THE MQ-25 STINGRAY TAKES WING

INSIDE:
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PRAISE FOR STAUER CITRINE RINGS
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— L., Corona, New York

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• 1 7/8 ctw Champagne Citrine • White zircon accents • Yellow gold-finished .925 sterling silver setting • Whole sizes 5-10

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Features

18 The World’s First In-Flight Refueling by Drone
The MQ-25 Stingray is designed to provide the U.S. Navy with a refueling system based on Unmanned Aerial Vehicles. Addressing the Navy’s aging tanker fleet has been a concern of the Pentagon for more than a decade after broad cost reductions in the defense budget were made during the Obama administration.

26 The Boston Tea Party Ships & Museum
If you think of a museum as a place to wander and look at exhibits and artifacts, then maybe we ought to call the Boston Tea Party Ships & Museum a time-bending performance piece.

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CARRIE MILLER'S NAMESAKE WAS BLACK ENLISTED SAILOR

Acting Secretary of the Navy Thomas B. Modly, (R) poses for a photo next to a graphic illustration of the new Ford-class aircraft carrier USS DORIS MILLER (CVN-81) with Doris “Dorie” Miller’s family members at a Martin Luther King, Jr. Day celebration event on Joint Base Pearl Harbor-Hickam. Photo by Mass Communication Specialist 2nd Class Alexander C. Kubitz.

Acting Navy Secretary Thomas Modly honored World War II hero Doris Miller by bestowing his name on a future aircraft carrier.

This is the first time a flattop will be named after an African American. Miller was a Navy Cross recipient and more significantly, enlisted!

Modly described how Miller awoke Dec. 7, 1941, as a mess attendant in a racially segregated rating. Instead of collecting laundry that day, Miller found himself carrying wounded Shipmates from the battleship WEST VIRGINIA after it was attacked. He fought the flames as he manned a 50-caliber machine gun — a weapon he had never operated. After his ammo was spent, everyone was ordered to abandon ship. He was one of the last three sailors to escape the WEST VIRGINIA.

Miller was advanced to mess attendant first class on June 1, 1942, and awarded the Navy Cross for combat valor. He was killed 17 months later when his escort carrier LISCOME BAY was sunk off Makin Atoll during the invasion of the Gilbert Islands.

“He died as he lived, an American sailor defending his nation, shoulder to shoulder with his Shipmates, until the end,” said Modly. “He’s not just the story of one sailor. It is the story of our Navy, of our nation and our ongoing struggle to form — in the words of our Constitution — a more perfect union.”

The future carrier MILLER won't be the first Navy vessel to honor the hero. On June 20, 1973, the Navy commissioned the destroyer escort MILLER, which was reclassified as a frigate two years later.

In Loyalty, Protection and Service,
William D. Stevenson, Editor-in-Chief
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Remember when you were a child and got your first bicycle? I do. It gave me a sense of independence... I felt like I could go anywhere, and it was so much easier and more enjoyable than walking. Well, at my age, that bike wouldn’t do me much good. Fortunately, there’s a new invention that gives me the freedom and independence to go wherever I want... safely and easily. It’s called the Zoomer, and it’s changed my life.

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What Is Your New Year’s Resolution?

Shipmates, here it is: 2020! I am sure a lot of you made New Year resolutions and I have one more for you that is simple to do. In fact, this resolution would work well for branch and regional presidents to commit to doing as their tenure comes to an end. I got the idea from Joan Garry of Joan Garry Consulting.

Look back on the year and make a list of 10 things that made you really proud to be a member of the FRA. That’s it! Your list doesn’t have to be earth-shattering. Your 10 things might be small things to you, but could actually be really big things to others. Here is what I put on my list:

1. The overwhelming support from Shipmates who have emailed or written to me with words of encouragement.
2. The opportunity to meet the members of Branch 46 in Honolulu, Hawaii.
3. The opportunity to meet Member-at-Large Dan Gatlyn from Macon, Georgia, and how he took the time to show me around Andersonville National Cemetery, where one of my ancestors died during the Civil War.
4. Having the membership pins available for my own branch president to present to 27 Shipmates of Branch 31 during our Christmas party.
5. Performing three FRA funeral rituals.
6. Representing the FRA at Arlington National Cemetery on both Memorial Day and Veterans Day.
7. Representing the FRA at my hometown’s mayoral inauguration.
8. Representing the FRA at the women’s round table with Reps. Julia Brownley (California 26th congressional district) and Lori Trahan (Massachusetts 3rd congressional district).
9. Knowing that the FRA makes a difference in Shipmates’ lives by going to Capitol Hill and making our collective voice heard.
10. The national headquarters staff — from the NED to the part-time workers.

So, what are you going to put on your list? Pride matters. Proud Shipmates are more engaged, more satisfied, more committed and stay members longer. Your branch is what you make it; take pride in being a positive force. Your efforts will be worthwhile if you continually look for ways to feel proud of the FRA. If you cannot feel proud of the organization you belong to, it will be very difficult to put any effort in and there will always be something you will hold back.

In Loyalty, Protection and Service,
Donna M. Jansky

Donna is national president of the Fleet Reserve Association and may be reached by email at: janskyd@comcast.net

Correction: In the previous issue of FRA today, Force Master Chief Tom Snee, Past National Executive Director of the FRA, was not properly identified.
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The World of the CT Omissions

If you read this article hoping to learn about the CT community and its history, you wasted your time. There was no mention of the actual founding of the Naval Security Group by the “On the Roof Gang” and their accomplishments in breaking the Japanese Diplomatic and Naval JN-25 codes during WWII. Also, contrary to Myron Struck’s account, several T-branchers served on numerous ships, planes and submarines during the Cold War and Vietnam. There was no mention of the sacrifices of those CTs that served on the USS PUEBLO (AGER-2), which was captured by North Korea and spent 11 months in captivity, or the USS LIBERTY (AGTR-5), which was attacked by Israeli Armed Forces on June 8, 1967 with the loss of 34 crew members, including two Marines.

No mention of our airborne units such as VQ-1 and the shootdown of their EC-121 by North Korea with the loss of 30 sailors and one Marine in 1969 or VQ-2 stationed out of Rota, Spain.

There was no mention of the numerous duty stations such as Kami Seya, Japan; Diego Garcia, B.I.O.T.; Todendorf, Germany; Ft. Meade, MD; Karamusel, Turkey, etc. Additionally, Shipmate Toulotte’s political opinions were irrelevant to the article. There was no mention of our partnership and cooperation with the other service cryptologic organizations such as the USASA (Army Security Agency) and the USAFSS (Air Force Security Service). Finally, the author failed to recognize that the Cryptologic Technician Community is comprised of both Navy and Marine Corps personnel! I could go on and on... As a 22-year Navy CTT, reading this article was an extremely disappointing experience.

John P. Sterle, CTTC USN (Ret.)

Six Branches of the Cold War CT

As a CT(I) for 24 years, both enlisted and as a Warrant Officer, I thoroughly enjoyed the recent article, “The World of the CT.” Just a few comments however: during the Cold War all 6 CT branches (vs. 4 as noted) were involved, commonly referred to as TAMORI. CTs have served aboard nearly every major combatant ship including submarines and numerous other support vessels. They have also served as aircrew members on fleet reconnaissance and other aircraft. Many earned the Navy Aircrew designation and/or the Qualified in Submarines Dolphins. Many CTs have lost their lives or been injured while performing their duties including on the EC-121 shot down by the North Koreans, the USS PUEBLO, captured by the North Koreans, and the USS LIBERTY attacked by Israeli war planes. One of the toughest parts of the job was never being able to tell our families about what we did. Regrettably, with the advent of satellites and computers as the article notes, there is very little overseas shore duty these days. It’s possible that CTs can spend their entire careers in the United States. CTs were and still are a tight knit and proud group of dedicated individuals. Many today belong to the Naval Cryptologic Veteran’s Association (NCVA) and get together annually at venues around the country. Thank you for profiling our rating.

Respectfully, Richard Williams, CWO USN (Ret.)

What Happened to CT Privacy?

I have an issue with identifying CTs and providing their names, home and command along with their picture in this day and age. When I graduated Recruit Training in 1961, it was known that the “other side” collected all of the printed newspaper information and stored it.

During WWII, when my father was captured in Belgium during Operation Nordwind, the first German officer that interrogated him had lived in Herkimer, New York and he personally knew my dad’s father.

Continued
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We have many serious enemies in the world and many of them would have no qualms with attacking the family of the personnel identified in their own homes. This is why the SEAL Teams do not identify themselves and their faces are hidden when they are pictured.

It is not inconceivable that assailants might lay in wait in an overseas port with a picture of someone they wanted. I would hate to think that the FRAtoday made that possible. Regardless or not if some PIO Officer gave his or her approval.

Respectfully,
Robert Ashley, ETCM(SS), USN(Ret.)

The World of the CT
Excellent article on CTs! I was a CTR and served from 1984-2005 retiring as a Chief, Cryptologic Technician (Collection). Cryptological in the title is incorrect. A large part of the Cold War is missing as it went on until 1991.

Cheers, Kirk Towner FRA Branch 24

Cryptological Is Not a Word
I am one of those “communications technicians” that went through the rating name change to “cryptologic technician” and I have one question. When did the U.S. Navy create the “Cryptological” Technician ratings as listed as the title to the article in the January 2020 issue of FRAtoday?

I proudly served on active duty from July 1967 through September 1989, and I cannot recall ever seeing the word “cryptological” associated with the rating within which I served.

As a whole, I truly enjoyed reading the article, and particularly the fact that I could “share” some CT history with people that never knew what I did nor who I was working with. Thank you for the update on the ratings — although I am truly saddened that there no longer is the rating in which I served.

Daniel W. Hilton, CTAC USN (Ret.)

Questioning our Commander-in-Chief
You and your staff are to be commended for the quality and presentation of FRAtoday. That is one welcome piece of mail, and thoroughly enjoyed as I read all of it.

