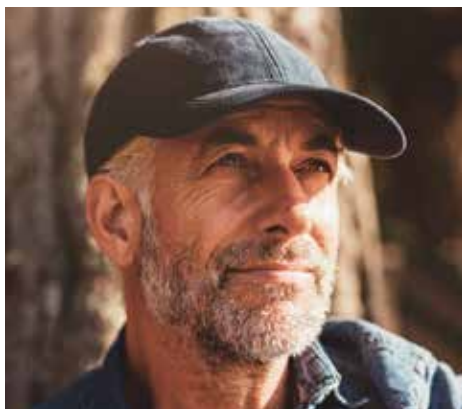
Mollard explains that because of America’s alliance with Taiwan, serving in the U.S. Navy allows him to defend both of the places he calls home. For Kaminskaitė, who is preparing for

her fourth deployment, Navy travel feeds the adventurous spirit that has helped her adapt to life in the U.S. Diallo notes that he has also enjoyed the opportunities to travel, as well as the excitement of “learning something new” and meeting “some great people.” Although it was a difficult adjustment at first, he now reflects on it as “one of the best experiences I had in my life.”

Ever the elder brother, Briñas serves as a command financial specialist and appreciates the opportunities he has to give financial and life advice to junior sailors.

“I can see the dramatic impact that I’ve made to people, not even just work-related-wise, but in their personal life, also,” he says. “I find a great reward in that.”

Although they represent different nations, languages and immigration experiences, these five sailors walk in the footsteps of the hundreds of thousands of immigrant service members who have gone before them. They embody the melting pot that America is and has always been, and set a precedent of excellence for the next generation of sailors who will follow them. **FRA**



Men Over 40 Celebrate Breakthrough Pill

Doctor-developed natural formula supports prostate health, normal urinary frequency, and optimal male health

By S.A. Nickerson, Health Correspondent

Renowned holistic physician David Brownstein, M.D., knows most men feel embarrassed to talk about their prostate.

However, if you're a man over 40 or 50, your prostate is probably talking to you — and it's time to listen.

"With aging, your prostate gland can swell," warns Dr. Brownstein. "This pressure begins to affect urinary control, forcing you to look for a bathroom wherever you go. You may have difficulty sleeping because of multiple nightly bathroom trips."

Rogue Testosterone Starts Attacking Around Age 40

Once you hit middle age, your body begins to secrete the enzyme 5-alpha

reductase. This causes your normal "manly" testosterone to turn into a rogue testosterone compound called DHT (dihydrotestosterone).

The build-up of DHT is a primary reason why prostate size increases as you age — and is associated with the unpleasant urinary symptoms that result.

What you need, says Dr. Brownstein, is something to block the 5-alpha-reductase enzyme so it can't do its dirty work and encourage higher levels of this rogue testosterone.

Collateral Damage

Inflammation, the second culprit contributing to prostate concerns, represents collateral damage. As your body's response to injury, inflammation leads to the release of chemicals that cause fluid to accumulate in and around your prostate.

So you also need a solution that promotes a healthy inflammatory response in your prostate's tissues.

Based on his two decades of research and treating patients, Dr. Brownstein formulated one of the top-selling prostate support formulas available on the market

today. Since 2013, **PROSTATE REVIVE®** has been helping thousands of men across the country.

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PROSTATE REVIVE is truly a male health breakthrough, with 15 powerful, handpicked nutrients working together in a synergistic formula.

Ingredients such as saw palmetto, plant sterols with beta-sitosterol, pumpkin seed powder, and others help reduce the production of DHT.

Additional ingredients, including boswellia extract, pomegranate fruit extract, and pygeum, help promote proper inflammatory response.

Plus, nutrients such as selenium, zinc, and lycopene are essential for the health and function of your prostate.

The Simple Solution

With daily use, **PROSTATE REVIVE** makes it simple to support normal prostate health and function. With better control and fewer trips to the bathroom, you may even sleep better.



PROSTATE REVIVE® Users Speak Out*

Many users write to praise this prostate support formula.

"Had trouble urinating and it took forever. Had to get up 6 times a night. After using **PROSTATE REVIVE** for 2 weeks everything is good. I feel it is perfect. I have used other brands and not one of them worked like yours."

Kenneth F., California

"I'm so happy with **PROSTATE REVIVE**, there aren't enough words to describe it. Fantastic!"

Manuel L., Tennessee

"**PROSTATE REVIVE** keeps my bladder under control, so I don't feel the urgency to urinate anymore. I feel more alert and wake up restful, ready to go ahead with my day."

Luis C., New York

"I took it for 6 weeks and my PSA level went way down."

Ramon G., Wisconsin

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THE VIRGINIA WAR MEMORIAL

The Commonwealth Remembers All Virginians Lost

By Ann Norvell Gray

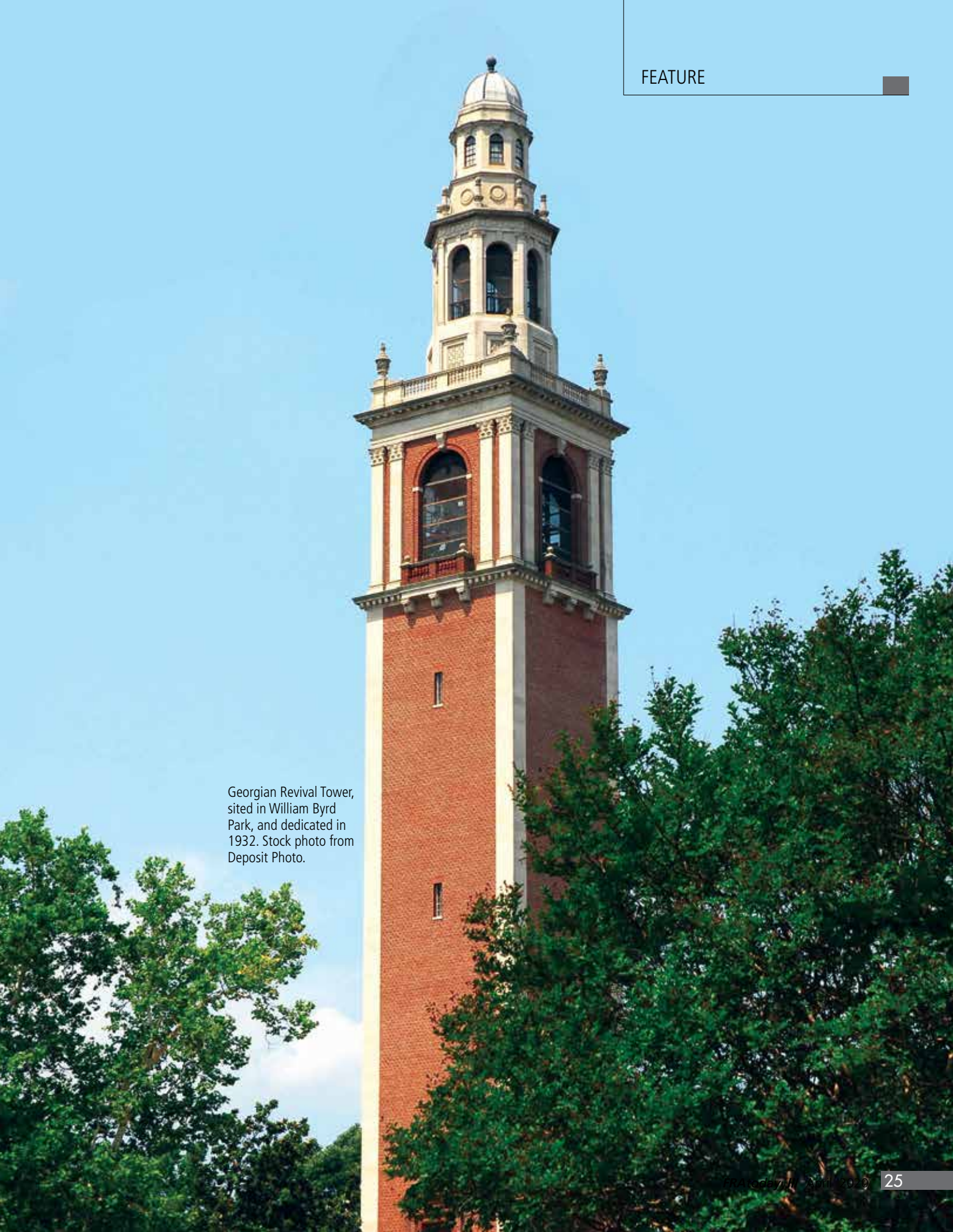
Richmond, Virginia, is a distinctly Southern city, sited at the headwaters of the James River, and steeped in history. Although its Confederate monuments have taken center stage most recently, Virginia's appreciation of generations of fighting men and women has not stalled at the Civil War. The commonwealth's official commemoration of its war dead is expressed in two sites within 3 miles of each other. The first honors those who died in World War I. The second began as a memorial to all Virginians lost in World War II and has continued to expand with every subsequent action around the world.

