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FRA *today*

The magazine of the Fleet Reserve Association

AUGUST 2022 / \$3.75

MAKIN ISLAND RAID



INSIDE:

- 10** On & Off Capitol Hill
- 28** Pirates In America
- 38** New Life Members

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Contents

August 2022 Volume 101 Number 8

Cover: Marine Raiders aboard *USS NAUTILUS* enter Pearl Harbor in August 1942 after their raid on Makin Island. Above: The shoreline of Makin Island as seen through the periscope of the *USS NAUTILUS* in August of 1942. Both photos by the Naval Photographic Center, now in the collections of the National Archives.

Features

20

Makin Island Raid

On Aug. 17, 1942, the U.S. Navy launched an amphibious attack from two submarines and landed more than 200 Marine Raiders on Makin Island. The attack, known as the Makin Island raid, was intended to divert Japanese attention from the Battle of Guadalcanal in the Solomon Islands.

28

Pirates in Colonial America

Before the British colonies were fully established, pirates were an expected part of the business and political relationships between colonists, their motherlands and other European powers. The history of dependence upon those renegade seafarers is a fascinating part of the founding of our colonies.



LOYALTY, PROTECTION AND SERVICE

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

Departments

- | | | | |
|----|---|----|--|
| 2 | Communications | 43 | Taps |
| 4 | From the Fantail | 44 | LA FRA President's Project |
| 6 | Shipmate Forum | 45 | Looking For/Reunions |
| 10 | On & Off Capitol Hill
<i>Current Legislative Updates</i> | 46 | Auxiliary of the FRA News
<i>A Message from LA FRA Southwest
Regional President Georgina Hermes</i> |
| 37 | Membership Matters | 47 | Finance Matters
<i>Consider a Simple Investment Strategy
to Help Reduce Guesswork</i> |
| 38 | New Life Members | | |
| 40 | Shipmate News | | |

Magazine Paper Changes

Unless you have spent time at a paper mill or printing press, you likely haven't noticed anything different about this magazine so far. But those with discerning fingertips may have felt a slight change in the paper weight of this issue, which is printed on 40 weight #5 gloss sheet, one step less in quality than normal. Why the change? The #4 paper that I have purchased for years is now becoming unavailable due to significant changes in the paper industry.

Canadian company Catalyst Paper sold two of its U.S.-based paper mills to Chinese company Nine Dragons Paper.

Under the \$175 million agreement, Nine Dragons has acquired mills in Rumford, Maine, and Biron, Wisconsin. Although Nine Dragons has a large focus on recycled paper, both of these mills are pulp mills. According to the paper industry association TAPPI, who say this acquisition allows Nine Dragons to diversify its manufacturing base and "gain access to high quality virgin fiber, resulting in increased access to a more secure and cost-effective channel for raw material supply."

Several paper mills in the U.S. have shut down over the past couple of decades due to fierce price competition from China and shrinking demand. The Rumford mill has seen multiple ownership changes in recent decades.

China's recycling import ban and tighter contamination standard has sent global recycling into a tailspin, hitting fiber particularly hard. In the short term, this has led to a run on virgin pulp in China that U.S. recycling executives expect will be unsustainable. The Nine Dragons acquisition has some in the industry speculating that Chinese investors might step in to save existing or open new U.S. paper mills, which would give the foreign owners access to new resources.

Although this move will give Nine Dragons access to virgin materials, the company might decide to integrate some of its recycling-forward strategies at the U.S. plants or expand further if the acquisition turns out favorably. That could be a shot in the arm for the lagging paper recycling industry, which would be especially important as stockpiles grow following China's import crackdowns. Such actions could have a big effect considering that fiber comprises the largest percentage of most municipal material streamss, according to recycling publication Waste Dive.

FRA

In Loyalty, Protection and Service,
William D. Stevenson, Editor-in-Chief

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Design and Art Direction FRA Staff

Advertising Sales: GLM Communications, 212-929-1300

Sales@glmcommunications.com

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FRA Administrative Headquarters

125 N. West St., Alexandria, VA 22314-2754


Telephone: 703-683-1400, 800-FRA-1924


Fax: 703-549-6610 • Email: FRAtoday@fra.org • www.fra.org

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Happy Birthday to “America’s Oldest Maritime Defenders”



The month of August is when we celebrate the anniversary and the history of the U.S. Coast Guard.

Founded Aug. 4, 1790, the Coast Guard was first known as the “Revenue Marine” and served as part of the U.S. Treasury Department to enforce tariffs.

On Jan. 28, 1915, this organization — renamed the Revenue Cutter Service in 1863 — was merged with the U.S. Life-Saving Service to establish the Coast Guard. On that date, the Coast Guard was designated as “a military service and a branch of the armed forces of the United States at all times” (Title 14 U.S.C. § 1).

In 1939, the U.S. Lighthouse Service merged into the Coast Guard. The Coast Guard became a part of the U.S. Department of Transportation in 1967, and in February 2003, it became part of the U.S. Department of Homeland Security.

Throughout its history, the Coast Guard has been an important part of defending our nation’s coastlines and assisting the sea services around the world. During many wars, the Coast Guard has served under the operational control of the U.S. Navy. As part of the Coast Guard and Maritime Transportation Act of 2006, it states, “upon the declaration of war if Congress so

directs in the declaration or when the President directs, the Coast Guard shall operate as a service in the Department of the Navy” (Title 14 U.S.C. § 3).

In 1843, the Revenue Marine Bureau was established at the Treasury Department, and its newly appointed chief, Capt. Alexander Fraser, became the Coast Guard’s first commandant.

The first officer in permanent charge of the Revenue Marine Service was Capt. Leonard Shepard, who was appointed on Dec. 28, 1889. Both men courageously undertook reforms that shaped the modern-day Coast Guard. Fraser abolished the use of slaves aboard cutters, established a merit-based promotion system, prohibited alcohol use, and began the service’s transition to iron and steam vessels, politically unpopular moves that eventually had him removed from his post. Shepard breathed life back into the service’s officer corps by removing aging officers — some in their 80s — who were no longer medically fit to serve, making promotion possible for younger officers.

On June 1, of this year, the U.S. Coast Guard made history as Adm. Linda Fagan assumed her duties as the 27th Commandant of the United States Coast Guard. Fagan became the first woman to lead a military service. Fagan was also the first woman to be promoted to the rank of four-star admiral in the Coast Guard on June 18, 2021.

The Coast Guard has a rich history, and the FRA is proud to call those who serve “Shipmates.” From the Revolutionary War to the world wars to Vietnam to the wars in Afghanistan and Iraq, the Coast Guard has served our nation proudly and protected our coastlines for the past 232 years.

Happy birthday, U.S. Coast Guard! **FRA**

In Loyalty, Protection and Service,

Chris Slawinski

Chris is the national executive director of the Fleet Reserve Association and may be reached at: NED@FRA.org.



U.S. Coast Guard photo courtesy of DVIDS.

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Two Bell Ceremonies

Branch 294 has conducted numerous Two Bell Ceremonies for departed branch shipmates and its community's Veterans who have passed. So where did this beautiful bell with its crisp sound come from? It belongs to Jack M. Fogel, GMCS, SW, USN (Ret.), Branch 294 Jr. Past President and presiding Southeast Region President. In Jack Fogel's own words: "I served 28 years in the U.S. Navy and was fortunate to be stationed at Pearl Harbor in 1974 on the *USS BREWTON* (DE-1086). The *BREWTON* was later designated a Fast Frigate (FF). I was on liberty in Honolulu



Photo courtesy of Alexander Alenitsch.

looking around different shops and saw this bell back in a corner. I asked about the bell and the shop owner relayed to me that it had been the quarter deck bell on the *USS HONOLULU*.

I knew I had to have it, so I purchased the bell and have had it ever since. The *USS HONOLULU* was damaged at Pearl Harbor on December 7, 1941. She received only minor hull damage from a near miss by a bomb. Following repairs, she sailed on 12 January 1942. Wikipedia gives the following history of the ship: "*USS HONOLULU* (CL-48) of the United States Navy was a *Brooklyn* class light cruiser active in the Pacific war (World War II). *HONOLULU* was launched in 1937 and commissioned in 1938. The ship served in the Battle of Tassafaronga, the Battle of Kula Gulf, the Battle of Kolombangara and the Battle of Peleliu. She was taken out of action by serious torpedo damage just before the Battle of Leyte Gulf. She was repaired, but not in time to rejoin the Pacific war. She was decommissioned in 1947. The *USS HONOLULU* received (8) Battle Stars for her service during WWII".