However, I am quite surprised that you would print a quote that calls into question the character of the Commander-in-Chief (see page 24 of the CT article in the January issue of FRAtoday). There are enough causes of the great divide across America today and I am disappointed that it would be perpetuated in our fine publication.

In Loyalty, Protection, and Service, God Bless,
Wayne Barron, FRA Branch 89

FRAtoday: Dear Wayne, This has been pointed out by many Shipmates who feel the same as you. Some expressed themselves in a less even-keeled manner than you, but all are correct. The content should have been omitted. It would not have affected the story at all.

Dangerous Job
As an ex-CTO and then CTI, I enjoyed reading the article, “Cryptological Technicians of the Navy.” However, one very significant aspect of the job was not included. The article should have included the dangers that are involved and the sacrifices that were made — including the loss of life — that go with the job.

Specifically, such incidents as the 1967 Israeli attack on the USS LIBERTY, the North Korean seizure of the USS PUEBLO in 1968 and the North Korean's shooting down of the EC-121 in 1969 should have at least been mentioned in the article. If anyone is interested, they should Google these events and learn more about CTs.

Thank you, Vincent J. Faustina USNR (Ret.)

FRAtoday: Thanks Vince. Both those stories were published recently. I wrote about the USS PUEBLO (January 2018) and my predecessor wrote about the USS LIBERTY (June 2016). As you and several others have pointed out, the history of the CTs is so eventful that we certainly could write several more articles on it! Members interested in reading more about the PUEBLO and LIBERTY can find our previous features in our online archives at https://www.fra.org/fra/Web/Web/Content/FRA_Today_Magazine_Archive.aspx.

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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Member Participation Critical to FRA Success

As you get this issue of FRAtoday, the second session of the 116th Congress will be well underway. FRA’s National President Donna Jansky is scheduled to testify before a joint hearing of the House and Senate Veterans Affairs committee March 3. Not all FRA members can testify before Congress, but the association does provide an opportunity for Shipmates to let their legislators know their concerns by using the FRA Action Center. The Action Center provides prewritten messages that Shipmates can edit and send to their elected officials in Washington. The Action Center provides members the opportunity to instantly participate directly in the legislative process. Grassroots advocacy has a direct influence on the association’s efforts to effectively advance the FRA’s legislative agenda, in order to represent the concerns of our members before Congress and appropriate federal agencies. Member participation in the legislative process is critical to our success and complements the efforts of the FRA legislative team, which advocates on the behalf of the association membership. The FRA congratulates and thanks Shipmates who made their voices heard in 2019. Your efforts helped the FRA pass the Agent Orange Blue Water Navy Act (H.R.299, Public Law 116-23), repeal the SBP/DIC offset, repeal sequestration (the Budget Control Act) and delay drastic cuts to military medical staff, to name just a few accomplishments.

All FRA members are urged to subscribe to NewsBytes, the weekly electronic newsletter that keeps members up-to-date on issues that directly impact their pocketbook. NewsBytes provides members with accurate and timely information about the rapidly changing legislative developments on Capitol Hill.

DOL-VETS Boss Approved

John Lowry III was recently confirmed by the Senate to be assistant secretary of the Department of Labor’s Veterans’ Employment and Training Service. Lowry’s nomination was approved unanimously by the Senate Veterans’ Affairs Committee. His nomination also was ratified by the Senate Health, Education, Labor and Pensions Committee. DOL-VETS provides resources and expertise to assist and prepare veterans to obtain meaningful careers, maximize their employment opportunities and protect their employment rights.

SecDef Chief of Staff to Step Down

Eric Chewning, chief of staff for Defense Secretary Mark Esper, resigned at the end of January. He has served as chief of staff since January 2019. He will be replaced by Jen Stewart, current Republican staff director for the House Armed Services Committee. She was a former advisor to the chairman of the Joint Chiefs of Staff. Stewart has served as the HASC’s staff director since January 2017 and has focused on cybersecurity issues. Previously, she served as national security advisor to former Speaker of the House Paul Ryan.
The FRA Participates in Marine Combined Awards Program

For the past 20 years, the FRA has recognized top Marine Corps enlisted personnel by participating in the Combined Awards Program ceremonies, held at Quantico MCB in Virginia. Commandant of the Marine Corps, Gen. David H. Berger and Sgt. Maj. of the Marine Corps, Troy Black participated in this annual ceremony. The commandant noted that the awardees exemplify the character and dedication to duty that are widely acknowledged as hallmarks of the Marine Corps. The winners of the 2019 awards are as follows:

**Recruiter of the Year:** Staff Sgt. Devin J. Birk, 8th Marine Corps District, Marine Corps Recruiting Command.

**SNCOIC Recruiter of the Year:** Gunnery Sgt. Monty V. Dupree Ayala, 8th Marine Corps District, Marine Corps Recruiting Command.

**Prior Service Recruiter of the Year:** Staff Sgt. John T. Jenkins, 4th Marine Corps District, Marine Corps Recruiting Command.

**Prior Service SNCOIC Recruiter of the Year:** Gunnery Sgt. Michael Z. Brown, 4th Marine Corps District, Marine Corps Recruiting Command.

**Drill Instructor of the Year:** Gunnery Sgt. Scott H. Prutch, MCRD Parris Island, Training Command.

**Combat Instructor of the Year:** Staff Sgt. Michael M. McAughey, School of Infantry West, Training Command.

**Marine Security Guard of the Year:** Staff Sgt. Alyssa M. Burke, Region 3, Marine Corps Embassy Security Group.

**Career Planner of the Year:** Staff Sgt. Cheyenne B. Brown, Combat Logistics Battalion 6, 2nd Marine Logistics Group.

**SNCOIC Career Planner of the Year:** Gunnery Sgt. Robin M. Storm, Marine Corps Base Hawaii.

**Active Reserve Career Planner of the Year:** Gunnery Sgt. Kristina M. Perieff, Marine Aircraft Group 41, 4th Marine Aircraft Wing.

**Female Athlete of the Year:** Capt. Kate J. Herren, All-Marine Rugby Team, 12th Marine Corps District.

**Male Athlete of the Year:** Sgt. Raymond A. Bunker III, USMC Wrestling Team, Marine Corps Community Services.

**Male Athlete of the Year:** Staff Sgt. John W. Stefanowicz, USMC Wrestling Team, Marine Corps Community Services.

**Unit High PFT/CFT:** 1st Reconnaissance Battalion, 1st Marine Division (Commanding Officer Lt. Col. Jason C. Armas, and Command Sgt. Maj. James L. Horr).

The FRA is one of the sponsors of the awards ceremony and Director of Legislative Programs John Davis gave each of the recipients an FRA coin, a two-year complimentary membership and an award certificate from the FRA’s National President Donna M. Jansky.

DOD Announces BAH Rates

The Department of Defense has released the 2020 rates for Basic Allowance for Housing (BAH), Basic Allowance for Subsistence (BAS) and Basic Pay. These rates took effect on Jan. 1. The BAH rates have increased an average of 2.8 percent. An estimated $22 billion in BAH payments will be provided to approximately one million service members this year. The FY2016 National Defense Authorization Act decreased BAH to cover only 95 percent of housing costs in 2019. The FRA opposed these cuts to BAH and is working to restore the rate to 100 percent coverage of housing costs.

The FRA also wants to reform enlisted housing standards by allowing E7s and above to reside in separate homes, tracking BAH to ensure it is commensurate with actual housing costs, maintaining adequate housing inventory and ensuring that housing privatization programs are beneficial to service members and their families. BAH rates vary by pay grade and dependency status.

Housing cost data is collected annually for more than 300 military housing areas in the United States, including Alaska and Hawaii. The rates are then calculated for each pay grade, both with and without dependents. For more information on Basic Allowance for Housing, including the current BAH rates and component breakdown, visit: https://www.defensetravel.dod.mil/site/bah.cfm. Service members can calculate their BAH payment by using the Basic Allowance for Housing calculator at: https://www.defensetravel.dod.mil/site/bahCalc.cfm.
Coast Guard Museum Construction Delayed

Construction of the National Coast Guard Museum in New London, Connecticut, has been delayed, despite the fact that the National Coast Guard Museum Association has raised more than $56 million for the museum, which will tell the story of the Coast Guard. Construction of the museum was supposed to start this past year, but has been pushed back due to two other big projects going on in the area.

The project, which has been years in the making, got a boost in late December when President Donald Trump signed a large spending package that included another $5 million in federal funding for the museum. To date, federal contributions have totaled $15 million out of an anticipated $30 million, private donations have topped $21 million and the state has bonded $20 million for the project. Museum officials are not publicly releasing an updated cost until a bid is issued for the construction work.

The FRA is supporting the United States Coast Guard Commemorative Coin Act of 2019 (H.R.1257, S.509), which has been introduced in the House and Senate. The act is sponsored by Rep. Joe Courtney (Conn.) and Sen. Mike Murphy (Conn). This bill would direct the Department of the Treasury to mint and issue in commemoration of the U.S. Coast Guard $5 gold coins, $1 silver coins and half-dollar clad coins. The design of each coin would represent the traditions, history and heritage of the Coast Guard and its role in securing the United States since 1790. The issuance of the coins would be restricted to a one-year period. Proceeds from the coin shall be paid to the National Coast Guard Museum Association to help finance the design, construction, operations and maintenance of the museum.

This bill would honor the men and women of the Coast Guard and supports the establishment of the National Coast Guard Museum. Despite its significant role in our national defense, the U.S. Coast Guard is the only uniformed service without a national museum to showcase its 229-year history. Legislation was passed authorizing the museum to be located in New London, Connecticut. FRA members are urged to use the Action Center to urge their legislators to pass this important legislation.

IRS Free File Offers Free Tax Prep Options for Military Personnel

The Internal Revenue Service wants active duty military personnel to know that IRS Free File offers them multiple options for free federal tax preparation. Free File is for individuals or families whose adjusted gross income was $69,000 or less in 2019. Free File is a private-public partnership between the IRS and the Free File Alliance.