Reverence Expressed in Architecture

Virginia's monument to its 3,700 WWI casualties is a 240-foot Georgian Revival tower, sited in William Byrd Park and dedicated in 1932. It stands alone at the end of a long lawn flanked by trees. Known

simply as the Carillon, the tower houses an enormous musical instrument made up of 53 bronze bells inside a steel chamber, which are played with fists and feet on a baton keyboard, where each key moves a mechanism that strikes one bell. Those bells were cast by John Taylor & Co. of Loughborough, England, the largest bell foundry in the world, which has been in continuous operation since the middle of the 14th century — a fact to warm the hearts of traditionalists everywhere.

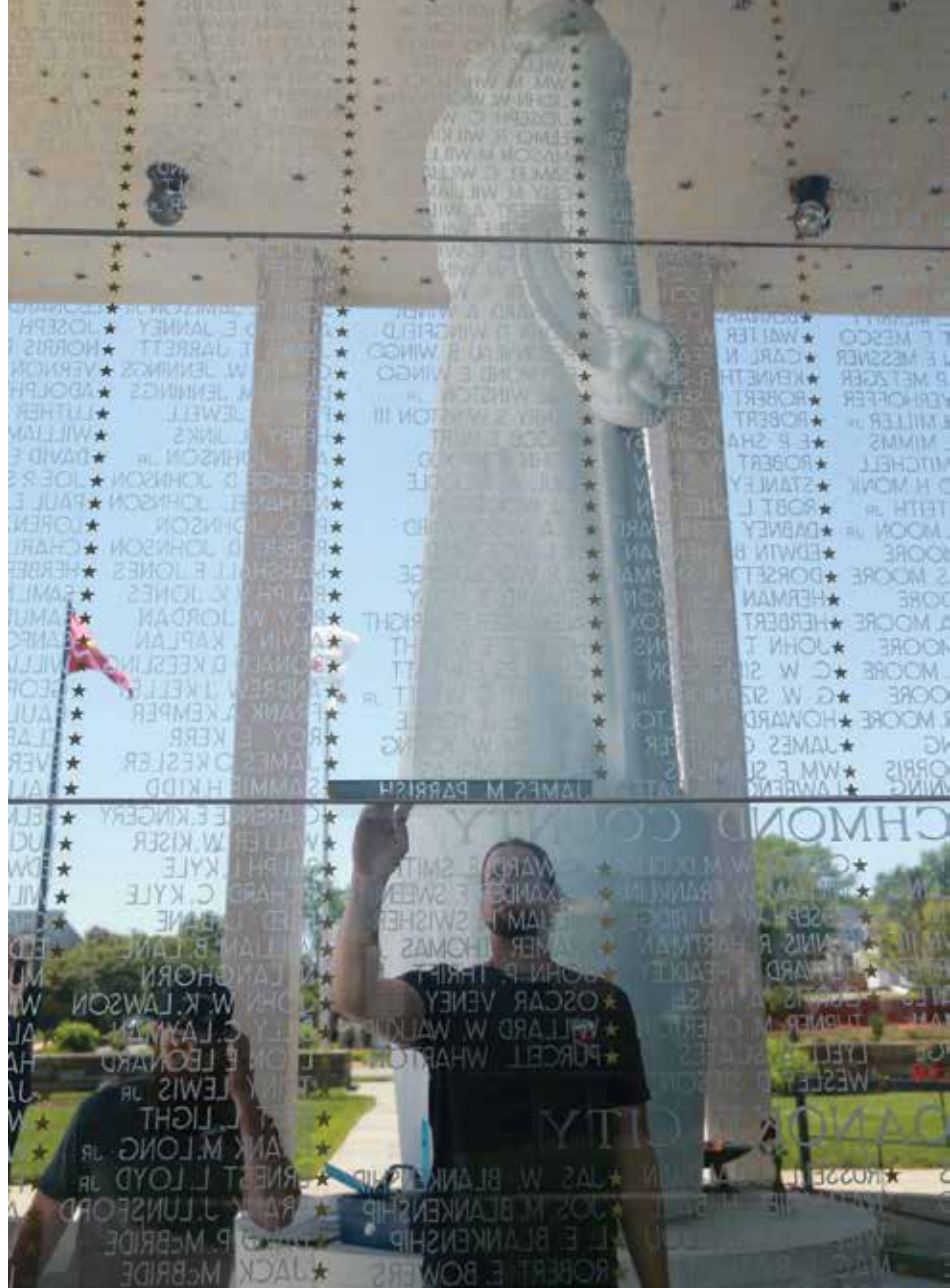
The “war to end all wars” turned out instead to be the prelude to the Second World War. In 1950, Virginia's legislature authorized a memorial to all Virginia members of the U.S. armed forces who had died in defense of the nation. Five sloping acres on a hillside overlooking the James River and the downtown skyline were allocated for the project. Virginia architects Samuel J. and Richard E. Collins won the architectural competition. The resulting



Georgian Revival Tower, sited in William Byrd Park, and dedicated in 1932. Stock photo from Deposit Photo.



The statue “Memory” overlooks the wall of names, where visitors can locate the names of Virginians lost in battle based on their home city or county. Photos courtesy of the Virginia War Memorial.



Shrine of Memory is a streamlined interpretation of a classical temple, its open pavilion created by soaring limestone columns. A stone block wall along the western side protects the interior from traffic noise and motion. The columns frame massive sheets of glass on which the names of the dead are inscribed. These names are organized into groups by the city or county that each of the fallen called home. Seeing them arranged as neighbors makes their presence in a terribly long list seem suddenly much more personal.

Inside the southern end of the pavilion stands “Memory,” an immaculate 22-foot statue of a grieving woman with an eternal flame at her feet.

Her serene modern form is clearly visible through the glass from the highway leading down and across the James along the western side of the memorial. The sculptor chosen for the statue was Leo F. Friedlander, creator of “Valor” and “Sacrifice,” the two massive bronze fire-gilded Art Deco horses and riders flanking the end of the Arlington Memorial Bridge that leads into Washington, D.C.

While the memorial’s original design was being built, the U.S. entered the Korean conflict. Plans were adjusted to include the casualties of that action. Included in that plan were the addition of a small auditorium and some office space, both of them useful, but neither of which added much to



The Paul and Phyllis Galanti Education Center was built perpendicular to the Shrine of Memory to form an L-shaped complex. The amphitheater lies in the space between them. Photo by Glenn Suttentfield Photography.

the architectural context. In 1981, the Shrine was expanded to include Vietnam's fallen heroes. In 1996, names from the Persian Gulf war were added. Plans remain underway to accommodate the names of all Virginian service members who have been lost and who must continue to be called to make the ultimate sacrifice as conflict in the 21st century continues.

The Paul and Phyllis Galanti Education Center

By 2008, overwhelmed by the number of visitors, the growing collection of artifacts, and the need for ceremonial and educational event space, the memorial's foundation turned to Richmond's Glavé & Holmes Architecture for a solution. The firm responded with an 8,000 square foot addition that provided new space and new technology, including an amphitheater cut into the hillside below. The new wing, which opened in 2010, respects the existing materials and scale of the Shrine while retaining the open feeling and the views of the

river and city beyond.

The new facility is named in honor of retired Navy Cmdr. Paul Edward Galanti and his wife, Phyllis Eason Galanti. Paul was an A-4 Skyhawk pilot who, after 97 combat missions, was shot down over Vietnam in 1966 and held as a POW until 1973.

Mrs. Galanti was a young wife whose campaign to marshal the energy of other POW wives put unrelenting pressure — first on the North Vietnamese delegation in Stockholm and then on our president and congress — to identify, improve the treatment of, and obtain the release of prisoners of war being held in terrible conditions in Vietnam. Her husband was among the first group freed.

For his steadfast courage, Paul Galanti was awarded the Silver Star. Of Mrs. Galanti's untiring efforts throughout those seven years, former Virginia's Gov. Mills E. Godwin said, "One dedicated woman and a handful of others had more influence on the communist world than legions of armies and diplomats," and called both Galantis "examples of raw courage, of faith that sustains us



Above: The amphitheater was part of the 2010 \$10 million expansion project that also included an auditorium and the Paul and Phyllis Galanti Education Center. Photo by Chris Cunningham Photography. Left: Lifelike mannequins are throughout the hall. Photo courtesy of the Virginia War Memorial.



all, of a spirit that is undaunted and a life that is well-lived.” The power of their story, their years of service on the memorial’s board, and their belief in a living memorial focused on education made them the obvious choice for the center’s name.