This past Memorial Day the bell was once again used to honor 200 Cumberland County Veterans that have passed on to serve on the staff of the Supreme Commander. (L to R) Retired Coast Guard Chief Warrant Officer Alex Alenitsch served as the ceremony script reader, retired Navy Aviation Machinist's Mate Senior Chief Bob Adams was the bell toller, and retired Navy Gunner's Mate Senior Chief

Jack Fogel participated in Branch 294's Two Bell Ceremony, in which the names of 200 veterans now serving on the staff of the Supreme Commander were read. The solemn event captured the names of those who had passed from May 2020 to May 2022.

Alexander Alenitsch

FRA Branch 294 Treasurer

FRA 2022 National Convention Treasurer

Naval Affairs to FRAtoday

Shipmate Bill,

An issue of Naval Affairs from May 1991 has come my way, and when I compare the quality of that with the quality of the current FRAtoday, I would not dare complain. There has been a number of letters in Shipmate Forum over the last few months complaining about advertisements. I say, turn the page. We don't have control over the commercials on TV/radio, nor the ads in the newspaper, nor the billboards on the side of the highway, and all we have to do is ignore, ignore, ignore. That is, if we don't like what we see. The ad in our June 2022 issue selling 5 collared polos for only \$6 each is one Shipmates want to take advantage of, quite a bargain.

The ad in the March 2022 issue regarding the Global Warming Hoax may be one where a Shipmate lingers, orders a book if interested, and potentially broadens their knowledge base in order to intelligently decide which side science is on. Or, a Shipmate could continue to watch CNN and believe what they say without any questions.

Remember, without climate change, we would still be in the ice ages.

Again I say, allow the management team to make decisions regarding ads and keeping our magazine as good as it is today, even if there are ads you choose to ignore. That is much preferable to raising FRA Membership dues.

Wayne Barron, Life Member

Branch 263

Controversial Advertisement

In the June issue, I noticed another member's concern about our FRA magazine running controversial ads (denial on climate change). I could not agree with Dan Davey's concern more. Then, I turn to Page 17 of the same June issue and here is a full page ad apparently promoting propaganda type literature in a book directed at our government.. from "Newsmax".... really.

I did not spend a military career and be a member of



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the FRA for the past 34 years to see such advertisements in what used to be a respectable non-biased political magazine. Is this what I am paying my dues for, really? I know ads generate money for the magazine's overhead etc., but this will be the last year of my support and affiliation of the FRA, if this continues.

AFCM Terry Smith, USN (Ret.)

Political Viewpoint

Dear Mr. Williams,

My name is Stew Margolis. I am a retired Senior Chief and lifetime member of the FRA. I would like to commend the comments shipmate Dan Davey made in the June issue of *FRAtoday*. In your response to Mr. Davey, you state "When an ad is polarizing we do not accept it again...".

I consider myself an independent voter who has traditionally voted for the candidate and his/her views rather than the political affiliation of the individual. In short I vote for Republicans and Democrats on a fairly equal basis. As an organization fighting for their membership through our Congress, the FRA should likewise be considered apolitical.

However in the past 6 months, based on its paid advertisements, it appears that the FRA continues to publish advertisements that are definitely polarizing including 2 in the June, 2022 issue. It appears that the FRA only supports groups that represent the Right or Far Right political viewpoints and/or bash Democrats including 2 presidents.

Here are some examples:

1. The article Shipmate Davey cited is clearly supported by Newsmax a Far Right media outlet that spreads many false conspiracy theories.
2. In the June and February 2022 issues the same advertisement appears titled "A secret assault on the Second Amendment". The advertisement clearly bashes our last 2 Democratic presidents. It also contains several falsehoods and half truths. Even further based on the recent shootings in Uvalde and Buffalo it is quite insensitive.

3. In the January and June 2022 issues an open invitation to join FOX Nation appears. FOX Nation clearly promotes Right Wing views and a few debunked conspiracy theories.

FRA should not be perceived as only supporting one political viewpoint. I am holding the FRA to their commitment to no longer publish advertisements that are polarizing.

Stew Margolis

Department of the Navy

Dear Christopher Slawinski:

Thank you for donating \$425 to provide support for the Fleet Reserve Association award at the U.S. Navy Academy. During the Commissioning Week Prizes and Awards Ceremony, a sword will be presented to the midshipman of the graduating class who is recognized for outstanding leadership as Commander of the First Regiment. We appreciate your support of the Brigade of Midshipmen.

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Your contribution and generosity are Greatly Appreciated.

Sincerely,

Vice Adm. S.S. Buck, U.S. Naval Academy Superintendent

June 14 Flag Day Editorial

Dear Shipmate Stevenson,

Thank you for your informative article about Flag Day in the June 2022 issue of *FRAtoday*. In the last sentence you state "There is a fabulous history behind our stars and bars." The term "stars and bars" refers to the flag of the Confederacy, not our national ensign. The nick-name of our national flag is "The Stars and Stripes." Kindly make the correction. Thank you.

Karl F. Bach, MUCS, USN (Ret.)

*Life member and Former secretary of Branch 67 at the Washington Navy Yard, D.C.
(A long time ago)*

June 2022 Issue

I hope the reference to "stars and bars" on page 2 was a momentary lapse and not an endorsement of the controversial battle flag.

Respectfully,

J. Burkhart, USN (Ret.)

FRAtoday: *It was definitely a lapse and a mistake. Thank you for pointing this mistake out. I am certain there are several Shipmates asking the same questions as both of you. FRA*

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. To **submit** letters to *FRAtoday* for consideration, please send them to: 125 N. West St., Alexandria, VA 22314 or to fratoday@fra.org.

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ON & OFF *capitol hill*

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



John Davis
Director, Legislative Programs

NDA and Veterans' Toxic Exposure Bill Move Forward

As *FRAtoday* goes to press, the House and Senate are working on the 2023 National Defense Authorization Act (H.R.7900). House and Senate subcommittees and the full House and Senate Armed Services committees have approved their versions of the NDAA, and the bills have been sent to the floors of their chambers of origin for further consideration.

Neither bill provides for any new TRICARE fee increases beyond the annual cost-of-living adjustment increase currently in law. Both bills do include important provisions related to TRICARE and other key issues that impact our members (see "Results of House and Senate NDAA Markups" below). Also, it is very likely that by the time you receive this issue of *FRAtoday*, the House will have approved a comprehensive veterans' toxic exposure bill (H.R.3967) and sent it on to the president to be signed into law.

Results of House and Senate NDAA Markups

The House Armed Services Committee marked up and approved its version of the FY2023 National Defense Authorization Act (H.R.7900), which would provide \$37 billion more than the administration's request for defense spending, including a \$5.2 billion increase for military construction. None of the additional funding would go toward increasing pay or benefits. Other provisions in the approved version of the bill would:

- Not add any new TRICARE fee increases.
- Prohibit the Department of Defense from realigning or reducing military medical end strength until additional analysis on the impact is complete.
- Not address concurrent receipt reform.
- Provide a 4.6% pay increase that keeps pace with civilian pay increases.
- Require the DOD to brief the HASC

before extending the ground lease of any privatized housing project.

- Require the DOD to report on an improved calculation method for Basic Allowance for Housing rates.
- Authorize \$53 million in impact aid for schools with military dependent students and an additional \$22 million to better serve students with severe disabilities.

The HASC discussed concerns about an emerging recruitment crisis but offered no solutions.

The Senate Armed Services Committee also marked up its version of the FY2023 National Defense Authorization Act, which would:

- Not add any new TRICARE fee increases.
- Prohibit reductions in military medical staff until there is an impact assessment provided to Congress.

Continued on Page 12.

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Results of NDAA Markups (Cont. from Page 10)

- Improve access to mental health counseling.
- Not address concurrent receipt reform.
- Increase active-duty pay by 4.6% to keep pace with civilian pay increases.
- Waive TRICARE dental program copays for members of the Reserve component.
- Provide \$50 million in impact aid to schools serving military families.

The FRA submitted a statement for the record in conjunction with the House and Senate subcommittee markups. The statement expressed opposition to increased TRICARE fees, cost-of-living adjustment cuts and cuts to military medical billets. The association urged the committees to include reforms to concurrent receipt and military divorce law, including the Uniformed Services Former Spouses' Protection Act, in their final bills. The FRA also expressed concern about Navy morale issues, such as the rash of suicides on the *USS GEORGE WASHINGTON*, the need for an annual pay increase that keeps pace with inflation, more oversight of military privatized housing, and increased funding for child care at military installations. Additionally, the association asked that the marked-up bill allow survivors of military retirees to retain the full month's retired pay for the month in which the retiree dies, and repeal the requirement for retirees to wait 180 days before becoming a civilian Defense Department employee.