For active duty military and their spouses, Free File has a special offer. Individuals and their families who meet the income limitation may choose from nine companies, without regard to additional eligibility requirements. The nine special offers are from: 1040Now Inc., FileYourTaxes.com, Free1040 Tax Return, H&R Block, On-Line Tastes Inc., Tax ACT, FreeTaxUSA, TaxSlayer (English and Spanish) and TurboTax.

Active duty military who are stationed in combat zones, have more time to file their tax returns. However, those with spouses and families may opt to file as soon as they can to claim various tax benefits for which they may be eligible. If only one spouse is present to file a joint return, they must have proper authorization to file a joint tax return on behalf of their spouse.

The IRS began processing tax returns Jan. 27. Free File products are mobile enabled so you can do your taxes on your smart phone or tablet if you would like.

Here is how Free File works:
1. Go online to: IRS.gov/freefile and see all the Free File options available.
2. Military personnel who meet the income requirement can select from any of the nine providers that have “Free for Active Military for Adjusted Gross Income of $69,000 or less” listed in their offer.
3. Select a provider and follow the links to their webpage to begin your tax return.
4. Complete and e-file your tax return only if you have all the income and deduction records you need. The fastest way to get a refund is by filing electronically and selecting direct deposit. If you owe taxes, you can use direct pay or electronic options.
Relive the romance and allure of a bygone age of steam, with the brand new Flying Scotsman “Memories of Steam” Clock, commemorating the 150th anniversary of the Flying Scotsman’s run between London and Edinburgh.

Originally designed by artisans in England in the tradition of the finest cuckoo clocks

Intricately sculpted and painted by hand, in authentic detail

Flying Scotsman runs around the base every hour on the hour

Hear the genuine sound of the original locomotive as the train moves

Stationmaster emerges to announce the train’s arrival

Precision Quartz Movement

The exclusive Flying Scotsman “Memories of Steam” Clock is a unique collector’s piece that will also offer hours of entertainment for the whole family! Strong demand is expected, so act now to acquire yours in four convenient installments of only $49.99, for a total issue price of just $199.95*, backed by our 365-day money-back guarantee. Reply today, but send no money now. Simply complete and return your Reservation Application. But don’t wait. Worldwide demand has been strong and is expected to continue!

*For information on sales tax you may owe to your state, go to bradfordexchange.com/use-tax

www.bradfordexchange.com/scotsman

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The FRA Weighs in on ANC Burial Restrictions
The FRA recently surveyed its members regarding proposed changes to eligibility criteria for burial at Arlington National Cemetery that will include military retirees for above-ground inurnment. The survey was done in response to numerous calls from members who are upset about the changes. The FRA will share these survey results with the ANC, and key legislators. The results are as follows:

**Should the FRA oppose a regulation that prohibits in-ground burial for retirees with no combat experience?**
- **YES** = 54%
- **NO** = 28%
- **Undecided/Unsure/Don’t care** = 18%

Many retirees believe that 20 or more years of arduous military service have earned them the option of being provided an in-ground burial at ANC. Members can use the FRA Action Center located on the webpage (www.fra.org) to weigh in on this issue.

FCC Works to Create 988 Suicide Hotline
The Federal Communications Commission (FCC) has announced plans to make 988 the new, nationwide three-digit number for suicide prevention and mental health crises. The FCC official recommendation to create the three-digit hotline was originally made following a report that showed a three-digit number would improve access for those in crisis. The goal of the number’s similarity to 911 is to significantly increase the hotline’s effectiveness. The hotline also provides access to specialized help for veterans, thanks to the FCC’s coordination with the Department of Veterans Affairs. Just as with the current suicide prevention hotline, veterans will be able to press 1 after dialing 988 for specialized support and counseling, or they can text to chat. The National Suicide Prevention Lifeline currently answers 1,800 to 1,900 calls each day, for a total of 3.5 million calls since it was launched in 2007.

DHA Begins to Exclude some Drugs from Coverage
The FY2018 National Defense Authorization Act (P.L.115-91, H.R.2810), which was signed into law Dec. 12, 2017, allows the Defense Health Agency to identify drugs that provide little or no clinical effectiveness relative to available alternatives. The drugs can be partially or fully excluded from being covered by the TRICARE Pharmacy Benefit Program. Drugs excluded from coverage are referred to as Tier 4 on the prescription drug formulary list.

The DHA believes that this will align the TRICARE Pharmacy Benefit Program with industry standards among commercial health care plans. The exclusion has the potential to save the Department of Defense $30 million per fiscal year. Previously, all prescriptions were categorized in one of three tiers — generic, brand name and non-formulary. Each category had varying co-pay costs for beneficiaries.

The prescription drugs that DHA categorizes as Tier 4/non-covered will be excluded from coverage and will not be available in pharmacies at military treatment facilities. They also will not be available through the TRICARE Pharmacy Home Delivery Program.

Tier 4 drugs will only be available at retail pharmacies and beneficiaries will have to pay the full price out of pocket. The costs for Tier 4 drugs will not apply to the annual TRICARE catastrophic cap. The FRA is working with other military organizations to ask the DHA to create an appeals process for drugs placed on the Tier 4/non-covered list: https://www.tricare.mil/CoveredServices/Pharmacy/Drugs.

House Passes Joint Resolution to Start Pilot Program for Veteran Dental Care
The House suspended the rules and passed H.J.Res.80, sponsored by House Veterans Affairs Committee Ranking Member Rep. Phil Roe (Tenn.), which would approve a request from the Department of Veterans Affairs to pursue a pilot program that increases veteran access to dental care. Currently, only eight percent of veterans have dental coverage from the VA for service-connected dental problems. The measure now goes to the Senate for further consideration.

Section 152 of the FRA-supported MISSION Act created a VA Center for Innovation for Care and Payment to test new payment and service delivery models that could increase the quality of care for the veterans while reducing taxpayer spending. The law requires the VA to submit a report to Congress requesting the waiver of any such authorities necessary for carrying out an innovative pilot program and the request must gain congressional approval through a joint resolution. Pilot programs must be limited to five years and must obtain appropriations funding.

On Dec. 6, 2019, the VA submitted a request to Congress asking to pursue the pilot program to increase access to dental care for veterans. They entered into arrangements with community dentists who agreed to provide free or discounted services to veterans who are enrolled in the VA health care system but are not eligible for VA-provided dental care. The request would allow administrative staff in VA medical facilities to educate veterans about their options in the community and to coordinate the dental care, as needed. Oral health is an important component of overall health. Connecting veterans, who cannot get dental care in VA facilities, with free or low-cost dental care would allow veterans to live better, healthier lives.
HearClear GO™ Rechargeable Digital Hearing Aid Technology Only $199!*  
(*Each when you buy a pair) 
The new Advanced HearClear™ Go rechargeable hearing aid combines advanced technology with a low price to provide you with outstanding value.

5 Star Reviews! ★★★★★
Outstanding Product! “This product is outstanding. Dad loves it, my mom loves it, and I am grateful! Don’t believe that you have to spend a lot of money to get a quality hearing aid” - Gilmore B.

Go Features!
- Digital sound processing chip provides crystal clear sound and makes speech easier to understand with less feedback than old analog technology
- Don’t worry about replacing batteries! Full Charge Gives 16 Hours of Use! (Free Charging Station Included)
- Automatic Noise Reduction and Feedback Cancellor
- 100% Money Back Guarantee

Even Better In Pairs!
Your brain is designed to use both ears working together. In fact, studies show that you may be able to hear up to 3 times better in noisy situations when using two hearing aids. Buy a pair for the best results and save $80!

Rechargeable Digital Hearing Aid - For Only $199!* 

The new HearClear Go Rechargeable Digital Hearing Aids feature advanced digital technology at an unbelievably affordable price! The Go utilizes the key technologies of high-end digital hearing aids while leaving out fancy bells and whistles that increase cost and require expensive adjustments. With the Go, you’ll hear more clearly while saving a lot of money!

Your lightweight and discreet Go hearing aids work at a fraction of the cost of name-brand hearing aids, and they’re amazingly convenient! With the Go’s included charging station, you won’t have to keep buying and replacing tiny hearing aid batteries, and the Go is pre-programmed for most mild to moderate hearing losses—no costly professional adjustments needed. They’re shipped directly to you and help you hear better right out of the box. Simply take them out, put them in, and Go!

You can spend thousands on an expensive hearing aid or you can spend just $239 for a hearing aid that’s great for most mild to moderate hearing losses (only $199 each when you buy a pair – hear up to 3 times better than wearing just one). We’re so sure you’ll love your hearing aids we offer a 100% Money Back Guarantee - Risk Free if you are not satisfied for any reason.

MONEY SAVING OFFER! 
Use Coupon Code: FRZ3
1-888-660-9967

*Only $199 Each When You Buy A Pair! 
(Coupon Code & Price Valid For A Limited Time Only)

Visit and Save: www.AdvancedHearing.com/FRZ3
HVAC Ranking Member will Retire and New SVAC Chairman Announced

Rep. Phil Roe, M.D. (Tenn.) announced he will not seek re-election this year. Roe was awarded the FRA’s 2018 Pinnacle Award for his strong support of the association’s legislative agenda. Roe is a veteran himself, has served as chairman of the House Veterans Affairs Committee and currently is the Ranking Member of the HVAC. He has served for six years on the HVAC and has continuously worked to improve the lives and benefits of military retirees, veterans and active duty service members. He spearheaded efforts to pass the Agent Orange Blue Water Navy legislation (H.R.299) in 2018, which passed the House unanimously. Even though the bill failed in the Senate Veterans Affairs Committee, it was enacted into law in 2019.