Exhibits and Education

Around the wide oval entrance lobby with its high glass walls, quotations from notable Virginians are cut into tablets high on the walls. One engaging example comes from Lt. Gen. Lewis B. “Chesty” Puller, still the most decorated Marine in the nation’s history. It reads, “All right, they’re on our left, they’re on our right, they’re in front of us, they’re behind us ... they can’t get away this time.” A plaque recalls the contributions of James Madison and Thomas Jefferson to freedom, and expresses the memorial’s call to “enter this shrine with reverence and respect” for “Virginians’ eternal

vigilance, expressed in the selfless sacrifices of their treasure, their blood, and their lives.”

All the documents and artifacts in the war memorial’s collections are connected to Virginia in some way. The exhibits throughout the galleries are compact and artfully presented. They include a collection of iconic WWII bomber jackets, a chunk of the west wall of the Pentagon demolished on Sept. 11 and the Omori Flag, an American flag made secretly by American POWs held by the Japanese near Yokohama until their rescue by the Navy in 1945.

In the center of the Virginia American Legion Exhibit Hall, there is a group of extraordinarily lifelike mannequins. Each is placed in a particular historic context, representing every war since the American Revolution with precise re-creations of the appropriate weapons and uniforms. The physical vignettes surround a grouping of heavier weaponry arranged as if for action. The surrounding walls display more of the memorial’s large collections of

Men's Virility Restored in Clinical Trial; 275% More Blood Flow in 5 Minutes

A newly improved version of America's best-selling male performance enhancer gives 70-year-old men the bedroom performance they enjoyed in their 30's.

America's best-selling sexual performance enhancer just got a lot better.

It's the latest breakthrough for nitric oxide – the molecule that makes erections possible by increasing blood flow to your penis.

Nitric oxide won the Nobel Prize in 1998. It's why "the little blue pill" works. More than 200,000 studies confirm it's the key to superior sexual performance.

And this new discovery increases nitric oxide availability resulting in even quicker, stronger and longer-lasting erections.

One double-blind, placebo-controlled study (the "gold-standard" of research) involved a group of 70-year-old-men.

They didn't exercise. They didn't eat healthy. And researchers reported their "nitric oxide availability was almost totally compromised," resulting in blood flow less than HALF of a man in peak sexual health.

But only five minutes after the first dose their blood flow increased 275%, back to levels of a perfectly healthy 31-year-old man! "It's amazing," remarks nitric oxide expert Dr. Al Sears. "That's like giving 70-year-old men the sexual power of 30-year-olds."

WHY SO MUCH EXCITEMENT?

Despite the billions men spend annually on older nitric oxide therapies, there's one well-known problem with them.

They don't always work.

Dr. Joseph Loscalzo explains why. He's studied nitric oxide for over 43 years. He is the physician-in-chief at Brigham and Women's Hospital. He says a "deficiency of bioactive nitric oxide... leads to impaired endothelium-dependent vasorelaxation."

In plain English, these older products may increase levels of nitric oxide. But that's only half the battle. If it's not bioactively available then your body can't absorb it to produce an erection.

Experts simply call it the nitric oxide "glitch." And until now, there's never been a solution.

NEXT GENERATION NITRIC OXIDE FORMULA FLYING OFF SHELVES

Upon further research, America's No. 1 men's health expert Dr. Al Sears discovered certain nutrients fix this "glitch" resulting in 275% better blood flow.

He's combined those nutrients with proven nitric oxide boosters in a new formula called

Primal Max Red. In clinical trials, 5,000 mg is required for satisfying sexual performance. *Primal Max Red* contains a bigger, 9,000 mg per serving dose. It's become so popular, he's having trouble keeping it in stock.

Dr. Sears is the author of more than 500 scientific papers. Thousands of people listened to him speak at the recent Palm Beach Health & Wellness Festival featuring Dr. Oz. NFL Hall of Fame quarterback Joe Namath recently visited his clinic, the **Sears Institute for Anti-Aging Medicine**.

Primal Max Red has only been available for a few months — but everyone who takes it reports a big difference. "I have the energy to have sex three times in one day, WOW! That has not happened in years. Oh, by the way I am 62," says Jonathan K. from Birmingham, AL.

HOW IT WORKS

Loss of erection power starts with your blood vessels. Specifically, the inside layer called the endothelium where nitric oxide is made.

The problem is various factors THICKEN your blood vessels as you age. This blocks availability causing the nitric oxide "glitch." The result is difficulty in getting and sustaining a healthy erection.

How bad is the problem?

Researcher shows the typical 40-year-old man absorbs 50% less nitric oxide. At 50, that drops to 25%. And once you pass 60 just a measly 15% gets through.

To make matters worse, nitric oxide levels start declining in your 30's. And by 70, nitric oxide production is down an alarming 75%.

Primal Max Red is the first formula to tackle both problems. Combining powerful nitric oxide boosters and a proven delivery mechanism that defeats the nitric oxide "glitch" resulting in 275% better blood flow and stronger erections. There's not enough space here to fully explain how it works, so Dr. Sears will send anyone who orders *Primal Max Red* a free special report that explains everything.

MORE CLINICAL RESULTS

Nutrients in *Primal Max Red* have logged impressive results.

In a *Journal of Applied Physiology* study, one resulted in a 30 times MORE nitric oxide. And these increased levels lasted up to 12 hours.

"I measured my nitric oxide levels, you can buy a test kit from Amazon," reports 48-year-old Jeff O. "Monday night I showed depleted."

Then he used ingredients in *Primal Max Red* and, "The results were off the charts. I first woke



A new discovery that increases nitric oxide availability was recently proven in a clinical trial to boost blood flow 275% resulting in even quicker, stronger and longer-lasting erections.

around 3 a.m. on Tuesday with a throbbing boner. My nitric oxide levels measured at the top end of the range."

FREE BONUS TESTOSTERONE BOOSTER

Every order also gets Dr. Sears testosterone boosting formula *Primal Max Black* for free.

"If you want passionate 'rip your clothes off' sex you had in your younger days, you need nitric oxide to get your erection going. And testosterone for energy and drive," says Dr. Sears. "You get both with *Primal Max Red* and *Primal Max Black*."

HOW TO GET PRIMAL MAX

To secure free bottles of *Primal Max Black* and get the hot, new *Primal Max Red* formula, buyers should contact the Sears Health Hotline at 1-800-236-3137 within the next 48 hours. "It's not available in drug stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer."

Dr. Sears feels so strongly about *Primal Max*, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back," he says.

The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call 1-800-236-3137 to secure your limited supply of *Primal Max Red* and free bottles of *Primal Max Black*. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use Promo Code FRA0420MAX when you call in. Lines are frequently busy, but all calls will be answered.

The Paul and Phyllis Galanti Education Center can be seen through the Shrine of Memory's glass walls. Stock photo by DepositPhoto.



Virginia War Memorial

621 S. Belvidere St.
Richmond, VA 23220
804-786-2060

Hours:

Shrine:
Daily: 5 a.m. to midnight

Education Center:
Monday - Saturday: 9 a.m. - 4 p.m.
Sunday: Noon - 4 p.m.

Carillon Tower

1300 Blanton Ave
Richmond, VA 23221
804-646-5733

Admission: Free

Internet Resources:

<https://vawarmemorial.org>
<http://carilloncivic.org/CarillonHistory.php>
<https://richmondcitybook.com/carillon-bell-tower-richmond.php>
<https://americanart.si.edu/artwork/arts-war-sacrifice-316-scale-model-35397>
<https://www.glaveandholmes.com/projects/paul-and-phyllis-galanti-education-center>

military ordinance and memorabilia. Also worth mentioning is an astonishing display of hundreds of meticulous miniature Navy ships' models sculpted over a 50-year period by John L. "Sonny" Edwards. He is a military historian and beloved long-time volunteer researcher, mentor and teacher at the memorial.

Along one long wall, letters home to Virginia from service members deployed all over the world are mounted. Their messages have been enlarged to make them easier to read. In 1943, Clendon Pleasants posted this letter to his family back home:

Dear Daddy and Mama,

I feel unusually good tonight. Maybe it's because Italy has fallen, the weather seems cooler, the chow seems better and whole world looks brighter. The army isn't as bad after all. ... When I think back over those two years, I seem to forget the tough days, and just remember the good times I've had. Its one thing that I can't forget; that's the pals that we lost here in Africa. We only have about twenty of the old boys left in the Co. ... I got your letter today saying Karl has gotten a purple heart. I'm just glad that he wasn't hurt that bad. I know he will come out all right. ... Next fall I hope we will all be home, but I guess I'll have to go by Berlin if I want a date

with one of those German dames. ...