Each bill will go to the floor of its respective chamber, where floor amendments will be considered before a vote for bill approval is taken. After both chambers approve their version of the NDAA, a conference committee will be appointed to resolve the differences between the two bills. Once the differences are resolved, the final bill will be submitted to the House and Senate for approval. If approved by both chambers, the bill will be sent to the president to be signed into law or vetoed.

The FRA is thankful that neither the House nor the Senate version of the NDAA have any new TRICARE fee increases, and that both bills delay drastic cuts to military medical staff and provide additional oversight of privatized military housing. The association is disappointed that the committee markups in both the House and Senate did not address concurrent receipt and is working to get floor amendments on the subject filed in both chambers. Members are urged to use the FRA Action Center website (www.fra.org) to ask their legislators to support these floor amendments.

Senate Amends and Approves Veterans' Toxic Exposure Bill

The Senate amended and approved a comprehensive veterans' toxic exposure bill (H.R.3967) that would establish a presumption of service connection for 23 respiratory illnesses and cancers related to the inhalation of smoke from burn pits, which were used extensively in Afghanistan and Iraq to dispose of various types of waste, many of them toxic. Further, the bill would also provide new benefits for veterans who faced radiation exposure during deployments throughout the Cold War, add hypertension and monoclonal gammopathy to the list of illnesses linked to Agent Orange exposure in the Vietnam War, expand the eligibility timeline for Gulf War medical claims, and require new medical exams for all veterans with toxic exposure claims. Additionally, for the first time, veterans who served in Guam, Cambodia, Thailand, and Laos during the Vietnam War would be covered under the same Agent Orange presumptive condition policies as those who served in Vietnam itself.

The bill would also grant the secretary of Veterans Affairs the authority to add toxic exposure risk activities to the list already present in the exposure tracking record system, giving the VA the flexibility to quickly make more veterans eligible for benefits as conditions change and new data emerges. It is hoped that the bill would assist veterans with serious illnesses who have been turned away by the VA because irrefutable data of toxic chemical exposure during their service does not exist. The Congressional Budget Office estimates that the version passed by the Senate would cost \$278.5 billion over the next 10 years. That cost reflects the broad impact of the bill; the 3.5 million post-9/11 combat veterans who would be newly eligible for VA care represent one in five veterans living today.

The Senate-amended version of the bill would authorize the setup of 31 major VA medical clinics across America and hire thousands more claims processors and health care staff members. Since the bill was amended in the Senate, it must now go back to the House for approval of the Senate amendments before being sent to the president to be signed into law.

Members can use the FRA Action Center online (www.fra.org) to urge their representatives to approve the Senate amendments and send the bill on to the president to be signed into law.

ALL-NEW mobility technology

Introducing the world's lightest mobility scooter with anti-tip technology

*The **So Lite™ Scooter** is easy to transport and almost impossible to tip over.*

Like millions of older Americans, I struggle with mobility. For years, I watched my quality of life slip away, as I was forced to stay home while friends and family took part in activities I'd once enjoyed. I thought I'd made some progress when I got a mobility scooter, but then I realized how hard it was to transport. Taking it apart and putting it back together was like doing a jigsaw puzzle. Once I had it disassembled, I had to try to put all of the pieces in the trunk of a car, go to wherever I was going, and repeat the process in reverse. Travel scooters were easier to transport, but they were uncomfortable and scary to drive, I always felt like I was ready to tip over. Then I found the **So Lite™ Scooter**. Now there's nothing that can hold me back.

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the **So Lite™ Scooter** is the most portable scooter



Why a So Lite™ Scooter is better:

- Latest "No-Tip" Technology
- Lightweight yet durable
- Folds and locks in seconds
- Easier to operate

ever—but it can hold up to 275 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat, trunk or even on an airplane. It folds in seconds without tools and is safe and reliable. Best of all, it's designed with your safety in mind, from the newest technology and superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a **So Lite™ Scooter** of your very own.



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Key Spending Bills Move Forward

As *FRA* today goes to press, most of the 12 House Appropriations subcommittees have marked up and passed their portions of the annual federal budget. This includes the subcommittees on Defense and on Military Construction, Veterans Affairs, and Related Agencies. House Democrats chose to move ahead with spending bills despite the lack of a bicameral, bipartisan agreement on top-line spending. The Defense Subcommittee rejected efforts to increase defense spending 3%-5% above the current rate of inflation.

These still unnumbered bills will move to the full House Appropriations Committee to be approved and sent to the House floor for further consideration. The FRA monitors the appropriations process to ensure adequate funding for various programs that impact members, with a special focus

on ensuring adequate funding and staffing for health care programs at the Department of Defense and Department of Veterans Affairs.

The current fiscal year appropriations package was signed into law March 15, 2022, even though FY2022 started on Oct. 1, 2021. This nearly six-month delay resulted in flatline funding for many current government programs through continuing resolutions, which maintained funding at the previous year's levels without any adjustment for the value of the programs being funded.

The FRA hopes Congress will pass all of its appropriations bills on time this year, avoiding the need for continuing resolutions. Members can use the FRA Action Center on our website (www.fra.org) to encourage their legislators to get their work done on time.

VA Suspends Eligibility Reassessments for Caregiver Program

The Department of Veterans Affairs has suspended all ongoing eligibility reassessments of veterans enrolled in its Program of Comprehensive Assistance for Family Caregivers while it reviews the program's qualification requirements. The VA had previously announced that it would suspend dismissals from the caregiver program after a department review found that most post-9/11 veteran families participating in the program would be removed following the implementation of a 2018 change to eligibility criteria. Although the dismissals were stopped, annual reassessments and subsequent dismissal notifications had continued, leading to confusion among veterans and caregivers regarding their status and options for appeal.

The caregiver program provides health care and benefits, including a stipend, to individuals who devote their time to providing supervision and assistance with daily living activities to veterans who cannot live independently. The stipends vary based on location, but range from roughly \$1,800 to \$3,000 a month, depending on the level of care required. Under the suspension, the VA also will not reduce stipends based on a recent reassessment, and as previously announced, is not discharging anyone from the program until an ongoing review of the program is complete. However, the VA stated that it will continue to conduct

reassessments associated with caregiver requests for an increase in their stipends.

The FRA raised the alarm over the VA family caregiver program's expansion not being properly implemented in its testimony before a joint hearing of the House and Senate Veterans' Affairs committees in March. Despite objections from the FRA and other veterans service organizations, the VA's revised regulation tightened the eligibility criteria substantially beyond what is required by law. These changes significantly altered the program's eligibility criteria, the process for determining a veteran's need for assistance, and the entire methodology for calculating the stipend paid to the caregiver. The FRA is concerned that many caregivers will be unable to obtain assistance, contrary to the intent of the 2018 VA MISSION Act.



Stock image from Depositphotos.

Scientific Discovery Stuns Doctors

Biblical Bush Shuts Down Joint Discomfort in 5 Days

Amazing plant “prescription” gives new life to old joints without clobbering you. So safe you can take it every day without worry.

According to the Centers for Disease Control and Prevention, more than 54 million Americans are suffering from joint discomfort.

This epidemic rise in aching joints has led to a search for alternative treatments—as many sufferers want relief without the harmful side effects of conventional “solutions.”

Leading the way from nature’s pharmacy is the new “King of Oils” that pioneering Florida MD and anti-aging specialist Dr. Al Sears calls “the most significant breakthrough I’ve ever found for easing joint discomfort.”

Biblical scholars treasured this “holy oil.” Ancient healers valued it more than gold for its medicinal properties. Marco Polo prized it as he blazed the Silk Road. And Ayurvedic practitioners, to this day, rely on it for healing and detoxification.

Yet what really caught Dr. Sears’ attention is how modern medical findings now prove this “King of Oils” can powerfully...

Deactivate 400 Agony-Causing Genes

If you want genuine, long-lasting relief for joint discomfort, you must address inflammation. Too much inflammation will wreak havoc on joints, break down cartilage and cause unending discomfort. This is why so many natural joint relief solutions try to stop one of the main inflammatory genes called COX-2.

But the truth is, there are hundreds of agony-causing genes like COX-2, 5-LOX, iNOS, TNK, Interleukin 1,6,8 and many more—and stopping just one of them won’t give you all the relief you need.

Doctors and scientists now confirm the “King of Oils”—Indian Frankincense—deactivates not one but 400 agony-causing genes. It does so by shutting down the inflammation command center called Nuclear Factor Kappa Beta.