Roe successfully pushed for other FRA-supported bills to become law, such as the Quicker Veterans Benefits Delivery Act (H.R.1725), the Veterans Appeals Improvement and Modernization Act (H.R.2288) and the Harry W. Colmery Veterans Educational Assistance Act (H.R.3218).

In related news, the Senate Republican majority announced that Sen. Jerry Moran (Kan.) will serve as Chairman of the Senate Veterans Affairs Committee. He is replacing Sen. Johnny Isakson (Ga.), who resigned for health reasons this past December. Moran has served on the SVAC since 2011. In a statement, Moran said he is committed to “ensuring our veterans have the right resources at the right time to achieve success after service. There is no group of people I hold in higher regard than those who serve our nation, and I take seriously the responsibility of providing our veterans with the best our country has to offer. I have always relied on veterans to help drive policy decisions in Washington, and I will continue to look to those who have served for ideas and solutions to improve the lives of their fellow service members.” Before being elected to the Senate, Moran served in the House of Representatives and was on the House Veterans Affairs Committee for 12 years.

FTC and University of Phoenix Announce Settlement

The Federal Trade Commission recently announced a legal settlement with the University of Phoenix that includes nearly $200 million in repayment to students, many of whom are veterans and service members.

The FTC found UOP’s advertising and marketing materials, that were targeted toward active duty service members, veterans and military spouses, were deceptive.

In 2015, the Department of Defense put the university on probation for six months because of the company’s misleading recruiting on military bases. The Department of Veterans Affairs is required to protect veterans from deceptive recruiting practices by predatory colleges. The FRA signed onto two letters to former VA secretaries — one on May 16, 2016, with 23 other organizations, and another on Feb. 14, 2019, with 34 other organizations — urging the secretaries to provide more robust regulation to protect military using the Post-9/11 GI Bill program.

The FRA will continue to monitor the Post-9/11 GI Bill program and work to improve other education benefit programs while opposing the shifting of significant costs to active duty beneficiaries.

VA to Reach Out to New Veterans

The Department of Veterans Affairs is launching a new program called the Solid Start Program. It will inform new veterans about benefits and support services available to ease transition issues. The VA believes this will help with suicide prevention. These veterans will get three phone calls from the VA, which is expected to reach out to more than 200,000 veterans. The first call, expected within 90 days of separation from the military, will include an in-depth conversation with veterans about their goals and challenges to better determine which VA services may be of use to them. Subsequent phone calls will check on the veteran’s transition progress and answer any questions they may have about VA benefits and services. Among the programs the callers will discuss, are the free VA mental health resources available to all separating service members during their first year of post-military life — regardless of discharge status or service history. FRA
Leading Ingredient For Acid Reflux Bouts Linked To Anti-Aging Phenomenon

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

by David Waxman
Seattle Washington:

A published study on a leading acid reflux ingredient shows that its key ingredient improves digestive health while maintaining health levels of inflammation that contributes to premature aging in men and women.

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

Sold under the brand name AloeCure®, its ingredient was already backed by research showing its ability to neutralize acid levels and hold them down for long lasting day and night relief from bouts of heartburn and, acid reflux, gas, bloating, and more.

But soon doctors started reporting some incredible results...

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

AloeCure contains an active ingredient that helps improve digestion by acting as a natural acid-buffer that improves the pH balance of your stomach. Scientists now believe that this acid imbalance could be a major contributing factor to painful inflammation throughout the rest of the body.

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

Relieving other stressful symptoms related to GI health like pain, bloating, fatigue, cramping, acid overproduction, and nausea.

Now, backed with new scientific studies, AloeCure is being doctor recommended to help improve digestion, and even reduce the appearance of wrinkles – helping patients look and feel decades younger.

**F**ix your gut & fight inflammation

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

To start, the clinical studies have been impressive. Virtually all participants taking it reported off and there are some very good reasons why.

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

Millions spent in developing a proprietary process for extracting acemannan resulted in the highest quality, most bio-available levels of acemannan known to exist, and it’s made from organic aloe.

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

When your digestive system isn’t healthy, it causes unwanted stress on your immune system, which results in inflammation in the rest of the body.

The recommended daily allowance of acemannan in AloeCure has been proven to support digestive health and manage painful inflammation through immune system adjustments without side effects or drugs.

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

**Revitalize your entire body**

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

By buffering stomach acid and restoring gut health, AloeCure’s ingredient maintains healthy immune system function to combat painful inflammation...reduce the appearance of wrinkles and help strengthen hair and nails ... maintains healthy cholesterol and oxidative stress... improves sleep and energy... and supports brain function by way of gut biome... without side effects or expense.

Readers can now reclaim their energy, vitality, and youth regardless of age.

**AloeCure Taken Daily**

- Helps End Digestion Nightmares
- Reduces appearance of Wrinkles and Increases Elasticity
- Supports Healthy Immune System

**How to Get AloeCure**

This is the official nationwide release of the new AloeCure pill in the United States. And so, the company is offering our readers up to 3 FREE bottles with their order.

This special give-away is only available for a limited time. All you have to do is call TOLL-FREE 1-800-746-2987 and provide the operator with the Free Bottle Approval Code: AC100. The company will do the rest.

Important: Due to AloeCure’s recent media exposure, phone lines are often busy. If you call and do not immediately get through, please be patient and call back. Those who miss the 48-hour deadline may lose out on this free bottle offer.
On Sept. 19, 2019, a Boeing pilot gave cheering onlookers at the MidAmerica St. Louis Airport in Illinois a picture-perfect landing of the prototype of the United States’ next generation of carrier-launched drones. The landing of the T1 was the successful end of a two-hour flight and a key milestone in a larger effort to transform the U.S. Navy’s core capabilities to confront the new threat horizon.

“The flight of this test asset two years before our first MQ-25 arrives represents the first big step in a series of early learning opportunities that are helping us progress toward delivery,” Capt. Chad Reed, Navy Unmanned Carrier Aviation Program manager, told USNI News.

The MQ-25 Stingray is designed to provide the U.S. Navy with a refueling system based on unmanned aerial vehicles, or UAVs. The current design will allow it to deploy on the Navy’s existing Nimitz-class carriers and the Ford-class carriers that will eventually replace them.

“This aircraft and its flight test program ensures we’re delivering the MQ-25 to the carrier fleet with the safety, reliability and capability the U.S. Navy needs to conduct its vital mission,” Boeing’s MQ-25 Program Director Dave Bujold said in a press release following the successful test flight.

Boeing Wins a Competitive Contract

The Navy awarded Boeing an $805 million contract for the first four MQ-25s on Aug. 30, 2018, in the culmination of a four-year competition to deliver the first UAVs that will be integrated into the aircraft carrier wing in 2024. Lockheed Martin
Northrop Grumman, an early contender, withdrew from the process before making an offer. This initial delivery anticipates a total of 72 MQ-25 Stingrays as part of a more substantial $32 billion acquisition that will deliver a next-generation Carrier-Based Aerial Refueling System.

Calling the deal “historic,” Chief of Naval Operations Adm. John Richardson told Naval-Technology.com when the contract was announced, “We will look back on this day and recognize that this event represents a dramatic shift in the way we define warfighting requirements, work with industry, integrate unmanned and manned aircraft, and improve the lethality of the airwing, all at relevant speed.”

The Navy has sought to develop carrier-launched drones for a broad range of missions, including air-to-ground attack, and intelligence, surveillance and reconnaissance, or ISR, for more than a decade. The decision was made in 2016 to develop carrier-launched refueling drones as the initial phase of Navy drone deployment. By tightly focusing on the refueling mission, the Navy was able to simplify development and reduce costs. As a platform, however, the MQ-25 lends itself to growing into ISR and even strike functionalities. The MQ-25’s inherently low-observable airframe makes it clear this platform was designed with stealth capabilities in mind, which are crucial for ISR and attack operations.

The cost savings also freed up the Navy to allocate resources to buy additional F/A-18 E/F Super Hornets and accelerate the development of the F-35C Joint Strike Fighter.

The most recent Navy budget submission cited deals such as the MQ-25 program as directed at replacing maturing technologies and reducing risk.
in the acquisition process. In “Regaining the High Ground” — a study released earlier this year by the Center for Strategic and Budgetary Assessment — authors called for a total overhaul of the carrier air wing, starting with fully committing to the MQ-25 Stingray. The study called for the Navy to exploit the MQ-25’s potential and redesignate it as a multimission UAV while keeping the initial version focused on aerial refueling to avoid delays and additional costs in program development.

**Letting Hornets be Hornets**

When the first MQ-25 Stingray launches from the deck of a carrier, it will immediately free up F/A-18 E/F Hornet strike fighters from aerial refueling tasks to dedicate more flight hours to other tasks in their diverse mission spectrum, including fleet air defense, air superiority, fighter escorting, reconnaissance, close air support, air defense suppression and precision striking. The tanker role consumes up to 20 percent of a carrier air wing’s Super Hornet sorties and increases airframe fatigue more than other missions due to the heavier configuration when catapulting. The Navy currently cycles its Super Hornets to minimize the impact of the tanker mission. The Navy requires the Super Hornet fleet to remain in service until 2030-2035. “An unmanned aerial refueling capability will extend the range of the carrier air wing and make better use of Navy combat strike fighters that currently conduct aerial refueling missions, while reducing the human risk factor of such missions,” Reed told Naval-Technology.com. “Once operational, the MQ-25A Stingray will be the world’s first carrier-based unmanned aircraft, providing a robust organic refueling capability to the carrier air wing.”

The Hornet earned its renown in the military community for demonstrated lethality and flexibility during Operation Desert Storm but remains best recognized in the civilian world as the aircraft flown by the U.S. Navy Blue Angels. These aircraft have served as the primary in-flight refueling solution since the Navy retired the KA-6D Intruder and S-3B Viking tankers. Addressing the Navy’s aging tanker fleet has been a concern of the Pentagon for more than a decade after broad cost reductions in the defense budget were made.