Ever, Clendon

These letters, full of love and longing, are an exquisitely personal expression of the mission carved in stone on the wall of the shrine: "Tell all who enjoy freedom of the deeds and sacrifices required for freedom to flourish."

Spend some time looking around the websites listed to the left to learn more about the memorial's public spaces, archives, and educational projects. You can also learn about the films, programs and events presented and hosted in the war memorial's theaters. Of particular interest is the "Tour of Grounds" included in the "Plan your Visit" menu of the Virginia War Memorial's website.

As this issue of *FRA* today went to press, another expansion of the site was about to open. The memorial's website explains that "the addition [features] a shrine to those killed in action in the 21st century, a long-distance learning and oral history studio, a veterans art gallery, a Medal of Honor Gallery, a lecture hall, and a parking deck. ... This public-private project will allow the Memorial to better serve the thousands of students, veterans, and guests who visit annually and greatly enhance our ability to reach across Virginia and beyond." **FRA**

2020 CONVENTION

PORTLAND



**93rd FRA
88th LA FRA**



2020 NATIONAL CONVENTIONS Portland, Oregon September 28 – October 3, 2020

The Northwest Region of the FRA is hosting the 2020 National Conventions. All FRA Members and family are invited and welcome to join us in the beautiful city of Portland, Oregon.

Sheraton Portland Airport Hotel 8235 NE Airport Way, Portland, OR 97220 503-281-2500

Be sure to mention "Fleet Reserve Association." Online reservations will be available at a later date. Room rates are \$112 per night plus a 15.3% hotel tax and apply for up to three days prior and three days following the convention dates but you are advised to book early to ensure availability. The cut-off date for the block of rooms will be held until Tuesday, September 1, 2020. There is on-site complimentary self-parking. There is a complimentary airport transportation to and from the hotel and within a five-mile radius of the hotel.



Visit www.fra.org/foundation
for the 2020 scholarship
applications and rules,
or to make donations.



Who needs money for college?

FRA's Education Foundation awards approximately \$90,000 in scholarship funds each year to recipients based on financial need, academic standing, character and leadership qualities. Our scholarship program is open to anyone who has an affiliation with the USN, USMC or USCG, through their own service or that of a spouse, parent or grandparent.

To learn more about the FRA Education Foundation and our scholarships, visit www.fra.org/foundation where you will find descriptions of each scholarship program, lists of past winners and, starting in September of each year, applications for the current year's programs. We encourage all eligible scholars to apply for our scholarships and to share information about them with others.

Questions?

E-mail us at scholars@fra.org
or call 703-683-1400.

**Educating our service members,
veterans and their families.**



125 N. West Street
Alexandria, VA 22314
800-FRA-1924 • 703-683-1400
scholars@fra.org

Scholarship Application Deadline is April 15th



NEDE Joe Barnes

**The FRA
Scholarship
Application
Deadline
is April 15,
2020**

The application deadline for 2020-2021 academic year scholarships is April 15, 2020. As I've stated repeatedly in past articles in this space, it's important to be mindful of this important deadline and it's essential for applicants to submit complete application packages.

Required materials include the applicants' official or certified academic transcript, a short essay, two recommendation letters and a community activities sheet. Unfortunately, incomplete application submissions are not considered by the adjudication panel – so all applicants are urged to pay special attention to these requirements in order to ensure that their applications are evaluated by the panel.

Foundation scholarships range from \$1,000 to \$5,000, and applications for FRA Member Scholarships, FRA Non-Member Scholarships, and the Colonel Hazel Ben, USMC, Scholarship are available on the Education Foundation page of FRA's website at www.fra.org/foundation.

Detailed application rules are included with the forms, including eligibility requirements. For example, sponsors of applicants for the Ben Scholarship must be serving or have served as a Navy corpsman in support of the U.S. Marine Corps.

Applicants with sponsors who are, or were in the case of deceased FRA Shipmates, members of the Fleet Reserve Association qualify for more Foundation scholarships. For example, 16 of the 21 recipients of 2019-2020 awards are affiliated with members of the association.

National Convention Committee Award

Thanks for the generosity of the 2019 FRA National Convention Committee, chaired by PNP Larry Boudreaux, the FRA Education Foundation is the recipient of half of the proceeds from last year's convention in Memphis, TN in the amount of \$5,287. This money will fund a \$1,000 scholarship named for the committee beginning this year and continuing until the funds expire.

The Committee (comprised of FRA PNPs Virgil Courneya and John Johnson, LA FRA PNPs

Helen Courneya, Pat Boudreaux, Diane Hoover, Cindy Rodham-Tuck, PRPSW Mick Fulton and PRPNW Pete Lazzaretti) also contributed the same amount to the LA FRA Scholarship Fund.

Full disclosure, Shipmate PNP Boudreaux also serves at Secretary of the Education Foundation Board of Directors.

And on behalf of the Foundation Board, I wish to express sincere appreciation for this generous contribution in support of scholarship awards in 2020 and beyond.

Help Inform Shipmates about Foundation Scholarships and Associated Programs

As detailed in the March issue of FRA Today, regional 2020 mid-year meetings and conventions will be conducted in the coming months. In conjunction with these, Foundation's 2019 National Convention report included important recommendations for national, regional and branch leaders.

These include recommending that FRA leadership and individual Branches **continue supporting the FRA Education Foundation, and that information regarding the Foundation and its scholarship awards be disseminated** at Regional meetings and during leadership visits to Branches and other Association/Sea Service related functions.

The Foundation Board also recommends that information be disseminated regularly about registering for and using the **Amazon Smile program** (*register at smile.amazon.com*) to help support the Foundation via Regional meeting, Branch newsletters, and at Branch meetings. Amazon donates 0.5% of the price of most purchases to the Foundations.

We also recommend **including detailed information on the Foundation as part of annual leadership training** to expand awareness and help support the Foundation's mission which is directly related to FRA's mission and cardinal principles.

Thanks as always for your continuing support! **FRA**

By NEDE Joe Barnes, President, FRA Education Foundation

2020 Regional Meetings & Conventions

April 17-19, 2020

North Central Midyear Meeting

Holiday Inn Bloomington Airport South
201 W. 94th St.
Bloomington, MN 55431
Telephone: 952-884-8211
Ask for "Fleet Reserve Association rate"
Room rate: \$109 plus tax
Contact: Branch 136 President Gene Jarnagin
Telephone: 651-454-3402

July 16-18, 2020

East Coast Regional Convention

DoubleTree Hotel Annapolis
210 Holiday Court
Annapolis, MD 21401
Telephone: 410-224-3150
www.doubletreeannapolis.com
Hosted by FRA Branch 24 and
LA FRA Unit 24
Contact: Lew Bearden
Email: lrbearden@comcast.net
Contact: Virginia Jorden
Email: vmjorden@gmail.com

August 2-4, 2020

North Central Regional Convention

The Inn at Grand Glaize
5142 Osage Beach Parkway
Osage Beach, MO 65065
Telephone: 800-348-4731
Room rate: \$69 plus tax
Contact: Norm Combs
Telephone: 816-847-6562
Email: bilgerat@sbcglobal.net

August 7-8, 2020

Northeast/NE Regional Convention

SureStay Plus Hotel by Best Western,
Albany Airport
200 Wolf Road, Albany, NY 12205
Telephone: 518-458-1000
Room rate: \$99 plus tax (breakfast included)
Contact: Floyd Hunt
Email: fnhunt876@gmail.com

August 16-20, 2020

Southwest Regional Convention

Plaza Hotel & Casino
1 N. Main St.
Las Vegas, NV 89101
Telephone: 702-386-2110
Room rate: \$29 plus resort fee and taxes

August 21-22, 2020

West Coast Regional Convention

Gold Dust West Hotel and RV Park
Carson City, Nev.

August 27-29, 2020

Northwest Regional Convention

La Quinta Inn & Suites by Wyndham
Tacoma - Seattle
1425 E. 27th St.
Tacoma, WA 98421
Telephone: 253-383-0146
Room rate: \$119 plus tax (breakfast included, non-smoking hotel)
Code: Fleet Reserve Association
Contact: PNP John Johnson
Telephone: 253-381-8498
Email: mwjohn4@comcast.net

September 10-13, 2020

Southeast Regional Convention

Sea Mist Oceanfront Conference Center
1200 S. Ocean Blvd.
Myrtle Beach, S.C. 29577
Telephone: 800-732-6478
Code: Fleet Reserve Association 1675342
Room rate: \$107.35 (breakfast included)
Contact: PNP George Kaye
Telephone: 843-504-9120

September 29-October 4, 2020

93rd FRA National Convention

Sheraton Portland Airport Hotel
8235 NE Airport Way
Portland, OR 97220
Telephone: 503-281-2500
Room rate: \$112 plus tax
Code: Fleet Reserve Association
Contact: Pete Lazzaretti
Email: pr@frabranch18.org

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Trailblazer and mentor Raymond Applewhite retires in 2015 after nearly 4 and 1/2 decades of combined military and civilian service. All photos courtesy of Raymond Applewhite.