NK-Kappa B is like a switch that can turn 400 inflammatory genes “on” or “off.” A study in Journal of Food Lipids reports that Indian Frankincense powerfully deactivates NF-Kappa B. This journal adds that Indian Frankincense is “so powerful it shuts down the pathway triggering aching joints.”

Relief That’s 10 Times Faster... and in Just 5 Days

Many joint sufferers prefer natural solutions



but say they work too slowly. Take the best-seller glucosamine. Good as it is, the National Institutes of Health reports that glucosamine takes as long as eight weeks to work.

Yet in a study published in the International Journal of Medical Sciences, 60 patients with stiff knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

In another study, people suffering from discomfort took a formula containing Indian Frankincense and another natural substance or a popular man-made joint solution every day for 12 weeks.

The results? Stunning! At the end of the study, 64% of those taking the Indian Frankincense formula saw their joint discomfort go from moderate or severe to mild or no discomfort. Only 28% of those taking the placebo got the relief they wanted. So Indian Frankincense delivered relief at a 78% better clip than the popular man-made formula.

In addition, in a randomized, double blind, placebo controlled study, patients suffering from knee discomfort took Indian Frankincense or a placebo daily for eight weeks. Then the groups switched and got the opposite intervention. Every one of the patients taking Indian Frankincense got relief. That’s a 100% success rate—numbers unseen by typical solutions.

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense

is safe for joint relief — so safe and natural you can take it every day.

Because of clinically proven results like this, Dr. Sears has made Indian Frankincense the centerpiece of a new natural joint relief formula called **Mobilify**.

Great Results for Knees, Hips, Shoulders and Joints

Joni D. says, “**Mobilify** really helps with soreness, stiffness and mild temporary pain. The day after taking it, I was completely back to normal—so fast.” Shirley M. adds, “Two week after taking **Mobilify**, I had no knee discomfort and could go up and down the staircase.” Larry M. says, “After a week and a half of taking **Mobilify**, the discomfort, stiffness and minor aches went away... it’s almost like being reborn.” And avid golfer Dennis H. says, “I can attest to **Mobilify** easing discomfort to enable me to pursue my golfing days. Definitely one pill that works for me out of the many I have tried.”

How to Get Mobilify

To secure the hot, new **Mobilify** formula, buyers should contact the Sears Health Hotline at **1-800-342-4840** TODAY. “It’s not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Mobilify**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I’ll send you all your money back.”

Call NOW at **1-800-342-4840** to secure your supply of **Mobilify**. Use Promo Code **FRAMB0822** when you call. Lines are frequently busy, but all calls will be answered!

Supreme Court Keeps Unsafe Military Housing Lawsuit in State Courts

The U.S. Supreme Court recently rejected a bid from military housing contractors to have residents' claims of unsafe conditions heard in federal court, allowing the allegations to proceed in Hawaiian state court instead.

As we first reported in the Jan. 14 edition of NewsBytes, more than 9,000 military families in Hawaii were affected when jet fuel from underground storage tanks at the Red Hill Bulk Fuel Storage Facility leaked into a well that supplied water to on-base homes.

Several residents of military housing on Oahu have filed a potential class-action lawsuit against their property management companies in Hawaii's 1st Circuit Court, alleging that the companies failed to honor their residential leases by not guaranteeing their tenants potable water and habitable

housing. They also claim that the housing companies failed to warn them about the risk a potential fuel leak would pose to their water supply.

The plaintiffs opted to sue the property management companies, which have fewer legal protections than the federal government in liability cases.

The FY2023 defense budget asks for \$1 billion to cover expenses related to the fuel-tainted water in Hawaii. The money would allow the DOD to address the continuing needs of military families, drain the fuel storage tanks and provide more cleanup. The new Red Hill Recovery Fund in the fiscal 2023 budget request is in addition to the \$1 billion that Congress has already provided to deal with the effects of the fuel leak.

Registering to Vote From Outside the U.S.

The Federal Voting Assistance Program wants to help overseas citizens register to vote for the upcoming November election. Due to the time it takes to process requests and mail out absentee ballots, the FVAP recommends military and overseas voters use the Federal Post Card Application at www.fvap.gov/uploads/FVAP/Forms/fpca.pdf, to register to vote and request an absentee ballot by early August.

For state-specific information about voter registration and ballot request deadlines, voters can visit www.FVAP.gov. The website also contains instructions for completing the FPCA, which is accepted by all U.S. states and territories. Those looking to further simplify the process can use the FVAP's online assistant to fill out and print their FPCA at www.FVAP.gov/fpca.

Wherever service members and their families live, the Uniformed and Overseas Citizens Absentee Voting Act protects their right to vote. The FVAP reports that about 75% of the nation's 1.4 million active-duty service members are eligible to vote absentee under the UOCAVA because they are not stationed near their voting residences. Those with additional questions about the process can email vote@fvap.gov or call the FVAP at 1-800-438-8683 or 312-425-1584 (OCONUS).

Legislators Urge VA to Improve Home Loan Program

Reps. Guy Reschenthaler (Pa.) and Derek Kilmer (Wash.) sent a bipartisan letter signed by more than 60 of their colleagues to Department of Veterans Affairs Secretary Denis McDonough urging the VA to improve its mortgage loan process to ensure veterans can effectively compete in the current housing market.

Although VA home loans are provided by private lenders, the VA guarantees a portion of the loan against default, allowing service members to get more favorable terms than they would otherwise. VA loans do not require down payments, offer lower interest rates and typically have limited closing costs. But guaranteeing the loan requires the VA to appraise the home and complete other qualifying steps that can lengthen the time it takes to close a sale. Executive Director of the VA's Loan Guaranty Service John Bell testified before a House committee in December that VA appraisals take an average of 14.8 business days to complete, compared to just a couple of days for non-VA loan appraisals. In a competitive housing market with an increasing number of cash offers and conventional loans with waived contingencies, this delay in closing time is decreasing veterans' ability to compete with other buyers.

In their letter, lawmakers cited key findings of the National Association of Realtors' 2021 Loan Type Survey, in which realtors reported that only 84% of their buyer clients trying to use VA home loans in the past six months had been successful in having an offer accepted, compared to 99% of their buyers using conventional financing. Realtors also reported that 16% of buyers who were unsuccessful with VA loan offers had switched to another type of loan in order to purchase their home. The survey reported that 94% of realtors said their seller clients were most likely to accept an offer with conventional financing, compared to only 1% who said their clients were most likely to accept an offer with a VA loan. "Stricter home inspection requirements" was the top reason cited by realtors for why VA loans were less attractive to sellers than conventional financing.

Couples Once Too Old and Tired Enjoying Strong Sexual Feelings with Natural Intimacy Pill

Powerful new sex aid goes where none has gone before – straight to the brain

Here's a 'behind closed doors' trivia question: Do you know the #1 complaint that prevents couples from enjoying a healthy, and fulfilling sex life?

If you guessed erectile dysfunction, you guessed right.

It is estimated that 30 million men, plus their spouses and/or partners are affected by this debilitating condition.

Bliss-free Bedroom

Can you guess the next most common complaint that puts the brakes to bliss in the bedroom?

If you guessed loss of sexual desire, in both men and women, you are correct.

These are not easy problems to fix.

For men, doctors may recommend oral drugs or painful, surgical implants.

For women, hormonal therapy may be recommended.



Couples of all ages are turning back the clock with an advanced oral formula that ignites passion and performance in both men and women

The First Pill for Men... and Women

Thanks to a stunning breakthrough in nutritional science, now there's a prescription-free discovery that not only gives men the vigorous, healthy, natural erection they've been seeking, but it also re-kindles and intensifies the flames of sexual desire in both men and women.

It's called Noxitril. It's not a drug, vitamin or mineral.

It is four, exceptionally powerful nutritional supplements squeezed into a single capsule.

Have Fun Again

Noxitril safely restores sexual enjoyment and performance by reinforcing the four pillars of intimate revitalization: boosting testosterone; elevating natural reserves of nitric oxide, or erection fuel; sparking urges and libidinous desires; and energizing sexual energy and vitality.

Ask users if Noxitril works as well as prescription ED drugs, and many may say, "No, it works better!"

Noxitril formulators have fast-tracked results with the addition of an energizing ginseng blend and a proprietary mix of 13 peak-performance, firestarters including muira puma, catauba, and tribulus.

The Miracle of Rapid Tumescence

Noxitril gives men what they, and their lovers want most – rapid tumescence, or fast developing erections. While there are many prescription-sold drugs that boost testosterone in the body, Noxitril contains one of the only natural sources that can consistently elevate this important hormone required for satisfying intimacy.