Above: Preparing for the first flight (takeoff) of the MQ-25 T1 test asset. Photo courtesy of Boeing Defense, Space & Security.
during the Obama administration.

The Navy recognized at the outset that the MQ-25 program presented unique challenges both in the requirements and in the bid.

“The biggest challenge is designing and building a system to interact with the shipboard infrastructure and coordinating with other programs to ensure alignment as they update their systems,” said Reed.

The Navy has been moving to refine UAV technology to meet the rigorous demands of operations at sea, such as extreme weather conditions and coordination with the high tempo of flight operations. Launching drones from carriers is an enormous technical leap that will eventually expand the combat range and mission scope of aircraft carriers.

“Operating a UAS (unmanned aircraft system) from the deck of an aircraft carrier has many challenges. While navigating precisely on the flight deck and in the airspace around the carrier is difficult, the biggest challenge is designing and building an unmanned system to effectively operate in close proximity to manned aviation,” said Jeff Dodge, MQ-25 deputy program manager. “On the flight deck and in the air around the carrier, our aircraft has to maneuver around people and other aircraft performing their own critical missions. Even the MQ-25 mission of air-to-air refueling requires
interaction between manned and unmanned aircraft. The implications on communications, situational awareness and automation are some of the challenges this program is solving.

The MQ-25 is powered by a Rolls-Royce AE 3007N turbofan engine delivering 10,000 pounds of thrust. It will have the capacity to carry 15,000 pounds of fuel to supply four to six aircraft at a range of 500 nautical miles. Navy personnel aboard carriers will use satellite and radio communications to coordinate refueling with pilots in the air. On the carrier flight deck, the MQ-25 will be managed with hand-held controllers and will launch with traditional catapult and launch recovery systems.

Aboard both the future Ford- and existing Nimitz-class carriers, a new space being called the Unmanned Aviation Warfare Center will serve as the command center for UAVs. At the recent Annual Symposium of the Surface Navy Association, Capt. Charles Ehnes described it as the “repurposing of a space on the ship to basically be a control room from which you can send and receive data from unmanned systems and give them updates as needed.”

“These spaces will include the Unmanned Carrier Aviation Mission Control System and associated equipment, the Distributed Common Ground Station mission support functionality, and all network-based interfaces and routing equipment required to control the aircraft,” said Dodge.

**Meeting the Threats of the Future**

“Testing of the initial four MQ-25A Engineering Development Model aircraft is planned to begin
Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing. Introducing Safe Step Walk-In Tub’s exclusive NEW Shower Package!

✓ First and only walk-in tub available with a customizable shower
✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
✓ Durable frameless tempered glass enclosure available
✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn’t a better, more affordable walk-in tub!

Call today and receive a FREE SHOWER PACKAGE!
FOR A LIMITED TIME ONLY
Call Toll-Free 1-888-224-9782

Call Today for Your Free Shower Package
1-888-224-9782

With purchase of a new Safe Step Walk-In Tub. Not applicable with any previous walk-in tub purchase. Offer available while supplies last. No cash value. Must present offer at time of purchase.
The majority of the ongoing development will be carried out at Boeing’s St. Louis headquarters, though many subcontractors across the nation will make vital contributions.

The industry team includes:
- Aitech Defense Systems
- BAE Systems
- Collins Aerospace
- Cox & Company
- Crane Aerospace & Electronics
- Cubic
- Curtiss-Wright Defense Solutions
- General Electric Co.
- Harris Corporation
- Héroux-Devtek
- Honeywell
- Innovative Power Solutions
- L3 Commercial Aviation
- Moog Aircraft Group
- Parker Hannifin
- Raytheon
- Rolls-Royce
- Triumph Group

in 2021 and end in time to support IOC (initial operational capability) in 2024. Testing will include sea trials, but dates are not set yet due to typical variability in carrier operational schedules,” said Dodge.

The MQ-25 Stingray will be a force multiplier for the new F-35 Joint Strike Fighter, essentially doubling the fighter’s range for increased time on station over targets on land and sea. This will allow the next-generation Ford-class aircraft carriers to operate further offshore where they are less vulnerable to enemy assault. The Navy is currently contending with the threat posed to its carrier fleet by the investments adversaries such as China are making in long-range anti-ship missiles like the DF-21. It will also refuel the EA-18G Growler, which provides standoff jamming capabilities to the F/A-18s.

Naval Air Force Atlantic Commander Rear Adm. Roy Kelley wrote in Defense News last year, “Carriers remain relevant and potent year after year and decade after decade because they are adaptable platforms in which flexible payloads deploy. Carrier air wings evolve, incorporating improved and revolutionary aircraft like the unmanned MQ-25 Stingray.”

Boeing and the Navy are taking the early learning and discovery provided by the T1 flight test program and using them to start producing the Navy’s four Engineering Development Model aerial refuelers, which will be the world’s first operational, carrier-based unmanned aircraft. MQ-25 is pioneering the integration of manned and unmanned systems within the carrier air wing, providing what Reed calls “game-changing capability for the carrier air wing and strike group commanders.”
Renowned cardiologist Chauncey Crandall, M.D., warns all his patients to keep blood pressure in check, especially as they get older.

Unfortunately, the Centers for Disease Control and Prevention (CDC) reports that nearly 1 out of 3 adults has blood pressure numbers that, while not yet in the high blood pressure range, are higher than normal.

Because rising blood pressure often has no warning symptoms, borderline blood pressure readings can be present without knowing it.

Dr. Crandall has made it his mission to help people with stubborn blood pressure problems. So he decided to research key nutrients that support healthy blood flow and circulation.

In 1998, three scientists received the Nobel Prize for their discovery of a special molecule called nitric oxide (NO).

NO helps blood pressure and circulation by relaxing arteries to promote optimal blood flow. As a bonus benefit, NO also helps enhance male sexual performance by increasing blood flow to male sexual organs.

Since NO is a gas, it can’t be taken as a supplement. A precursor — the amino acid L-arginine — is necessary to kickstart the process. The trouble is, with age, the body produces less and less arginine internally.

That’s why Dr. Crandall made a sustained-release form of L-arginine the flagship ingredient in his advanced blood pressure and circulatory support formula VENTRICORE®.

VENTRICORE® Contains 6 Ingredients for Blood Pressure Support

In addition to crucial L-arginine, VENTRICORE® also includes:

- Alpha Lipoic Acid (ALA). This powerful antioxidant combats damaging free radicals, supports inflammation balance, and promotes healthy blood pressure.
- Folic Acid & Vitamin B12. Both these B vitamins foster the health of the endothelium, the fragile inner lining of blood vessels. They also balance levels of homocysteine, a marker for inflammation that is associated with heart health.
- Chromium. This mineral helps to control blood sugar levels and support healthy blood pressure.
- Vitamin C & Vitamin D. These nutrients provide antioxidant support and promote heart and circulatory health. Vitamin D also supports immune health and energy.

VENTRICORE® Users Happy With Blood Pressure Control

“I take VENTRICORE® daily and feel it really helps my heart. I was told by my primary doctor and cardiologist to continue doing whatever I was doing, because it was working well for me.”

— Glenn T., Palo Cedro, CA

“VENTRICORE® has brought my blood pressure down a good bit and my doctor is much happier with my readings now.”

— Maureen H. Roanoke, VA

“VENTRICORE® helps keep my blood pressure in a safe range. I had little high blood pressure, then I saw VENTRICORE®. Since I started taking it my blood pressure was in a good level.”

— William D., Morrow, OH

“VENTRICORE® was an answer to a prayer. My blood pressure kept going up as I was getting older. I finally found out about VENTRICORE®. It has been wonderful — Normal blood pressure now & feeling good!”

— Fran M., New Market, MD

**Nobel Prize-Winning Discovery Offers Hope**

**Health Benefits of Doctor-Developed VENTRICORE**
- Helps Support Normal Blood Pressure Levels
- Helps Support Heart Health
- Helps Support Arterial Health
- Helps Support Nitric Oxide Production
- Supports a Healthy Immune System
- Supports Body Energy

**Folic Acid & Vitamin B12.** Both these B vitamins foster the health of the endothelium, the fragile inner lining of blood vessels. They also balance levels of homocysteine, a marker for inflammation that is associated with heart health.

**Vitamin C & Vitamin D.** These nutrients provide antioxidant support and promote heart and circulatory health. Vitamin D also supports immune health and energy.

**The Simple Solution for Circulatory Health Support**

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Like most of the old cities along the Eastern Seaboard of the United States, Boston occupies an advantageous position along the convoluted Atlantic coastline. Its complex network of harbors, bays, inlets and rivers made it a natural choice for early settlement in the 17th century, and supported its continued population, financial and cultural growth as the nation matured. The Port of Boston, the largest port in Massachusetts, has not only served the vital shipping industry, but was also an entry point for waves of 20th century immigrants who enriched the complexity of the American melting pot.

Five years before the beginning of the American Revolution, a crowd of colonists chafing under British tax levies threw snowballs at a British sentry guarding the Boston Customs House. More troops arrived, fired on the mob, wounded six of them and killed five in what became known as the Boston Massacre. Three years later, some of the hated taxes had been repealed, but the tax on tea remained.

Enter Samuel Adams and the Sons of Liberty, already responsible for years of demonstrations and rhetoric fueling the restless anger that simmered in the most rebellious of the colonists.

On the night of Dec. 16, 1773, a gang of about 100 men dressed as American Indians stormed three ships berthed at Griffin’s Wharf, and for three hours hauled tea chests out of the holds, cracked them open with tomahawks and flung the modern equivalent of a million dollars’ worth of tea into the harbor. With this action, the fuse was lit and revolution was inevitable.