Shipmate Raymond Applewhite

Compiled by Donna Jansky

In my travels these past few years, I have met some wonderful, interesting Shipmates. Oh, the sea stories I have heard! Some funny, some uplifting, some tragic. One thing that is common, though, is how Shipmates have overcome adversity to achieve their goals.

One such Shipmate is retired Hospital Corpsman Senior Chief Raymond Applewhite of Camp Lejeune Branch 208. Shipmate Applewhite was born in Norfolk, Virginia, and grew up in Wilson, North Carolina, during an era of racial segregation and pervasive prejudice. He would not only pick cotton and crop tobacco while growing up, but he would also cut grass for white people and clean their yards. He has shared his memories of the Ku Klux Klan riding through his neighborhood; of eating at establishments where there were signs that read, “colored here” and “white here;” of being able to only walk on one side of the street; and of going to

the theater in town that blacks could attend.

Shipmate Applewhite’s inspiration was his aunt, Miss Lossie Jenkins, who raised him. She taught him the real meaning of taking your time and evaluating things to look past the surface level. She also taught him that everyone has something inside of them that makes them “shine and sparkle;” you just have to look a little bit harder with some people.

In 1971, Applewhite joined the Navy. He remembers his company commander, Chief Boatswain Mate Hughes, who wore a Masonic ring, instilling the value of hard work in the recruits. For Shipmate Applewhite it was like hearing the lesson his Aunt Lossie had already instilled in him: If you work hard in life, it will pay big dividends for you at some point in your life. Then it was off to Hospital Corps School in Great Lakes, Illinois

As a hospital corpsman 3rd class, Shipmate Applewhite received orders to Field Medical



Top left: As PAO, Applewhite helped guide and advise 10 different Lejeune Hospital Commanders. Top right: Applewhite's boot camp graduation portrait, taken in Orlando, Florida, in 1971. Left: In 2014 Applewhite lead the Masons in the Veterans Day parade in Jacksonville, North Carolina.



Service School at Camp Lejeune, North Carolina. When he reported in, Master Chief Fred Monk and the staff expressed that there must have been a mistake in his orders. Personnel who came to the FMSS were there for one of two reasons, they explained: (1) to be on the staff, or (2) as students for training. Shipmate Applewhite remained steadfast, stating that his orders distinctly said, “for duty.” They did not say, “for attendance.”

Even though the command tried to have the orders changed, Applewhite remained on station. Master Chief Fred Monk and Senior Chief Ed Moore saw Applewhite's talent and his value and kept him on staff. After Applewhite made second class, his chance to go to instructor school finally came. He thought he was doing well until one day the senior chief came in and told him to report to the commanding officer, or CO. In the office was a Navy captain, sitting there with his cover cocked to the side and an African-American

master chief standing beside him. The CO said, “Every now and then we have some people, sailors that are sent to this school that shouldn't be here. Let me just make this real simple for you. You are doing remarkably well. Every now and then we have someone that comes here that does so well we will accelerate them and send them back to the command so that they can go to work.” Then he said, “That's what I'm going to do with you. You need to go back and go to work.”

Back at Camp Lejeune, Applewhite was ready to get up on the podium and start teaching, but the CO there decided that if Applewhite was going to be an instructor at FMSS, he would have to go through the course as a student. Although some Navy instructors had not gone through the course, the differential treatment was not important to Applewhite. What was important was that he was going to get a chance. So in the 1974-75 time frame, Applewhite became a full-fledged instructor at the school.

For Applewhite, there was no fanfare, no official Navy press release to announce that he was the first African-American to become an instructor at FMSS. It was not in the interest of the Navy to promote his achievement. However, it does not mean he was not one of the countless barrier breakers who have served throughout the history of our nation. Chances are he was “the first” African-American Navy instructor



Applewhite being promoted to hospital corpsman senior chief in 1987 by Lt. Delahanty and Master Chief Bridges.



Applewhite poses with Hospital Corpsman 3rd Class Ann Stickler at his retirement ceremony in 1993.



Applewhite as guest Speaker at Naval Hospital Camp Lejeune Black History Program in 2018.



Applewhite poses for a formal portrait.

at that school. Simply stated, he was a pioneer and trailblazer who still tries daily to be an example for others to emulate.

Over the course of his 22 years in service, Applewhite served with distinction in a wide variety of tours with the Navy and Marine Corps, both inside and outside the contiguous United States. After retiring, Applewhite joined the ranks of the civilian world, becoming the supervisor of Eastern Carolina Coordinated Care Center, then a community relations officer and later a public relations officer at Naval Hospital Camp Lejeune, North Carolina. He continues to support, motivate and lead the military community as the President of Camp Lejeune Branch 208, and as a member of the Secretary of the Navy Retiree Council. He does countless speaking engagements in his area.

Applewhite's historic career includes his proposal

that members of the Masonic Order, regardless of the color of their skin, jointly participate in the Veterans Day parade in Jacksonville, North Carolina. He led the formation of Masons down the parade route in 2014. He is regarded as a pillar in the community and a role model. He was recognized as a Legend of Onslow County by the Jacksonville-Onslow Chamber of Commerce for his many cumulative years of mentorship and vast array of contributions to the military and civilian communities.

He credits his success in life to his faith and the many opportunities given to him by many people. He firmly believes that the number one cheerleaders in his life have been his loving wife, Georgia; their two children, Rosalind and Denise and his aunt, now Mrs. Lossie Reid, who taught him the life lessons he needed to blaze a trail for future generations of black sailors and Marines. **FRA**

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Membership Recruiting Awards –

Any member of the FRA or Auxiliary who sponsors or recruits:

- **1 active duty enlisted member** of the U.S. Navy, Marine Corps, and Coast Guard will receive a Navy, Marine Corps or Coast Guard pin respectively.
- **1 new active duty shipmate** from each branch of services will qualify for **The National President's Membership Club**.
- **3 new or reinstated shipmates** will receive the **Recruiting and Retention 2020-2021** pin award.
- **5 new or reinstated shipmates** in one membership year will receive the **Recruit Five Moving Forward** pin and a one-year extension of his/her existing membership (valued at \$40). If the sponsor is a Life Member, a \$40 membership gift certificate can be given to any current or new shipmate the recipient desires.
- **10 new or reinstated shipmates** shall be presented with a **Gold Lapel Button** emblem of the Association, a Gold Membership Card, and a Letter of Commendation signed by the National President.
- **32 new or reinstated members** during the membership year will receive **Life Membership or \$100 cash**. For each subsequent 32 members recruited, a Shipmate will receive an addition \$100.
- **50 new or reinstated members** will receive a **Silver Anchor Squadron Award Pin**, a Silver Anchor Squadron Certificate and a Letter of Commendation signed by the National President.

Awards are issued quarterly and will be shipped to your affiliated branch, directly to the Shipmate or a Member-At-Large.



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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 *FRAtoday*, *NewsBytes* and *OnWatch*.

SPONSORED BY:

Name: _____
 Member No.: _____ Branch No.: _____

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: _____

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- ☐ 1 Year \$40.00
☐ 2 Years \$64.00 **FIRST TIME MEMBERS**
☐ 2 Years \$75.00 (for renewing or reinstating)
☐ 5 Years \$180.00

PAYMENT OPTIONS:

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

Amount: _____ Credit Card No.: _____

Exp. Date: _____ Signature: _____

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 OFFER**
 FOR FIRST TIME
 MEMBERS!

**2 Years for
 \$64.00**

Being a Shipmate



Christina
Hitchcock

Even the briefest reading of materials from the FRA will clearly convey our most collegial collective term — that of “Shipmates.” We gladly use it freely, and it is perhaps the one word which, more than any other, distinguishes us from other nonprofits that provide services to enlisted, veterans and their family and friends. If you look at all the other military service organizations that span other branches or other classifications, you won’t find a single term more evocative than “Shipmate.”

Shipmates are those people who understand what it means to spend long periods with each other in very close quarters. Shipmates know how important it is to preserve communal space, to follow orders and to precisely do their jobs on time. Shipmates know the value of their time in the bunk, and how crucial it is to keep everything on board in good working condition — just how they would like to find it themselves.