Sexual Urges Return

Noxitril scientists have harnessed unique extracts from the tongkat ali tree in Malaysian rainforests.

Biochemicals in this libido-boosting botanical have been shown in research to increase testosterone levels.

Natural Testosterone Rise

Noxitril locks-in instant-readiness by helping elevate and increase natural testosterone production.

Regardless of age or physical health, this natural boost in testosterone encourages a powerful sex drive, enhanced sexual function, more sexual energy, and a more pleasurable sexual experience for both sexes.

Confident Performance

For Noxitril user, David P., this prescription-free formula has been life-changing.*

"It helped get my confidence back to where it used to be," smiles David.

"Noxitril made me feel ready when the opportunity arises and helped me keep my love life exciting."

Locked... and Loaded

"I'd recommend this for guys who may have had any kind of trouble in the past and want to ensure they'll be ready every time," adds David.

"It's a definite confidence booster and decreases anxiety, too!"

But for men over the age of 50, increasing testosterone is, by



Clinically tested, botanical firestarters electrify body and mind, restoring blood flow, creating peak performance.

itself, not enough to fully restore waning sexual powers.

Noxitril not only helps increase performance behind closed doors, it can also give men the potential to blow the door off its hinges!

The secret? Copious amounts of... 'erection fuel.'

Noxitril Begins with 'NO'

For a man to enjoy a healthy, robust erection, he needs ample amounts of a substance called nitric oxide, or 'NO'.

When NO levels are too low, often age-related, it becomes physically impossible for a man to achieve maximum blood flow.

Noxitril contains a fast-absorbing amino acid called L-arginine, which is readily converted to nitric oxide.

The more L-arginine a man consumes, the more nitric oxide he possesses... the more nitric oxide a man has, the larger and harder his response.

Eye-Popping Difference

Doug. F. is sold on Noxitril. "I have tried most of these new, natural male enhancements; none of them do what Noxitril does for me."

"Not only does it work fast, but I can also last for a while. I have recommended to all my friends who have the same problem."

Works for Women, Too

Noxitril is equally effective for men and women. Like Viagra, arginine in Noxitril helps increase blood flow to the genital area, potentially increasing sensation to the sex organs and enhancing the pleasures of lovemaking... for both sexes.

Feel the Urge

Noxitril sparks sexual desire

with a prized extract called Maca.

In one study a whopping 60 percent of healthy subjects experienced enhanced sexual satisfaction from using this amazing herb. The placebo group's score was just as surprising — zero percent!

In another study, test subjects were asked to consume maca, just like that found in Noxitril, exactly one hour before sexual activity.

A full two-thirds of male patients unexpectedly experienced increased penile axial rigidity, or harder erections.

John M., age 67, says that Noxitril has made his life so easy. "No more doctor's visits, no more prescriptions, and no more side effects," laughs John.*



New, four-in-one, nutritional supplement creates 'redwood effect' in aging males.

Redwood Syndrome?

Are you ready to re-connect with long-lost sexual powers?

Are you prepared to experience the 'rapid growth' phenomenon known as the redwood syndrome?

Try Noxitril, risk-free. You won't believe your eyes!

Now, you can experience the 'glory days' of the past, every night of the week!

Get a Free Supply of Noxitril

Call the toll-free number below to see how you can reserve your free supply of Noxitril. Try it risk-free.

Guaranteed to Give You the Results You Want!

Noxitril is guaranteed to safely and effectively restore youthful sexual vitality and energy.

Call the toll-free number below. You have nothing to lose.

With a 90-day, industry-leading satisfaction guarantee, you can experience the long-term results risk-free, too!

Call Toll-Free

1-(888)561-3210

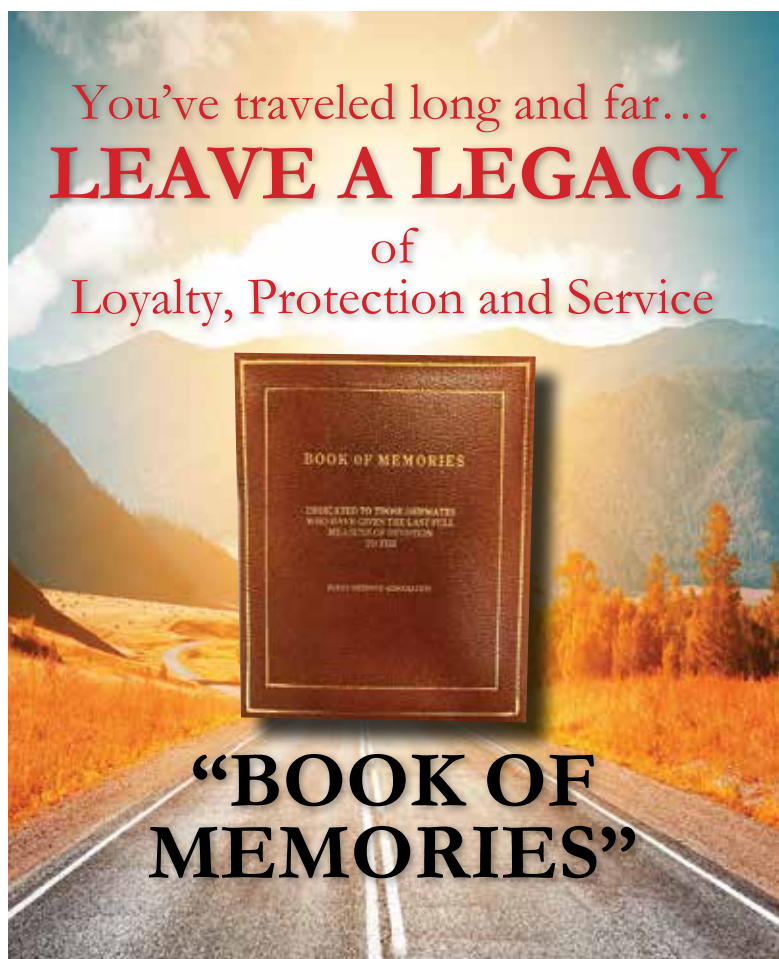
Senators Ask VA to Cut Red Tape for Volunteer Drivers

Senate Veterans' Affairs Committee Chairman Jon Tester (Mont.) and committee members Maggie Hassan (N.H.) and Thom Tillis (N.C.) have dispatched a letter to VA Secretary Denis McDonough urging the Department of Veterans Affairs to streamline the certification process for volunteer drivers in its Volunteer Transportation Network, which assists veterans in traveling to and from health care appointments.

On Jan. 5, 2021, the Johnny Isakson and David P. Roe, M.D. Veterans Health Care and Benefits Improvement Act (P.L. 116-315) set a deadline of April 5, 2021, for the VA to establish a national policy for completing the medical exams required to certify volunteer drivers for the VTN. As *FRA* today goes to

press, more than a year later the VA has not met this requirement.

The senators expressed the frustration of veterans service organizations and volunteers who want to help veterans access the care they have earned, but are unable to do so due to lengthy delays in the certification process. The letter noted that many would-be volunteers who request certification paperwork "never hear back from VA, even with frequent follow-up," and those fortunate enough to receive the paperwork find themselves waiting up to six months for the required physical exam. The senators called on the VA to develop a timely and straightforward certification process. **FRA**



The "**Book of Memories**" was instituted in 1959 to perpetuate the memory of Shipmates and Ladies who have joined the Staff of the Supreme Commander.

Originally, the donations received were placed in a special fund established to pay the mortgage on the National Executive Offices building. The mortgage was paid in full by the date of the 1961 national convention. However, the Shipmates decided that memorializing their departed members in this manner was most fitting and the program was continued.

Create a lasting tribute and perpetuate your commitment to the guiding principles of our organization.



To learn more, contact FRA National Headquarters at 1-800-372-1924 or email at phillipr@fra.org.

“I haven’t been this excited since I got my first bicycle!”

Introducing **ZOOMER!**

The portable, folding, battery-powered chair that offers easy one-handed operation

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.

My Zoomer is a delight to ride! It has increased my mobility in my apartment, my opportunities to enjoy the out-of-doors, and enabled me to visit the homes of my children for longer periods of time. The various speeds of it match my need for safety, it is easy to turn, and I am most pleased with the freedom of movement it gives me.