This radical explosion of wrath is brought to life in the Boston Tea Party Museum, a colonial-red building that stands in the Fort Point Channel off Boston Harbor with two meticulous reproductions of the tea ships BEAVER and ELEANOR alongside it.
The Boston Tea Party Ships and Museum

If you think of a museum as a place to wander and look at exhibits and artifacts, then maybe we ought to call the Boston Tea Party Museum a time-bending performance piece. It’s part museum and part interactive technological and live theatre, with very good actors as central characters and you as a key player. Your tour is structured, and you are shepherded through the relatively small spaces in groups for just under an hour and a half.

With energy and style, the costumed interpreters usher your group of visitors through the events of that fateful December night. First, you are given a card assigning and describing your colonial identity. In the space representing the Old South Meeting House, you meet Samuel Adams, whose relentless public protests kept the overtaxed, underrepresented colonists in a lather. The rabble-rousing Mr. Adams ratchets up your outrage with a fiery speech.

Primed for action, you move out to the beautifully reproduced merchant ships, and like the Sons of Liberty, you heave crates of tea over the side. Take that, British tyrants! Unlike the wooden chests flung overboard by the rebels, these bundles are attached with sturdy ropes, and are light enough for children to handle. As you might imagine, their enthusiasm for this act of disobedience rarely fails to light them up.

Off you go onto the wharf, where a patriot and a loyalist discuss both sides of the coming conflict with interpretations of the unruly colonists’ bold act of defiance. Then you move into an exhibit space, where a rare, original Chinese-made tea chest from that famous night is displayed, and its path from China to its place at the museum is traced for you.

Then on to the Minuteman Theatre, the last stop on your formal tour, for a much admired film that offers a few surprises. We’re not telling. This is the museum website’s description:

Our multi-sensory film, “Let It Begin Here,” dramatically depicts the events of April 19, 1775, including Paul Revere’s famous “Midnight Ride”...
and the beginning of the American Revolution. Barely 16 months after the tea was destroyed in Boston Harbor, minutemen rallied on Lexington Green as the “shot heard ‘round the world” was fired. The theater’s panoramic movie screen places you in the middle of the battle action as you see, hear, and feel the sensations of horses galloping, soldiers marching and muskets firing through the countryside. Join the ranks of the militiamen as they stand against the British Regulars.

Happy, stimulating experiences strengthen memories and reinforce learning. Under the spell of these talented cast members and their combination of erudition and humor, you come to understand the spark that ignited the American Revolution. Even the most reticent visitors can’t resist participating in the crucial events re-enacted here.

At the end of your organized tour, you are invited to Abigail’s Tea Room and Terrace, a light, open café furnished with iconic tavern tables and curved-back Windsor chairs. Here, for a few dollars extra, you can taste any or all of the five tea varieties that flavored Boston Harbor on that day in 1773. You can also have some cider, a glass of wine or a local beer instead. The views of the harbor, the waterfront and the city skyline are wonderful from where the café is. There are old-fashioned games to play on the tables, and baked goodies to help you recover from your day of disobedience. Yes, Boston cream pie is among them. There is also a lunch menu available in the middle of the day.

The gift shop sells a number of things made specifically for the museum. You can see what’s on offer at the website in the sidebar on page 32, with “shop” at the start of the address. As you might imagine, the list includes teapots, a variety of teas, some ship’s models and a metal figurine of Sam Adams.

Visitors commenting on their experience of the museum and ships express some surprise at how much they enjoy and take away from the presentation, and are consistent in their praise for this popular place. These reactions from several TripAdvisor and Yelp
reviewers are typical:

“I never fully understood what the Boston Tea Party was about until I experienced this.”

“My 8-year old stayed engaged for the entire tour ... We all learned something or saw something new, including the history buff of the family.”

“The movie ... made me tear up a little ... what those men and families had at stake!”

“If you do this first then you will get the perfect narrative for your trip to Boston. It explains everything you will see when you explore the city through the Freedom Trail.”

The Waterfront

The waterfront is very close to the Boston Tea Party Museum. Visitors can make the 15-minute walk to Faneuil Hall to grab some lunch, or visit the nearby Old North Church to get a peek at the real location of some of the events depicted at the museum.

In the 1950s, a project to provide a route for automobile traffic traversing the city on the highway resulted in a massive overpass with awkward exit and entry ramps that effectively sliced off the oldest part of the town and the waterfront. By the 1990s, it was a snarled, dangerous and universally loathed urban nightmare. The historic North End, home of the Old North Church and the beating heart of the Italian community, was effectively isolated from the rest of town. Enter the ambitious engineering project to tear down the big green eyesore and put the whole business underground with a long, expensive, but ultimately transformative construction behemoth known as the “Big Dig.”

Now, the reclaimed land above the resulting tunnel is a greenway named for Rose Fitzgerald Kennedy, matriarch of Boston's Kennedy clan and mother of a president, an attorney general, and a long-serving senator. Faneuil Hall and Marketplace are no longer cut off from the North End and its collection of Italian restaurants. The city’s waterfront
Older Men in Italy Don’t Need ED Drugs. Now We Know Why... 

A Secret Any Man Can Use...

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

Tina writes: Dear Karen,

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

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

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

Instead of being embarrassed that they’d been found out, they were positively glowing and happy to share their “secret.”

The man pulled out a small pack from his satchel, gave it to my husband and said, “These tablets come from a small town up north and are made from naturally pure extracts, packed with densely rich sexual nutrients. They will give you back your vigor in the bedroom and you will perform even better than you did as a young man. Then he laughed and said, “You will become an Italian Stallion like me!”

Karen, my husband has been taking one tablet each morning with breakfast, but the pack is almost empty and we both desperately want more. Do you know about these European tablets and how to get some in the States?

Sincerely,

Tina D., Fort Worth, TX

“...My husband shocked me with more energy and enthusiasm than he’s had in years!”

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

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

All natural and safe to take, Provarin is a well-kept secret for those in the know. An old-school, family business, they still harvest product by hand and don’t do any advertising. Long-time customers and word of mouth ensures their limited stock is sold out every year.

They do have a distributor here in the U.S. and Provarin is surprisingly inexpensive.

A spokesman told me they were proud to produce the highest quality product for men and couples. He went on to say that if any of my readers call and mention this article, they’ll be offered an additional 50% discount, free priority shipping, and a free bonus pack of 30 tablets!

Wow, so there you go, Tina - and the rest of you readers! The offer is only good while supplies last so give them a call today. The number is 1-800-982-9748.

Aren’t you glad you asked?

Karen
has been transformed by commercial, residential, and recreational redevelopment. Attractions along its length include the New England Aquarium, the Boston Children's Museum, numerous hotels and a long list of restaurants, shops and harbor cruises.

**Getting There**

First, it helps to remember that the city of Boston was established 278 years before the first Model T Ford rolled off the assembly line. The city’s continual transformation over the centuries makes it lively and interesting, but the original pattern of its streets and buildings has not made it very friendly to the car. For visitors, driving in and around the city is challenging at best. Parking is limited and costly, but much of central Boston is very walkable, so public transportation, taxis and ride-hailing, or your own two feet are likely to be a calmer choice.

The museum and ships sit in Fort Point Channel alongside the Congress Street bridge, which connects downtown Boston to the Seaport District and South Boston. Visitors get into the building from a walkway along that bridge. South Street Station is nearby, and serves the trains of both the MBTA Red Line and Amtrak. If you plan to walk the waterfront, you might want to start by arriving at the aquarium, which is served by the MBTA Blue Line.

Whatever brings you to Boston, this introduction to its early discontent with dependence on and allegiance to England reminds us all of where we began on the road to the great experiment that is the enduring American democratic republic.  

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**Boston Tea Party Ships & Museum**

306 Congress St.
Boston, MA 02210-1027
866-955-0667
www.bostonteapartyship.com

**Hours:**
April 1 to Oct. 31: 10 a.m. to 5 p.m.
Nov. 1 to March 31: 10 a.m. to 4 p.m.

**Admission:**
Adults: $29.95
Children ages 5 to 12: $21.95
(See website for tour packages.)
Advance admission purchase avoids lines and saves $1.50. Much of the tour is outside.

**Internet Resources:**
https://shop.bostonteapartyship.com/
www.bostonharborwalk.org/
www.bostonharborcruises.com/harbor-cruises/
www.bostonusa.com/things-to-do/

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**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.
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2020 Regional Meetings & Conventions

March 27-28, 2020
South Central Midyear Meeting
Ramada Bossier City
4000 Industrial Drive
Bossier City, LA 71112
Telephone: 318-747-0711
Room rate: $69 plus tax
Mention Fleet Reserve Association
Contact: Emmett Smith
Email: rpesc.smith@gmail.com
https://lebossier.com/threedons/

March 27-28, 2020
West Coast Midyear Meeting
Stanislaus Veterans Center
3500 Coffee Road., Suite 15
Modesto, CA 95355
Clarion Inn
1612 Sisk Road, Modesto, CA 95350
Telephone: 209-521-1612
Use code “Fleet Reserve Association”
Room rate: King-$82, Double-$87
Contact: Dale Wild or Peggy Wild
Telephone: 209-572-1805

April 17-19, 2020
North Central Midyear Meeting
Holiday Inn Bloomington Airport South
201 W. 94th St.
Bloomington, MN 55431
Telephone: 952-894-8211
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
Tacoma, Wash.

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
The FRA 93rd National Convention
Sheraton Portland Airport Hotel
8235 NE Airport Way, Portland, OR 97220
Telephone: 503-281-2500
Room rate: $112 per night plus tax
Use code “Fleet Reserve Association”
Contact: Pete Lazzaretti
Email: pr@frabranch18.org

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The Fleet Reserve Association, founded in 1924, has been very successful in its 96 years of existence. Twenty years after its founding, 21 Shipmates in the Atlanta, Georgia, area were captured by the founding principles and vision of “Loyalty, Protection, and Service” and formed Atlanta Branch 89, which was chartered Sept. 21, 1944. Branch 89 has been successful as well, due to many dedicated and loyal Shipmates whose efforts over the years have resulted in a sustained and active branch. The branch’s FRA flag bears witness to its success, with numerous ribbons earned over time. Defining success can be difficult, however, since members come and go and those holding branch positions continuously change, so branch files get moved from one secretary’s basement to another. Oftentimes, branch history becomes a matter of memory.