There is no luxury of having spare or wasted space on board. Every square foot has a purpose and is for the benefit of the whole crew. Shipmates understand that compromise is necessary because there is no alternative. Every deviation from Standard Operating Procedure means someone else gets shorted somehow, and in times of active deployment, that puts lives at risk.

It doesn’t matter whether your job was in the galley, in the engine room or at the radar console. Shipmates, one and all, learned about the importance of staying on task and on schedule, because every action they took had an immediate and direct effect on every other crew member. One Shipmate told me a story about baking bread and positioning the vents so that the scent would get into the air circulation system to let everyone else know they had something to look forward to in the mess.

Tank drivers and airplane pilots may have tight quarters during a mission, but they climb out when



they’re done. Folks working on base or in offices have huge amounts of elbow room compared to people deployed at sea. You can’t go for a walk to work out your tensions and frustrations when you’re in a submarine or cruising at sea in a supply vessel — there simply isn’t anywhere you can go to get away.

So instead, Shipmates learn to find a way to coexist. They build their own brand of trust, and loyalty, and develop a fierce sense of protection as they perform their service. At the FRA, we want to preserve those sentiments, harnessing all that energy to benefit our advocacy and recruitment efforts while looking out for the next generation of Shipmates.

It’s that single defined experience that binds every member of this organization, and it’s precious because there is no other way to understand it than to experience it first hand.

We at national HQ are proud to work for all of you and to hear your stories, help with your needs and advocate for your interests. **FRA**

We are yours in Loyalty, Protection and Service.
Christina Hitchcock

Christina is the FRA’s director of membership. She can be reached at ChristinaH@fra.org or 703-683-1400, ext. 123.

1. BRANCH 89, ATLANTA, GA.

Shipmates and friends assembled at the national cemetery in Canton, Georgia, on Wreaths Across America day. Afterward, the branch gathered for their Christmas party and donated to the Toys for Tots program. (L to R) Branch Secretary Denise Watkins and Branch Vice President Ted Rambo.

**2. BRANCH 221, PEORIA, ILL.**

(L to R) Veteran Outreach Coordinator Peoria county Mike Grow, Branch President Harry Zillion and Cmdr. of Navy Club Ship 34 Tony Grow laid a wreath for WWII Navy Veteran Darwin W. Downing. Tony got a wreath from Wreaths Across America for Downing's daughter, Judy Tyrting, because she lives in Texas and wanted a wreath for her father.

**3. BRANCH & UNIT 269, GOOSE CREEK, S.C.**

(L to R) Trish Chilton, Theresa Milligan, NFS Pat Suckow, Branch President Nat Nathan, LA FRA RPSE Gale Nathan, FRA RPSE Laurie Bailey, Branch VP Harry Nettles, Lee Nettles and Unit President Linda Cox bought 372 toys for the Marine Corps Toys for Tots program using money donated by the branch and unit.

**4. BRANCH 294, CROSSVILLE, TENN.**

Senior Chief Jack Fogel, USN (Ret.), provided a presentation to Martin Elementary School fourth graders during the annual historical downtown tour. Fogel brought a large brass ship's bell for each student to ring. The students joined Fogel in saying the Pledge of Allegiance.

**5. BRANCH 146, JOHNSVILLE, PA.**

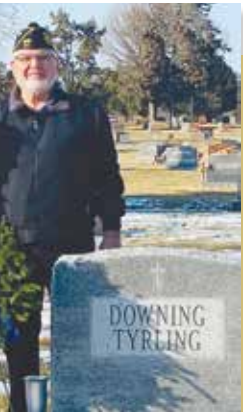
Branch President Otto Blavier and Shipmates celebrated 35-year FRA member Tom Concannon's birthday during their December branch meeting.

6. BRANCH 15, WALHALLA, S.C.

On Nov. 16, 2019, Southeast Regional President Laurie Bailey awarded branch members their pennants for winning 1st place for Hospital/Welfare at the regional Level and 1st place for Hospital/Welfare at the national Level.



Submit a photo by email attached in a high-quality jpeg format to FRAtoday@fra.org. Include a brief description and the names of those pictured.



7. BRANCH 295, SAN ANGELO, TEXAS

Shipmate Norm Fountain pulled the branch float during the San Angelo Veterans Day Parade Nov. 9, 2019. (L to R) Ed Zabecki, Junior Past Branch President Robert Mistishen, Mistishen's Granddaughter Lucy, Branch President Dan Patridge, Glenda Mathews, Terry Cook, Norm Fountain and Ralph Mathews.

8. BRANCH 301, GREENVILLE, N.C.

Shipmates awarded local essay contest winners during a Wayne County School Board meeting. Three brothers won this year. (L to R) Bill Schroeder, ninth grader Isaac Strickland, 10th grader Billy Strickland III, ninth grader Jack Strickland and Branch Secretary Jerry Leatherwood.

9. BRANCH 126, JACKSONVILLE, FLA.

Eagle Scout Tyler Sarra was presented an Achievement Certificate by PRPSE J. J. Thomas during Clay County's Eagle Scout Recognition Dinner on Feb. 1. Forty-one scouts achieved their Eagle and they all received a certificate from the branch.

10. BRANCH 226, STATEN ISLAND, N.Y.

(L to R) Shipmates Bernard Eldredge, Al Klingele, Edmund Squire, James Haynes III and Jim Brown. Branch President Brown presented a plaque to Andrew Butcher who was selected as Enlisted Person of the Quarter by Capt. Jason Tama, N.Y. Sector commandant. Edmund Squire received the Four Chaplains Honor Award for his service to the community.

11. BRANCH 94, CORPUS CHRISTI, TEXAS

(L to R) Shipmate Bienvenido C. Guerrero receives his 40-year Continuous Membership Certificate and pin from Branch President Ricardo Hankerson.

12. BRANCH & UNIT 163, PHOENIX, ARIZ.

National President Donna Jansky visited on Dec. 14, 2019. (L to R) Lupe Mann, Virginia Ginter, Marti Stanton, PRPSW Claudia Goldner, FRA NP Jansky, Carole Curtis, Joanie Katzenberger, Ron Curtis, LA FRA NP Bea Parco, Stella Reyes and Ted Murphy.