Sincerely, A. Macon, Williamsburg, VA

After just one trip around your home in the **Zoomer**, you’ll marvel at how easy it is to navigate. It is designed to maneuver in tight spaces like doorways, between furniture, and around corners. It can go over thresholds and works great on any kind of floor or carpet. It’s not bulky or cumbersome, so it can roll right up to a table or desk– there’s no need to transfer to a chair. Its sturdy yet lightweight aluminum frame makes it durable and comfortable. Its dual motors power it at up to 3.7 miles per hour and its automatic electromagnetic brakes



stop on a dime. The rechargeable battery powers it for up to 8 miles on a single charge. Plus, its exclusive foldable design enables you to transport it easily and even store it in a closet or under a bed when it’s not in use.

Why spend another day letting mobility issues hamper your lifestyle? Call now and find out how you can have your very own **Zoomer**.

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available
with sporty
two-arm
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Call now toll free and order one today!

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HEALTH & LIFESTYLE

The Zoomer and Zinger Chairs are personal electric vehicles and are not medical devices nor wheelchairs. They are not intended for medical purposes to provide mobility to persons restricted to a sitting position. They are not covered by Medicare nor Medicaid. © 2022 Journey Health and Lifestyle





Above: On Aug. 17, 1942 Marine Corps Raiders Cpl. Vernon F. Paulstick goes topside aboard *USS NAUTILUS* for the raid on Makin Island. Naval Photographic Center photo, courtesy of the National Archives.

Opposite page: A photo of the Butaritari causeway that runs between Tanimaiaki and Keuea, on the island of Butaritari, Kiribati. Photo taken by Tau'olunga on July 24, 2009.



Gung-Ho:

Marine Raiders at the Makin Atoll

By Jessica Brodtkin Webb

On paper, the August 1942 Makin Island raid was going to be challenging. The plan: land on a tiny island in the Makin Atoll and capture Japanese intelligence while simultaneously distracting Japanese troops from Guadalcanal. In reality, dozens of Marines would be injured, dead or captured by the enemy at the end of a nearly two-day event that was rife with problems.

Tactical Failure, Strategic Success

The objective was to capture Butaritari Island, part of what was known at the time as Makin Island or Makin Atoll, in the Pacific Ocean's Gilbert Islands. The atoll's ring of islands is surrounded with coral and impossible for

submarines to broach. This one island used by Japanese troops as a small base was not especially important to the Americans, but forcing the Japanese to defend it would put the enemy on the defensive and require them to direct resources away from the Battle of Guadalcanal. The plan was to take control of two neighboring islands and to do that, the Americans would need a new approach: special forces that came in the form of Marine Corps Raiders led by Lt. Col. Evans Fordyce Carlson.

The Makin raid is almost as much about Carlson and his quirky approach to leadership as it is about the dubious success enjoyed by his Marine Raiders in an assault that went terribly awry and almost ended with surrender.

Right: Marine Corps. Brig. Gen. Evans F. Carlson (1896–1947), commander of the 2nd Marine Raider Battalion, known as “Carlson’s Raiders.” Photo from Carlson’s official Marine Corps biography.

Opposite page: A BAR man in the bow of the rubber landing craft provides covering fire as the 10-man boat crew of the 3rd Raider Battalion reaches the undefended beach of Pavuvu in the Russell Islands. Rubber landing craft were similarly used to bring the 2nd Marine Raider Battalion ashore during the Makin Island raid. Department of Defense photos courtesy of the official U.S. Marine Corps website.



Gung-Ho Carlson

Carlson was an odd duck by military standards. A high school dropout, he began his military career with the Army when he was just 16 — there is no telling whether or not the recruiter believed his fib of being 22. Young Carlson was discharged for the first time in 1915 with glowing compliments but did not find civilian life as rewarding. In 1916, he was recalled into service as a trainer, then commissioned as a second lieutenant at the start of the U.S.’s involvement in WWI. The second time he was discharged, 23-year-old Carlson held the rank of Army captain but was still a misfit as a civilian.

It wasn’t until the third time Carlson donned a uniform that the choice fit his soul and his call to serve. He joined the Marine Corps in 1922, was commissioned as a second lieutenant, then rose through the ranks. In 1937, then-Captain Carlson was sent to Beijing to study the Chinese language. While there, he also studied the subcultures of the Chinese military and guerilla warfare, and the local

zeal for fighting. The guerilla fighters he observed were dedicated to each other and their national cause; they were also communists, and some people later accused Carlson, who admired their ability to work together, of venerating their political ideals.

The motto of China’s 8th Route Army was something akin to “Cooperating through industry” and referred to a practical means of supply-chain-management-style effectiveness among troops. The fighting spirit they exhibited, the drive to fight for the person standing next to them as brothers in arms, made an impression on Carlson. The American interpreted their saying and their diligence as “Work together” and used the motto in his unique approach to leadership, essentially shattering rules of rank to promote a sense of unity among his troops. In 1942, he was selected to lead the Marine Raiders he had personally pushed for, a special force unit intended for challenging missions best suited to a tight-knit team. He chose as their motto the saying he had learned in China: “Gung-ho.”



Long Nights in the Pacific

On the night of the Makin attack, Carlson's Raiders approached the atoll in two submarines based out of Pearl Harbor: the *USS ARGONAUT* (SM-1) and the *USS NAUTILUS* (SS-168). Carlson commanded the operation from the *NAUTILUS*. According to an account in the October 1946 issue of United States Naval Institute Proceedings, the submarines sailed eastward for eight sweltering days. The *ARGONAUT* held 121 troops, the *NAUTILUS* held another 90, and conditions were hot and humid with dozens of bodies packed inside. Troops were granted just 10 minutes twice a day on deck — even those few minutes rendered the submarines vulnerable, but it was a necessity for the special force of Marines who were expected to remain in top physical shape. By the time the two submarines reached the Makin Atoll, the morning exercise session had been eliminated for the sake of secrecy and troops were ready to greet combat as a welcome respite from the misery of being on the

submarines with nearly no respite from the heat and close quarters.

The landing plan was relatively simple: Both submarines would move into position and troops would deploy in rubber boats to two separate beaches. That plan fell apart before the rubber boats even hit the shore. Although the terrain did not match earlier reports, the submarines approached the reef and supplies were loaded onto the rubber boats: weapons and ammunition, medical supplies, and motors to power the boats to shore. Unfortunately, orders were impossible to relay in the noisy surf and a water-churning storm rendered the motorized rubber boats clumsy and ineffective, with some entirely nonfunctional. The Marines were forced to use wooden paddles to get through the difficult surf; the dangerous approach tired them out before they had even started the invasion in earnest. To top it all off, most of the two-way radios were saturated and some were lost at sea entirely, so communication was limited.



In November 1943, U.S. forces invaded Makin Island (now Butaritari) again during Operation Galvanic. The 165th Infantry assault wave seen here attacking Yellow Beach Two found it slow going in the coral-bottom waters. Following the Makin Island raid of 1942, the Japanese had sent reinforcements and significantly fortified their positions on Makin Island, making many question if the initial raid had backfired in the long-term. Department of Defense photo courtesy of the National Archives.

Carlson made the decision to simplify the approach and land all the boats together rather than deploying to two different beaches, but the order was lost in the confusion. One boat never received the message and landed according to the original plan, right behind Japanese troops. Somehow, all of the boats made it to shore undetected. Then, a Marine accidentally fired a rifle and triggered action from the Japanese.

The enemy was prepared with snipers waiting for just such an attack, and they fired upon the Americans, who had trouble successfully counter-firing on their well-hidden opponents in the foliage. A group of Japanese troops who arrived by truck were sucked into a kill pocket; most were killed and the truck engine was destroyed. However, after the initial deadly confrontation, Japanese snipers held ground until midday at the main battle point, while the Marines from the solitary boat at the second landing point came upon the rear of the Japanese troops. They attacked the Japanese, destroyed their radio tower and killed eight soldiers on their way to joining Carlson's main

body of troops at the correct location. Natives offered what medical assistance and logistical help they could, but the Raiders were at a disadvantage with broken communication and an uncertain egress plan.

Leaving the Island

Carlson decided to gather the troops and head back to the submarines under cover of darkness. Again, the weather worked against them with rough surf conditions. By morning, only 53 men had reached the *USS NAUTILUS*; another 27 men had made it to the *USS ARGONAUT*. Carlson made the call to stay with the wounded for the day, then escort all the troops to the submarines come evening using native canoes. As the Raiders faced a second day on the island, officers on board the submarines decided to treat the situation as a rescue mission and planned to emerge from the water later that evening for a final evacuation under cover of darkness.