A Home of Our Own
Some of the earliest memories are the discussions that took place during branch meetings regarding the construction of a branch home. Shipmates remembered the camaraderie experienced at other branch homes they had visited. They recalled that the opportunities for hosting branch functions had really enhanced the fellowship of Shipmates during the periods between meetings. One Shipmate used his talents to construct a small model house with an opening in the chimney. Shipmates would regularly drop their spare change and even bills into the chimney to one day fund the building of a branch home.

The absence of a branch home meant that from time to time we would get bumped out of our regular meeting place and would have to find another place to meet. Today, Branch 89 meets at American Legion Post 160 in Smyrna, Georgia, which is working quite well. Of course, having our branch secretary be part of the post’s leadership contributes a great deal to our working with Post 160 that operates a food bank, to which Shipmates regularly contribute non-perishable food items.

Over the years, construction costs and the value of commercial real estate grew and made the acquisition of a branch home unrealistic. The funds that we had collected over the years had grown and we began to discuss how to use those funds for branch success. With the funds being held in CDs, the growth was slow. It was moved during a branch meeting to explore investing in funds that would provide safety of the principle investment.
but provide better growth. The branch approved the motion and an investment firm was asked to make a strategy presentation, which was later approved by the branch. Today, those investments have grown and they fund events that all Shipmates can attend. The branch has an Extended Membership Incentive Program that helps Shipmates with their dues if they choose to renew or to join for multiple years. The incentive program offers discounts up to 30 percent for Lifetime Membership and today, the branch enjoys having 32 percent of our members as Life Members.

**NAS Atlanta**

Prior to the closing of Naval Air Station Atlanta, the branch enjoyed a great relationship with the base personnel and held monthly meetings there. NAS Atlanta provided a rich market for recruiting new members. For many years, the branch had well over a thousand members but today is down to 240. Branch 89, along with the ladies’ auxiliary, supported many activities on base such as; the Retired Activities Office, separation briefings, children’s activities and annual donations to the chapel. Shipmates of Branch 89 have many good memories of the annual picnics at Lake Allatoona Navy Recreation Site and special Two Bell Ceremonies. The branch was presented with a plaque and the U.S. flag that was last flown over NAS Atlanta before it closed. They were in recognition of the strong mutual support Branch and Unit 89 shared with the base from 1942 to 2009.

**A Changing Membership**

Participation in and support of both national and regional FRA functions and programs were once prominent at Branch 89. Our membership has included a past national president as well as two past presidents southeast region, all having gone on to serve on the staff of the Supreme Commander. Our aging population has made it difficult for many Shipmates to attend branch meetings, and regional and national convention participation has fallen to near zero.

Still today, the branch takes great pleasure in recognizing members who attain milestones of continuous membership with certificates and pin presentations. Our membership chair periodically travels to locations in Georgia and even in South
Carolina, to make membership presentations. Shipmates appreciate being recognized, especially when they, for various reasons, cannot attend branch meetings.

The FRA Essay Contest

The Americanism Essay Contest is one of Branch 89’s favorite FRA benefits to support. The branch has participated in the contest for well over 25 years. Most years, the branch has hosted an awards ceremony recognizing the efforts and successes of participants — there have been regional and national winners from Branch 89. We even had a Grand Prize winner a few years ago. The judging of the essays was always a reason for members to come together. Before the unit surrendered their charter, they provided a great deal of help. Some previous unit members still contribute today.

If branches want to broaden their reach with the FRA Essay Contest, they can access the website site www.peachjar.com. PeachJar Inc. partners with school districts to help keep parents informed about school updates and community resources such as the FRA Essay Contest. School administrators and teachers can learn about the essay contest, and branches can participate by providing the details for them. The school districts can then share the contest information with parents. Getting started is a lot of work, but the staff at PeachJar has proven to be very helpful.

The branch also supports Wreaths Across America each year by making a donation from our budget. We advertise the event to those who might not be aware of it. We all gather and participate by placing wreaths in various cemeteries. Branch 89 is a WAA fundraising partner.

On Sept. 21, 2019, Branch 89 celebrated 75 years of service to Shipmates and veterans. There were balloons, a guest speaker, a book that listed deceased Shipmates, a book about Branch 89’s history, a free steak and chicken dinner with side dishes, a cake that was cut by the oldest and the youngest attending members, door prizes, and, as always, good fellowship. Special Branch 89 75th Anniversary shirts were available with the FRA emblem and members’ names. Branch 89 looks forward to many more years in our community as well as the Fleet Reserve Association reaching 100 years of Loyalty, Service and Protection. FRA
Membership is open to all current and former enlisted sea service (USN, USMC, USCG) personnel.

**Member benefits include:**
- A legislative team fighting for your pay and benefits on Capitol Hill
- Use of the Action Center at www.fra.org to share your opinions directly with Congress
- Eligibility for you and your family to apply for the FRA education scholarships
- Access to expert staff to answer your legislative questions
- Representation on disability or other VA claims
- Discounts on products and services
- Camaraderie with other service members

Your dues include a subscription to the association’s monthly magazine. **FRAtoday** is your most reliable source of association information. Topics covered are: military pay, health care, and benefits. Some great association information and items of interest to you and your family are included.

In addition to receiving the print version of the magazine, please include your email to receive **NewsBytes**, the weekly email newsletter update of current legislative and association activities.

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**MEMBERSHIP OPTIONS**
All memberships includes a subscription to **FRAtoday** magazine, a $40 value.

- **1 Year / $40.00**
- **2 Years / $64.00 SPECIAL FIRST TIME MEMBERS!**
- **2 Years / $75.00** (for renewing or reinstating FRA members)
- **5 Years / $180.00**
- **Life Member (see table for price)**

**PAYMENT OPTIONS**
Join online at: www.FRA.org/JOIN

- [ ] Master Card
- [ ] Visa
- [ ] Discover
- [ ] American Express
- [ ] Check-enclosed

**LIFE MEMBERSHIP RATES**
- Active Duty .......... $400
- Age 40 & younger .... $450
- Ages 41 to 50 .......... $425
- Ages 51 to 60 ........... $390
- Ages 61 to 70 ............ $340
- Ages 71 to 80 ............ $260
- Ages 81 to 99 .......... $200
- Ages 100 and older .. FREE

Mail completed form to: Fleet Reserve Association • 125 N. West St. • Alexandria, VA 22314

March 2020
Please Share Your Feedback

In this month’s column, I would like to take the opportunity to ask for your feedback. These questions are designed to provide National HQ with background and context, and I hope you’ll take the time send me your thoughts by email or the online survey at: www.FRA.org/survey. The web survey will include a few more questions than we have space to include in this article. If you respond via email, please include the subject line “FRA TODAY MARCH 2020 SURVEY” so I can find them easily. I welcome your responses and comments no matter how you send them!

The FRA is active on several fronts, from advocacy to administering benefit programs for shipmates and their families, to supporting the activities of branches all around the country and overseas. However, we are always open to making improvements and we would like to know if what we think are our most important tasks are really what we should be focusing on. We want to hear from you.

1. What do you think is the most important activity of the FRA?
   ___ Advocacy for current and former enlisted of the sea services in front to Congress
   ___ Supporting education focused on careers in the sea services
   ___ Offering scholarships
   ___ Providing group insurance benefits and other benefits to members
   ___ Supporting branch, regional and national meetings and activities
   ___ Veteran services claims and appeals
   ___ Other activities
   Please list in numbered order of preference with 1 being the most important and 7 the least important.

2. How well do you think we are fulfilling our role as an advocate?
   • No opinion          • Good
   • Poor                • Great
   • Acceptable         • Excellent

3. Is there any other topic you would like us to focus on?

4. Look forward one year, five, or 10 years, what do you see FRA’s role in the future?

   It is no secret that the generational change between today’s sea services and the origin of FRA’s mid-20th-century membership is profound and impactful. We often hear ideas of offers we could make to current enlisted members of the sea services, or ways we could change our communications strategy, or even regarding the idea of an online community in addition to branches or “virtual” branch for Members at Large. But we want to know how our shipmates feel, both in terms of preserving what you value most, and looking forward to how best to support the organization’s needs long into the future.

5. Would you be more likely or less likely to participate in FRA members-only online discussion groups?

   Lastly, we are looking for members who are willing to lend their knowledge, skills and abilities to ensure the future of this nearly 100-year-old organization. Would you be willing to volunteer some of your time and expertise to improve the wisdom and effectiveness of NHQ staff in their various functions?

   Please share your thoughts to these questions with me. Send an email to christinah@fra.org. I read every message you send. I eagerly await your responses and will provide a summary of ideas and next steps in a future article for FRA today.

   Yours in Loyalty, Protection and Service, Christina Hitchcock

Christina Hitchcock is the FRA’s director of membership. She can be reached at ChristinaH@fra.org or 703-683-1400, ext. 123.
1. BRANCH 98, SHREVEPORT, LA.
A Pearl Harbor memorial service was conducted with the Shreveport VA hospital (L to R) BP Willie Hill; BVP Charles Smith; RPSC Emmett Smith; Alex Whittington, a member of Rep. Mike Johnson’s staff; PBP Chuck Lester; Natalie Steinsholt, another member of Johnson’s staff; Br. Sec Lee Jeter; and Shannon Arledge, hospital Public Affairs Officer.

2. LA FRA
LA FRA President Bea Parco with Pearl Harbor survivor Jack Holder this past December during memorial ceremonies at Pearl Harbor.

3. BRANCH 268, OKLAHOMA CITY, OKLA.
USS OKLAHOMA (BB-37) Memorial Branch members joined sailors of Strategic Command Wing One, members of Northwest Classen Navy JROTC and American Legion Post 73 to honor those aboard the USS OKLAHOMA during the attack on Pearl Harbor. Branch President Jessie Whitney laid a wreath. Members of Del City Post 73, commanded by Branch 268 Shipmate Ed Pulver, performed the 21-gun salute to close the ceremony.