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In Memoriam

Name	Rating	Branch						
Anthony, James A.	GMC, USN	166	Hall, Claude W.	BMC, USN	MAL	Palmer, John A.	HMC, USN	311
Arellano, Rafael N.	PHC, USN	MAL	Harl, William H.	AN, USN	105	Perron, Robert R.	MMC, USN	53
Ashbaugh, Wilford L.	YNC, USN	216	Hatcher, Billy G.	CWO4, USN	40	Peterson, Evander	CPO, USN	MAL
Ault, Larry	AMH1, USN	MAL	Hendrix, K.C.	OSC, USN	281			
			Henry, Richard	USN	MAL	Reno, William F.	SMCS, USN	MAL
Baird, Arthur W.	POC, USN	105	Herber, John D.	ADRC, USN	219	Rhodes, William B.	HMC(SS), USN	59
Barnes, Horace F.	EO1, USN	MAL	Hitchner, Edward C.	SHC3, USN	260	Richards, Lloyd	PO2, USN	24
Bartimus, Gwendolyn D.	GYSGT, USMC	105	Hord, Edward	PNC, USN	251	Robinson, William J.	TM1(SS), USN	269
Bickel, Donald C.	LTCOL, USMC	61	Huxoll, Larry R.,	ADCS, USN	49	Roby, John E.	BMCS(SW), USN	293
Bonavida, Thomas P.	CTACM, USN	268				Ryan, Michael	ENFA, USN	MAL
Budd, Arvil E.	PO1, USN	91	Iglesias, Bacardi D.	DK1, USN	84			
						Santos, Roland L.	EMC, USN	104
Campbell, Robert G.	AMS1, USN	24	Johnson, Charles F.	FTGC(SS), USN	244	Scharnitzky, William A.	MAJ, USMC	269
Carmody, Thomas J.	EMCM, USN	91	Jones, Weldon R.	POCM, USN	269	Shaw, William L.	ATC, USN	MAL
Cericola, Joseph M.	MSCM, USN	01	Jones, Carl D.	GMTC, USN	70	Short, George R.	ADCS, USN	MAL
Cortero, Pedro	SH1, USN	127	Jubb, William	RM2, USN	57	Shouse, Larry	CPL, USCG	105
Crabtree, John R.	PO1, USN	274				Sims, Don J.	ACC, USN	MAL
Crippen, Jack E.	CAPT, USMC	208	Key, Curtis E.	CPO, USN	201	Smith, Robert W.	AWC, USN	91
Cunningham, Robert D.	PNC, USN	117	Kovach, George	AE1, USN	292	Soderland, David V.	OS1, USN	109
						St. Pierre, Robert V.	GYSGT, USMC	MAL
Daniel, Edward D.	YNCS, USN	115	LaSala, Vito W.	HM3, USN	124	Stephens, Rudolph A.	ETC, USN	MAL
Davis, Tillman C.	POC, USN	91	Lawson, Benjamin R.	CSC, USN	268	Stewart, Paul C.	MMCM, USN	MAL
Demerchant, Clayton M.	GMGC, USN	MAL	Lay, Lawrence L.	GM1	MAL	Stoddard, Charles W.	AD2, USCG	293
Dodge, Richard H.	ETCS(SS), USN	MAL	Leonardis, Milano	YNC, USN	01	Sullivan, Walter L.	1SGT, USMC	MAL
Droeger Jr., Stewart G.	RM1, USN	14	Linster, Henry	SKC, USN	181			
Dukellis, Nicholas E.	MSCS, USN	MAL	Long, Bill G.	DTCS, USN	251	Taber, Delvin L.	AG1, USN	364
			Loughridge, Everett A.	CAPT, USN	162	Trothier, Ronald P.	QM3, USN	263
						Tryon, Kenneth I.	HTC, USN	MAL
Emerson, Raymond A.	AKC, USN	MAL	Manning, William A.	EMC(DV), USN	60			
Erickson, Sander G.	ADCS, USN	136	Martello, Herbert P.	SGTMAJ, USMC	162	Upton, Carl	PO2, USN	MAL
			Martin, Lowell A.	EMC, USN	60	Upton, John R.	SH2, USN	22
Farley, Kevin B.	MA1, USN	290	Mascho, Mark H.	HMC, USN	104			
Feeney, Richard	PH2/LCDR, USN	24	McKinney, Johnny L.	BT1, USN	MAL	Van Kirk, Robert M.	ABHC, USN	MAL
Flynn, Gerard	PH1, USN	302	McKinney, Walter V.	JOC, USN	55			
Frazier, Donald G.	AT1, USN	46	Melichar, Edward F.	SK1, USN	216	Washington, Hosie	ENCS, USN	109
			Miller, Everett E.	BRCS, USN	61	Whitten, James	CDR, USNR	268
Garner, Alvin C.	ADJC, USN	146	Morrison, John J.	OS1, USN	136	Whitworth, Harry A.	AGCS, USN	124
Gilmore, Washington B.	MS1, USN	161	Moseley, Oscar	YNCS, USN	MAL	Williams, Clarence R.	LT, USN,	261
Goldstein, Harry	SK1, USN	146	Nichols, Jessie T.	EN1, USN	382	Williams, John P.	ADC, USN	MAL
Goodreau, Clement	USN	MAL				Wilson, George C.	PRC, USN	263
Gustafson, Marvin C.	CPO, USNR	136	O'Leary, Miriam V.	SKD2C	62	Wine, Ann M.	HM2, USN	177
			Overacker, Willard H.	ADJ1, USN	136	Wittmer, Louis A.	EMC, USN	46
Hackstedt, Donald G.	TMC, USN	MAL				Worley, William T.	ETC, USN	MAL

Names in **red** indicate 50-year continuous members. Any names in **bold** indicate past national officers.
To report a Shipmate death, please email: mserfra@fra.org or telephone at 703-683-1400, ext. 1.

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REUNIONS

USS Ticonderoga (CV/CVA/CVS-14, CG-47)

5/13/2020-5/18/2020
Portland, Ore.
Contact: Bill Spanbauer
Telephone: 920-410-7500
Email: ticoht2sw@gmail.com

Naval Cryptologic Veterans Association (NCVA) Reunion

6/16/2020-6/21/2020
Milwaukee, Wisc.
Contact: Jim Taylor
Telephone: 920-988-3810
Email: jim@videoterm.com

NAS Sanford: All Units and Squadrons, 1942-1968

6/25/2020-6/28/2020
Sanford, Fla.
Contact: Debbie Ely
Telephone: 407-314-0201
Email: leasmom81@aol.com

USS Sutter County (LST-1150)

8/11/2020-8/13/2020
New Orleans, La.
Contact: Guy Simmons
Telephone: 978-476-3895
Email: guysimmons@aol.com

USS Trepang (SSN-674)

8/13/2020-8/15/2020
Groton, Conn.
Contact: Charles Tucci
Telephone: 518-398-1117
Email: rg_sharpe@yahoo.com

USS Alaska Plank Owners & Shipmates (R35)

8/16/2020-8/23/2020
Bremerton, Wash.
Contact: Syd Nunez or Robert Cutrer
Telephone: 747-225-1375 or 601-347-7545
Email: IntegrityRulesMyLife@gmail.com

USS Raton (SS/SSR/AGSS-270)

8/24/2020-8/28/2020
Tucson, Ariz.
Contact: Larry D. Kramer
Telephone: 360-697-2842
Email: ldKramer43@hotmail.com

LOOKING FOR...

EMI P. Dominguez, USN (Ret.) Last known to be stationed as recruit company commander at RTC/NTC San Diego, California, from 1979-1982. Please contact MCPO AW/SW Jorge P. Navarro, USN (Ret.) at 858-774-7964 (cell) or 858-780-9947 with any information.

All reunions are at: www.fra.org/Reunions. **All LookingFor/Reunions** must be submitted by email to reunions@fra.org or in writing **LookingFor/Reunions** 125 N. West St., Alexandria, VA 22314. Include your member ID and a telephone number. For help, contact FRA Member Services at 800-FRA-1924.

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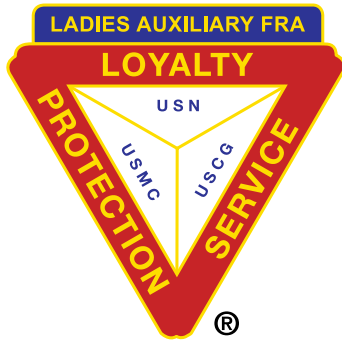
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LA FRA MEMBERSHIP APPLICATION



ABOUT OUR ORGANIZATION: Founded in 1930, the LA FRA is a federally chartered organization. LA FRA Units are located throughout the United States and the Philippines. Eligible persons may also become Members-at-Large (MAL) who do not have access to, nor desire to join a Unit. The LA FRA has a proud standing tradition and heritage that supports this great nation and recognizes the sacrifices, past and present, of those who kept us strong and free.

WHAT WE DO: The LA FRA plays an active role in our communities. Local units sponsor youth programs, welfare projects, social and patriotic activities to benefit the communities at large, veteran programs and the active duty community. The organization provides annual scholarships to outstanding students each year.

WHO CAN JOIN? All applicants must be at least sixteen (16) years of age. Membership in the Ladies Auxiliary of the Fleet Reserve Association is limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of members of the Fleet Reserve Association and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of persons who were members at the time of death or eligible to be members of the Fleet Reserve Association at the time of death.

HOW CAN I JOIN? Members fall into two categories. Members who belong to an LA FRA Unit or Members who do not but join as "Members-at-Large."

Join the Ladies Auxiliary of the FRA (DBA Auxiliary of the FRA)

Name in Full: _____
(First) (Middle) (Last)

Address: _____
(Street) (City) (State) (Zip + 4)

Telephone: _____ Date of Birth: _____

Email: _____



The following service member information validates this application:

(Serviceman's Full Name) (Rate/Rank) (USN/ USMC/ USCG)

☐ Certify that the information is true and accurate and that my sponsor is a member of FRA Branch _____ or is MAL

☐ Certify that the information is true and accurate and that my sponsor was eligible for membership at the time of death.

Unit Preference _____ Applicant's Signature _____ Date _____

Recruiter _____ Member # _____ Unit/Branch # _____

Verified by _____ Title _____ Unit/Branch _____ Date _____



I am the:

	Wife		Mother
	Sister		Father
	Daughter		Widow
	Stepdaughter		Widower
	Husband		Granddaughter
	Brother		Grandson
	Son		Grandmother
	Stepson		Grandfather

Annual Membership Dues:	
	\$20.00 for 1 Year
	\$40.00 for 2 Year
	\$60.00 for 3 Years
	\$80.00 for 4 Years
	\$100.00 for 5 Years

A Note from the LA FRA West Coast Regional President



As the winter season has reached its cusp these past few months, the West Coast Region LA FRA units have been busy with activities that involved branch Shipmates, auxiliary members, active duty military, veterans and the youth of their communities.

Many of the West Coast units participated in memorial services by replacing flags at veterans' grave sites. One unit even purchased some new flags to replace the 48-star flags at their local cemetery. The units often invite youth groups, such as the Boy Scouts, Girl Scouts and U.S. Naval Sea Cadets, to assist with these events. Their involvement provides a sense of patriotism for the youth groups.