In the early hours of the morning, however, Carlson decided to surrender based on inaccurate intelligence



Americans can finally grow hair so thick “It will cover up your bald spots,” says top US Doctor

Clinical trials show a new hair loss breakthrough can help both men and women naturally regrow a thick, full head of hair – without drugs, surgery, or side effects

Thousands are rushing to get a new hair restoration method based on surprising new studies from the University of California.

It is the world's first and only hair loss solution that revives dead hair follicles. And studies confirm it helps men and women regrow a thick, full head of hair, even after years of balding.

Now, with news of this breakthrough spreading like wildfire — the manufacturers are struggling to keep up with overwhelming demand.

That's because, unlike other methods, it is prescription-free, drug-free, and has no side effects. And while hair transplants can cost \$4,000 or more, this new approach costs pennies on the dollar and doesn't involve going to the doctor's office.

Instead, it leverages cutting-edge technology to prevent hair loss, fills in embarrassing bald spots, and **Re-Nourishes** thinning hair — with results you can see and feel in 30 days or less.

As Jeanne F. from San Diego, CA reports: “When my husband began to use this product, all he had on top of his head was fuzz. His hair began to grow after 30 days and now it is about 2 to 3 inches long!”

Surprising Truth About Hair Loss

It is commonly believed that hair loss is hereditary.

Unfortunately, most people think there is nothing they can do to stop it. However, while many doctors will tell you that thinning hair, a receding hairline, and bald spots are due to your genetics, this is not the whole story.

“While genetics play a role, it's not the main reason you lose hair,” says Dr. Al Sears, the nation's top anti-aging doctor. “And surprisingly it's not just your age, thyroid, hormones, stress, or a vitamin deficiency, either.”

The latest scientific research reveals that hair loss is primarily caused by the stem cells in your hair follicles dying.

“This discovery is a true breakthrough because by reviving these stem cells on your scalp, you can stop hair loss dead in its tracks and trigger new hair growth, even in areas that have been thinning for years,” explains Dr. Sears.

Now, at his world-famous clinic, the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida, Dr. Sears and his team have used this game-changing discovery to develop a brand-new hair restoration formula that is taking the country by storm.

Breakthrough
research proves this discovery helps fill in bald spots, re-nourishes thinning hair, and leads to noticeable growth in as little as 30 days.

Sold under the name **Re-Nourish**, it is flying off the shelves with men and women of all ages raving about the results it delivers.

“I have seen a significant improvement in hair growth. Previously, you could see thinning areas at the back of my head and now hair has grown over it,” says Peter W. from Ontario, Canada.

And Susan D. from Fort Pierce, Florida reports, “My hair was thinning. So, I began to use **Re-Nourish** every day on the front part of my scalp. Now I have thicker hair.”

Regrows Hair In Just 30 Days

Scientists now know that stem cells are the lifeblood of your hair follicles.

Research from the University of California shows they're the reason you're able to grow hair. However, these stem cells aren't always active. In fact, studies reveal they're only active during certain phases of the hair growth

cycle.

“Your hair grows in three phases,” explains Dr. Sears. “First, you have the anagen phase, the hair growing phase. Then the catagen phase, when hair gets ready to shed. And finally, the telogen phase, where your hair is pushed from the follicle and falls out.”

As you get older it becomes harder for your hair follicles to complete this three-phase cycle. The results? Your hairs get stuck in the telogen phase. This is when they start falling out and stop regrowing, no matter what you try.

This process doesn't happen overnight, says Dr. Sears.

“At first, your hair dries out, becoming brittle, thin, and harder to style. Then, you start finding hairs on your pillow and down the drain. Finally, you're left with bald spots that age you prematurely.”

Fortunately, **Re-Nourish** puts a stop to this. It revives the dead stem cells in your hair follicles and reactivates your hair's three-phase cycle, triggering new growth in as little as 30 days — even in areas that've been balding for years.

Reawakens Dead Hair Follicles

For years, scientists couldn't figure out why hair follicle stem cells died.

However, a study from the University of California finally found the answer.

It has to do with T-cells — an important immune cell in your body. The researchers discovered these T-cells are the only way to command hair follicles to grow new hair.

More importantly, they showed that T-cells helped revive the stem cells in your hair follicles — spurring new growth, filling in bald spots and natural hairline.

Re-Nourish uses a unique blend of all-natural ingredients. By spraying it on your hair once per day, scientific studies show you can revive dead stem cells

and improve the appearance of thicker, fuller hair.

For example, the key nutrient of **Re-Nourish** was tested on a group of severely balding women.

After 6 months, nearly 70% of the women saw significant improvement in hair growth. Their hair was noticeably fuller, thicker, and healthier looking. Most exciting of all, they grew new hair on parts of their scalp that had been bald for years.

In another study, Italian researchers gathered a group of both men and women with thinning hair and applied the core ingredient of **Re-Nourish**. After 12 weeks, they reported a staggering 74% increase in hair growth.

“It's really mind-boggling that my hair started growing back,” says Zan R., another **Re-Nourish** customer.

With results like this, it's no surprise that demand for **Re-Nourish** is soaring. Thousands of men and women are scrambling to get their hands on the limited supply available.

Re-Nourish is not currently available in any store at any price. But we've secured a small batch for our readers.

Try Re-Nourish 100% Risk-Free

To secure the hot, new **Re-Nourish** formula, buyers should contact the Sears Health Hotline at **1-800-607-8826** TODAY. “It's not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Re-Nourish**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back.”

Call NOW at **1-800-607-8826** to secure your supply of **Re-Nourish**. Use Promo Code **FRA-REN0822** when you call. Lines are frequently busy, but all calls will be answered!



Adm. Chester W. Nimitz (back to camera) is first on board *USS ARGONAUT* as it docks at Pearl Harbor after participating in the raid on Makin Island in August of 1942. He is shaking hands with Marine Corps Maj. James Roosevelt, executive officer of the 2nd Marine Raider Battalion and son of President Franklin Roosevelt. Photo from the Department of Defense.

suggesting a heavy enemy presence on the island. But a few hours later, the two-man party sent to deliver the surrender note returned to report that no organized enemy remained to surrender to. Leaning on his 'gung-ho' approach, Carlson handed out orders which were basically pointless while waiting for nightfall, but landed small wins that served to rally the troops. Patrols went on watch, a giant store of fuel was set on fire, and Japanese documents were stolen. Although the Raiders eventually made it back to the *NAUTILUS* and *ARGONAUT*, nine Raiders went missing in the shuffle, apparently left behind on the island after the raid.

Only when the Raiders returned to Pearl Harbor, Hawaii, could they get an accurate head count, listing 18 Marines as killed in action and 12 as missing. Japanese Lt. Taniura Hideo later said he and his platoon, sent to Makin as reinforcements, buried the bodies of 21 dead Marines.

The nine missing Raiders were captured, brought to the burial site so they could say goodbye to their

dead, then kept captive while they were questioned. Japanese leaders decided it would be too complicated to transport the prisoners of war to mainland Japan, so the nine Raiders were executed by sword there on the island. The Army did not find their remains until 1999, and the nine Marines were laid to rest in August 2001 at Arlington National Cemetery.

A Legacy of Camaraderie

Although the strategic value of the Makin Island raid has been debated in the decades since it occurred, the victory was a welcome morale boost for American troops and their loved ones at home. Today, the deep camaraderie and tenacious fighting spirit of Carlson's Raiders lives on in the Marines and sailors of the Corps' three Marine Raider battalions, which perform special operations missions around the world. Just as the Raiders of WWII worked closely with the native people to fight against a common enemy, today's Raiders train and assist foreign troops in defending themselves from current and future threats. **FRA**