4. BRANCH & UNIT 40, CHESAPEAKE, VA.
The annual Toy for Tots toy drive was a huge success, collecting in excess of 150 toys. Branch, Unit and Four O Club members’ generous donations greatly contributed to the drive. The program is run by the United States Marine Corps Reserve and distributes toys to children in need.

5. BRANCH 208, JACKSONVILLE, N.C.

6. BRANCH 41, ROANOKE, VA.
The Roanoke Branch’s December gathering, where the combined years of U.S. Navy service totals nearly 250 years. (L to R) Joe Black, Shannon Boydett, Dana Jackson, Glenn Flint, Hayes Bennett, David Points, Larry Forrester, Barry Cox and John Cook. All pictured are proud U.S. Navy retirees and part of a branch that spans a more than 150 miles radius.
7. BRANCH 126, JACKSONVILLE, FLA.
A Pearl Harbor remembrance ceremony was conducted on Dec. 7, 2019. (L to R) PRPSE J. J. Thomas, PNP and Unit 91 President Sandy Robbins, Al Peter, Don Rodely, Pat Lyons, PRPSE Ann Lyons, Elmer Wine and PRPSE James Robbins. Photo by NES Vera Thomas.

8. BRANCH 136 MINNEAPOLIS, MINN.
(L to R) Branch President Gene Jarnagin (L), Don Bauman (center), and RPNC Don Watkins (R) presented 40-year continuous membership certificates and lapel pins to Shipmates August “Gus” Zuccaro (seated) and James Baeyen (second from right). Photo by Gene Jarnagin.

9. BRANCH & UNIT 22 PENSACOLA, FLA.
Branch and Unit members at the FRA Memorial Monument, which was dedicated to them at Barrancas National Cemetery, following Wreaths Across America. (L to R, front) Tom Bulger, Branch Vice President Walt Carillion, JrPRPSE Jim Richmond, Mary Hall of Unit 22, Unit President PRPSE Babe Kilgore, Bonnie Kirtley of Unit 22 and Branch President Carl Kirtley. (L to R, back) JrPBP Bob Hall and PNP Mark Kilgore.

10. BRANCH 226, STATEN ISLAND, N.Y.
(L) Branch President James Brown and Branch Vice President Al Klingele (R) present anniversary pins to Shipmates Ed Squire and James Wassmuth during the branch’s Christmas luncheon.

11. BRANCH & UNIT 101, SANTA CLARA, CALIF.
Kate Blanton and LA FRA President Karen Webster’s combined efforts collected more than 282 winter hats, gloves, thermal socks, cozy blankets and toiletries for the Home First Veterans Homeless Shelter for the winter days ahead.

12. BRANCH 382, NAMPA, IDAHO
Shipmates were honored with quilts from the Quilts of Valor Foundation during their Christmas dinner. (L to R): David Sayles, Frank Schmitt, Bill Sutherland, Don Franklin, PRPNW Tom Flanik, RPNW Bill Hall, Charles Crooks, John Camp, PRPNW Hazel Bettencourt and Quilts of Valor Rep. Teri Devine.

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

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P.R.P.N./N.E.N.G., Martin

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REUNIONS

USS Tutuila (ARG-4)
4/14/2020-4/18/2020
Norfolk, Va.
Contact: John Ward
Telephone: 507-384-3057
Email: kandjw@epix.com

NMCB 62 Seabees
4/23/2020-4/26/2020
Gulfport, Miss.
Contact: Norm Hahn
Telephone: 715-379-8482
Email: normhahnjr@yahoo.com

USS Franklin D. Roosevelt
(CVB/CVA/CV-42) & Squadrons
6/3/2020-6/7/2020
Jacksonville, Fla.
Contact: Bill Solt
Telephone: 321-362-5806
Email: sisbill@aol.com

USS Flasher (SSN-613)
6/10/2020-6/14/2020
North Myrtle Beach, S.C.
Contact: Don Knapp
Telephone: 843-834-3568
Email: ussflasherssn613reunion@gmail.com

USS Douglas H. Fox (DD-779)
6/11/2020-6/14/2020
Norfolk, Va.
Contact: Joe Sczyrek
Telephone: 201-563-1264
Email: dd779association@verizon.net

Navy Musicians Association
6/16/2020-6/21/2020
Virginia Beach, Va.
Contact: Wilbur Smith
Telephone: 407-497-9765
Email: smuffsan@gmail.com

VP-90
6/25/2020-6/28/2020
Wheeling, Ill.
Contact: Geno Koelker
Telephone: 815-332-5671
Email: GenoKoelker@yahoo.com

USS Forrest B. Royal (DD-872)
6/25/2020-6/28/2020
San Antonio, Texas
Contact: Ron Larson
Telephone: 715-423-8905
Email: mosbyusn@wctc.net

USS Boston Reunion
(CA-69, CAG-1, SN-703)
7/9/2020-7/12/2020
King of Prussia, Pa.
Contact: Barry Brobst
Telephone: 508-580-3808
Email: president@ussboston.org

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

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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:

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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

March 2020
Two writers, Tom Rath and Jim Hunter of Gallup, identified community involvement as one of the five essential elements of well-being, contributing to good mental health. Volunteering creates a connection and a sense of belonging to the community. It provides opportunities to meet new people, have new experiences and gain new confidence.

This concept has been proven to be true by the benefits reaped by older LA FRA members who hold useful and beneficial roles in our organization. Being a member of the Auxiliary gives us the opportunity to feel needed and useful at any age. Just because you are older or retired, that does not mean you sit in the back of the room and let the young ones take over. It is an opportunity to call on the history of our organization and show those younger members the traditions and values that have made the Auxiliary successful.

The younger members might also find that “paying it forward” is as rewarding as helping the homeless or donating time and resources to local wounded veteran organizations. One example of how we have paid it forward is that we have provided food or gift baskets and monetary support to the less fortunate during the holidays. More importantly, we continuously support each other. Some units help pay the dues of their members who are unable to do so because of illness or hospitalization, and we check on members who are unable to leave their homes.

Unit 302 in Carson, California, has a special relationship between the members. They have 100 percent participation in their meetings. That means standing room only in the meeting room. Usually, large memberships are limited to the branch’s that have clubs. That is not the case with Branch and Unit 302; they meet in a room at the local Veterans Park. When a member is invited to join their branch or unit, it is expected that they attend the monthly meeting. If not, they get a phone call from leadership to find out why. In return for the member’s support, the unit supports the member in a variety of ways. They are a team that works together in the community. The traditional Filipino food potluck doesn’t hurt either!

Volunteering and stepping up is painless and rewarding. If you haven’t been to a meeting for a while, it is worth your time to come see what’s going on in your unit. FRA

Yours in Loyalty, Protection and Service,
Nadine Fulton

Nadine is the LA FRA Southwest regional president.
Many of us take a set-it-and-forget-it approach to beneficiary designations on retirement accounts, life insurance policies, wills and trusts. We create the document, we choose a beneficiary, and we consider the work complete. But the truth is, many life-changing moments are times to thoroughly review those beneficiary designations to make sure they’re up-to-date.

Travis Huber, IRA Product manager for Wells Fargo Advisors, lists four life events that should trigger beneficiary reviews. He also notes common mistakes to avoid.

When to Review Your Beneficiary Designations

When you divorce or remarry. At these milestones, many people remember to update their wills, but they may forget about other accounts such as IRAs and life insurance policies. “You’ve got to rethink everything,” Huber says. “If you forget to update a document, the beneficiaries may not be your kids or new spouse as you prefer. Instead, your ex-spouse could wind up as the designee.”

When you have a child or a grandchild. The time that your family grows might be the time to consider making a child a beneficiary. You can do this individually within a policy or account, or you may want to consider using a trust. You should also revisit primary/secondary IRA beneficiary designations when a child becomes a legal adult, Huber says. If you want several children to split funds from your IRAs, make it clear in your designations. Legally, a sole beneficiary is not obligated to share funds with a family member you haven’t named as a beneficiary. Even if the beneficiary decides to do so, it could trigger a gift tax for the recipient.

When a beneficiary dies. Some individuals may outlive their beneficiary, whether it’s a spouse or a child. If, for example, a deceased person is named in your life insurance policy as a beneficiary, it could pose complications. “Even if you had named contingent beneficiaries, it’s still better to have the paperwork updated,” Huber says. “That will mean less time and effort to get those benefits to the right recipient.”

When beneficiaries’ financial needs change. As time passes, your beneficiaries’ financial circumstances may evolve. Maybe you named your dependent children and your spouse equal beneficiaries on an IRA. Now those children are adults with successful careers; they no longer need the money as much as your spouse would. Make sure your beneficiary designations reflect those changing needs.

Two Common Mistakes to Avoid

Conflicting designations. Huber sees this often, and it can make your intentions unclear. For example, perhaps you established an IRA when you were younger and named a sibling as a beneficiary. But years later, you created a will dividing your assets between your spouse and your children. However, beneficiary designations on IRAs and retirement plans supersede what’s stated in a will or trust, Huber says. “Your spouse and children can try to use their interest in the will or trust to gain IRA assets; however, the actual IRA designated beneficiary will likely remain in control of the inherited IRA assets.”

Incomplete designations. “Sometimes you put your wishes on paper, but maybe you didn’t sign the paper, or you forgot to submit it,” Huber says. “This would likely create confusion, perhaps cause challenges and delay or prevent passing the assets to the person you want to receive these funds.”

Finally, whenever you review, take a holistic approach to beneficiary designations — reviewing all of your accounts together, instead of one at a time — because there can be a ripple effect. “If you change one, it might change what you want to do with the others,” Huber says.

All investing involves risk, including the possible loss of principal.

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

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