Unit members stay in contact with their elderly members by visiting them at care facilities and sending them greeting cards. Often, it is just a friendly telephone call that lets the member know that they are not forgotten. LA FRA members visit military bases to plan joint activities that will benefit the military troops and their families.

Some units often plan social events that involve their associated branches or different homeless shelters. VA medical facilities are always in need of items, funding or just volunteers to assist in providing quality care to the veterans. Our units donate countless hours and funds throughout the West Coast Region.

One community event that many of our unit members, along with branch Shipmates, participate in each year is the Toys for Tots program run by the United States Marine Corps Reserve. There are numerous other holiday events, such as parades, tree lighting occasions and tree trimmings, just to name a few that come to mind.

Some units conduct no-bake bake sales, which brings in revenue so that they are able to continue with their involvement.

As spring approaches, units are developing recruitment events for new members. This greatly assists in continuing the Ladies Auxiliary of the Fleet Reserve Association and has increased the regional membership totals. The units each have different activities that help them accomplish the LA FRA's goal to "aid, assist and



(L to R) Cheryl Dagang, Maggie Smith, Joyce Watkins and Susan Hamarlund of Unit 137 deliver food baskets to veterans.



(L to R) Robert Porter, Ann Schlutter, Howard Schlutter, Carla Martinez and Stanley Martinez of Branch and Unit 185 serve dinner to the homeless at the Ogden Rescue Mission in Ogden, Utah.



Branch and Unit 101 Presidents Rich Ruiz and Karen Webster collect Toys for Tots with two Marines.

promote in all matters pertaining to welfare, social and patriotic work, for the benefit of the Fleet Reserve Association, its members and their families." **FRA**

In Loyalty, Protection and Service,
Brenda Horton

Brenda is the LA FRA West Coast regional president.

Five Ways to Run With an Aging Bull Market



Carl M. Trevisan, CFP®



Stephen M. Bearce

After a decade of reaping the benefits of a bull market in U.S. stocks, today's investors face a volatile market — and proper positioning of your portfolio in the face of mixed economic signals has become increasingly important.

In the “2019 Midyear Outlook Report: Eyes Forward — Opportunities and Obstacles,” Wells Fargo Investment Institute, or WFII, strategists detail opportunities and obstacles in an aging bull market that could help you maintain a forward focus — and stick close to your long-term strategic target allocations.

Here, WFII strategists offer five tips for positioning your portfolio:

- **Rebalance when volatility strikes.** Take steps to maintain the strategic or long-term target allocation designed to help achieve your long-term goals. As markets rise, the positions may need to be trimmed and the cash held or reallocated to markets where valuations are better. As markets fall, the opportunity may arise to restore the target allocation.
- **Use cash to your advantage.** If your portfolio already holds a sizable amount of cash, consider investing your cash in case markets correct themselves in the coming months. Another potential strategy is dollar cost averaging, which involves investing cash over time to take advantage of market fluctuations.*
- **Consider greater exposure to emerging market equities and sectors that represent higher-quality earnings.** Investing in international assets can help you further diversify your portfolio. Valuations in many emerging markets look attractive, and recent economic data point to stable economies in China** and other developing countries. As for U.S. equity markets, WFII strategists favor sectors such as information technology and industrials, areas of the market with higher-quality earnings.

- **Help reduce price volatility with income-generating assets.** Income is a sometimes overlooked component of portfolio returns. To potentially improve the income-generating ability of a portfolio, you can lengthen the duration of your high-quality bonds. Dividend-paying stocks and real estate investment trusts offer additional streams of portfolio income.
- **Add strategies that can benefit from various market conditions.** A bear market can occur with little warning. Adding assets that can profit in both up and down markets may help prepare your portfolio for possible downturns. **FRA**

**A periodic investment plan, such as dollar cost averaging, does not ensure a profit or protect against a loss in declining markets. Since such a strategy involves continuous investment, the investor should consider his or her ability to continue making purchases through periods of low price levels.*

*** This article was written prior to the coronavirus news.*

There is no guarantee that dividend-paying stocks will return more than the overall stock market. Dividends are not guaranteed and are subject to change or elimination.

All investing involves risk including the possible loss of principal. Asset allocation and diversification do not guarantee investment returns or eliminate risk of loss. Each asset class has its own risk and return characteristics. The level of risk associated with a particular investment or asset class generally correlates with the level of return the investment or asset class might achieve. Stock markets, especially foreign markets, are volatile. A stock's value may fluctuate in response to general economic and market conditions, the prospects of individual companies, and industry sectors. International investing has additional risks including those associated with currency fluctuation, political and economic instability, and different accounting standards. This may result in greater share price volatility. These risks are heightened in emerging markets. Exposure to the commodities markets may subject an investment to greater share price volatility than an investment in traditional equity or debt securities. Bonds are subject to market, interest rate, price, credit/default, call, liquidity, inflation, and other risks. Prices tend to be inversely affected by changes in interest rates. Cash alternatives typically offer lower rates of return than longer-term equity or fixed-income securities and may not keep pace with inflation over extended periods of time.

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Better read this if you are 62 or older and still making mortgage payments. It's time to reverse your thinking.

More than 1 million seniors
have taken advantage of
this "retirement secret."

It's a well-known fact that for many senior citizens, their home is their single biggest asset, often accounting for more than 45% of their total net worth.

Yet, according to new statistics from the mortgage industry, senior homeowners in the U.S. are now sitting on more than 7.19 trillion dollars* of unused home equity.

With people now living longer than ever before and home prices back up again, ignoring this "hidden wealth" may prove to be short sighted.

All things considered, it's not surprising that more than a million homeowners have already used a government-insured[^] Home Equity Conversion Mortgage or "HECM" loan to turn their home equity into extra cash for retirement.

It's a fact: no monthly mortgage payments are required with a government-insured HECM loan; however the homeowners are still responsible for paying for the maintenance of their home, property taxes, homeowner's insurance and, if required, their HOA fees.

Another fact many are not aware of is that HECM reverse mortgages first took hold when President Reagan signed the FHA Reverse Mortgage Bill into law 32 years ago in order to help senior citizens remain in their homes.

Today, HECM loans are simply an effective way for homeowners 62 and older to get the extra cash they need to enjoy retirement.

Request a FREE Info Kit & DVD Today! Call 800-485-1108 now.

Although today's HECM loans have been improved to provide even greater financial protection for homeowners, there are still many misconceptions.

For example, a lot of people mistakenly believe the home must be paid off in full in order to qualify for a HECM loan, which is not the case. In fact, one key advantage of a HECM is that the proceeds will first be used to pay off any existing liens on the property,

which frees up cash flow, a huge blessing for seniors living on a fixed income. Unfortunately, many senior homeowners who might be better off with a HECM loan don't even bother to get more information because of rumors they've heard.

In fact, a recent survey by American Advisors Group (AAG), the nation's number one HECM lender, found that over 98% of their clients are satisfied with their loans. While these special loans are not for everyone, they can be a real lifesaver for senior homeowners.

The cash from a HECM loan can be used for any purpose. Other common uses include making home improvements, paying off medical bills or helping other family members. Some people simply need the extra cash for everyday expenses while others are now using it as a "safety net" for financial emergencies.

If you're a homeowner age 62 or older, you owe it to yourself to learn more so that you can make an informed decision.



Your Guide
to a Better
Retirement

Understanding Reverse
Mortgage Loans





A Guide for
Children and
Caregivers

Learn how home equity
can help loved ones
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*Source: <https://reversmortgagedaily.com/2019/12/17/senior-housing-wealth-reaches-record-high-of-7-19-trillion>

[^]Ad not intended for residents of New York. The state of NY no longer allows anyone to market HECMs or Reverse Mortgages to NY residents with any ad that makes this claim.

Reverse mortgage loan terms include occupying the home as your primary residence, maintaining the home, paying property taxes and homeowners insurance. Although these costs may be substantial, AAG does not establish an escrow account for these payments. However, a set-aside account can be set up for taxes and insurance, and in some cases may be required. Not all interest on a reverse mortgage is tax-deductible and to the extent that it is, such deduction is not available until the loan is partially or fully repaid.

AAG charges an origination fee, mortgage insurance premium (where required by HUD), closing costs and servicing fees, rolled into the balance of the loan. AAG charges interest on the balance, which grows over time. When the last borrower or eligible non-borrowing spouse dies, sells the home, permanently moves out, or fails to comply with the loan terms, the loan becomes due and payable (and the property may become subject to foreclosure). When this happens, some or all of the equity in the property no longer belongs to the borrowers, who may need to sell the home or otherwise repay the loan balance. V2019.08.30

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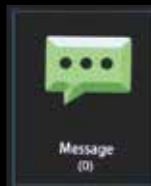
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