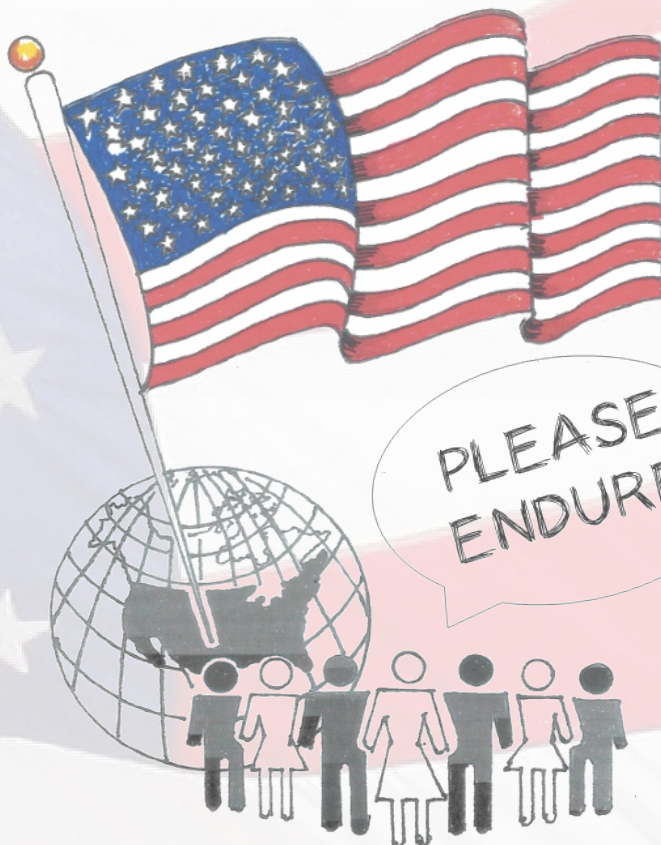


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Pirates in Colonial America

Separating Fact From Fiction

By Ann Norvell Gray

When you begin to dig into the real history of pirates in the earliest days of the European colonization of the North American continent, the first thing you must do is dispense with numerous romantic myths. A lot of that mythology has itself been pirated, mashed up with tortured history, assembled with the glue of outright fiction, and turned into a roaring moneymaker for many over the centuries. The “Pirates of the Caribbean” film franchise, a spinoff of the 1960s-era Disneyland ride, is the outcome of one such expansion of creative freedom. However, entertaining those adventures may be, they have very little to do with history. The true stories of pirates are a far more mysterious, complicated and nuanced piece of the American colonies’ first decades.

Criminals, or Protectors of the Seas?

First, let’s let Brian Whitenton of the Mariners’ Museum and Park in Newport News, Virginia, sort out the difference between a pirate and a privateer. For the museum’s website, he wrote:

“A pirate is any person who uses the sea to commit

theft. Pirates could be people who use boats to attack ports or ships, and may even be applied to those people who simply escape by sea. ... Above all else, a Pirate is breaking the law.

“... A Privateer is any individual granted license by their government to attack shipping belonging to an enemy government, usually during a war. ... They receive a Letter of Marque from their nation’s Admiralty, which grants them permission to raid enemy ships and keep a percentage of the spoils. ... A Privateer is operating legally, so long as they have the Letter of Marque.”

Then there are the corsairs, who were most often privateers and figured significantly in the strategies of the 17th-century French royal navy. In 1713, the treaties of Utrecht put an end to the activities of Louis XIV’s corsairs in the Caribbean, and they were rarely among the American coast’s troublemakers.

A corsair was also a particular ship, typically a fast and maneuverable vessel about half the size of a warship with three masts, square rigging and a comparatively shallow draft. These ships were the mainstay of the Barbary corsairs, who operated



This engraving, "Captain Teach Commonly Call'd Black Beard" by Joseph Nicholls and J. Basire, was published in Charles Johnson's 1734 book "A General History of the Lives and Adventures of the Most Famous Highwaymen, Murderers, Street-robbers, &c."

mostly in the Mediterranean. Their design is instantly recognizable as the typical pirate ship in literature.

Now for the buccaneers. Like the corsairs, buccaneers often carried letters of marque from England or France, but usually established their home bases in the Caribbean. The name derives from the Anglicized version of the French adoption of a Caribbean Arawak word, which tells you something right away about the complicated relationships among peoples in this time and place. Their relentless hostility to Spanish ships made them effective and relatively cheap subcontractors in the struggles to control the New World in the 17th and 18th centuries.

So the descriptions of pirates as vigilantes and scourges on the high seas are both accurate, and often depend entirely on whose side, if any, they were on at any given moment. It is probably safest to think of them as mercenaries, the independent contractors of the open ocean and the waterways that were the principal avenues of commerce in the late 17th and early 18th centuries. This era, known as the Golden

Age of Piracy, was a transitional period in which these mercenaries often replaced the royal letters of marque with the support of the ranking members of colonial society.

Edward Teach, the Dreaded Blackbeard

Ocracoke Island is one of the fragile slivers of land that make up North Carolina's barrier islands. Just shy of the island's southern end, the village of Ocracoke sits in a fat bump along the landward side, where there is a sheltered anchorage that was the favorite lurking place of Blackbeard, the infamous pirate who terrorized the Virginia and Carolina coasts. His real name was most likely Edward Teach, and so the anchorage is known locally as "Teach's Hole." Various sources say he came from Bristol, England. Others claim he was the son of a local man with connections to the provincial governor; alternatively, he may have been raised in Jamaica by respectable English parents and trained as a mariner.

Whatever his origin story is, he was for a time a legitimate privateer, working the waters between



A painting depicting Captain Kidd in New York Harbor by Jean Leon Gerome Ferris. Artwork courtesy of the Library of Congress.

the Southern coastal and Caribbean waterways in the mishmash of conflicts being fought in the first decades of the 18th century among British, Spanish and French settlers over whose North American colonies and trade links were whose. Whether he operated under the authority of government or for his own benefit, he became famous for making himself into a heavily armed, hairy avatar of terror. He grew an enormous black beard which covered most of his face; tied it into weird, beribboned pigtails; and strapped a great mantle of weaponry all over his torso. It's reported that he put fuses into the pigtails and lit them for a smoky effect. Anyone who cooks knows that hair and flame don't mix, and might be hard to convince on this point. Still, if it's true, it conjures a powerful theatrical argument for immediate surrender.

By 1718, the legendary swashbuckler had accepted a deal from the corrupt North Carolina governor, who enjoyed sharing the spoils of the pirate's officially sanctioned raids. Virginia's lieutenant governor, Alexander Spotswood, however, was less keen on

Blackbeard's habit of disrupting shipping in Pamlico Sound and sent two ships down to Ocracoke. One of them sneaked up on Blackbeard's hideout with the crew hidden below decks like a maritime Trojan horse. Blackbeard boarded what he thought was an easy capture, the crew popped up, and by the end of a furious fight, Blackbeard had bled to death on the deck. The expedition's captain had the pirate's head whacked off and fixed to the bowsprit as proof, but the legend prevailed, and his headless body is said to have swum three times around the ship before sinking into the sea.

What About Captain Kidd?

William Kidd was born in Scotland around the midpoint of the 17th century and raised by his widowed mother after the death of his father, who may have been a Church of Scotland clergyman. Once the English had displaced the Dutch in New York City, the young Kidd took up residence there. The stories of his rise to prominence are peppered with "may have" and "probably" and "it's thought



Above left: Print engraving of Stede Bonnet from Charles Johnson's "General History of the Robberies and Murders of the Most Notorious Pyrates." Above right: On Sept. 27, 1718, Col. William Rhett captured the so-called "Gentleman Pirate" Stede Bonnet after a six-hour battle near the mouth of the Cape Fear River. Image courtesy of the North Carolina Maritime Museum in Southport, North Carolina.

that," but whichever versions you choose, there is no doubt that he learned to be both an effective privateer and a successful social climber.

His seagoing career took him to the Caribbean in the late 1680s on a pirate ship, where he led the mutiny that took over that ship from its French captain. As the ship's new captain, he used his connections to become legitimate, defending the islands on England's behalf and venturing up the New England coast as a pirate hunter. It appears that he took the rules governing letters of marque very seriously, and was as close as a privateer comes to honorable citizenship and social prominence. In 1691, he married a very young, very rich New York widow named Sarah Oort. Four years later, the British governor of New York sent him to London with the pirate-hunting commission that should have solidified him a respected place in history.

But upon leaving London, things began to go horribly, irredeemably wrong. Before he made it beyond the River Thames, a rude gesture toward the Royal Navy cost him a chunk of his crew, who were replaced by reprobates. Cholera killed a third

of those, and as he failed to find the pirates he was after, he ran out of money. More of his crew members deserted in the next port, and he killed one in an uncharacteristic fit of temper. The rest fled the coop to join a real pirate, and Kidd was locked up for a year. In 1701, the broken man was shipped back to England, tried, convicted and hanged. His body was famously wrapped in chains and strung up on the banks of the Thames as a cautionary tale until it rotted away.

And Then There's Stede Bonnet

Stede Bonnet was born on Barbados in 1688. By the time he was 6, his rich landowning father had died and left him a wealthy little boy. He married at 21, had children and developed a reputation as, shall we say, peculiar. The phrase "disorder of mind" was commonly spoken of the restless man, whose records show essentially nothing in the way of accomplishment. In 1717, he walked away from his property and his family, commissioned a 10-gun sloop, named it *Revenge*, and announced that he was going to be a privateer or pirate hunter. Then he moved his library and creature comforts into his cabin, hired experienced officers and

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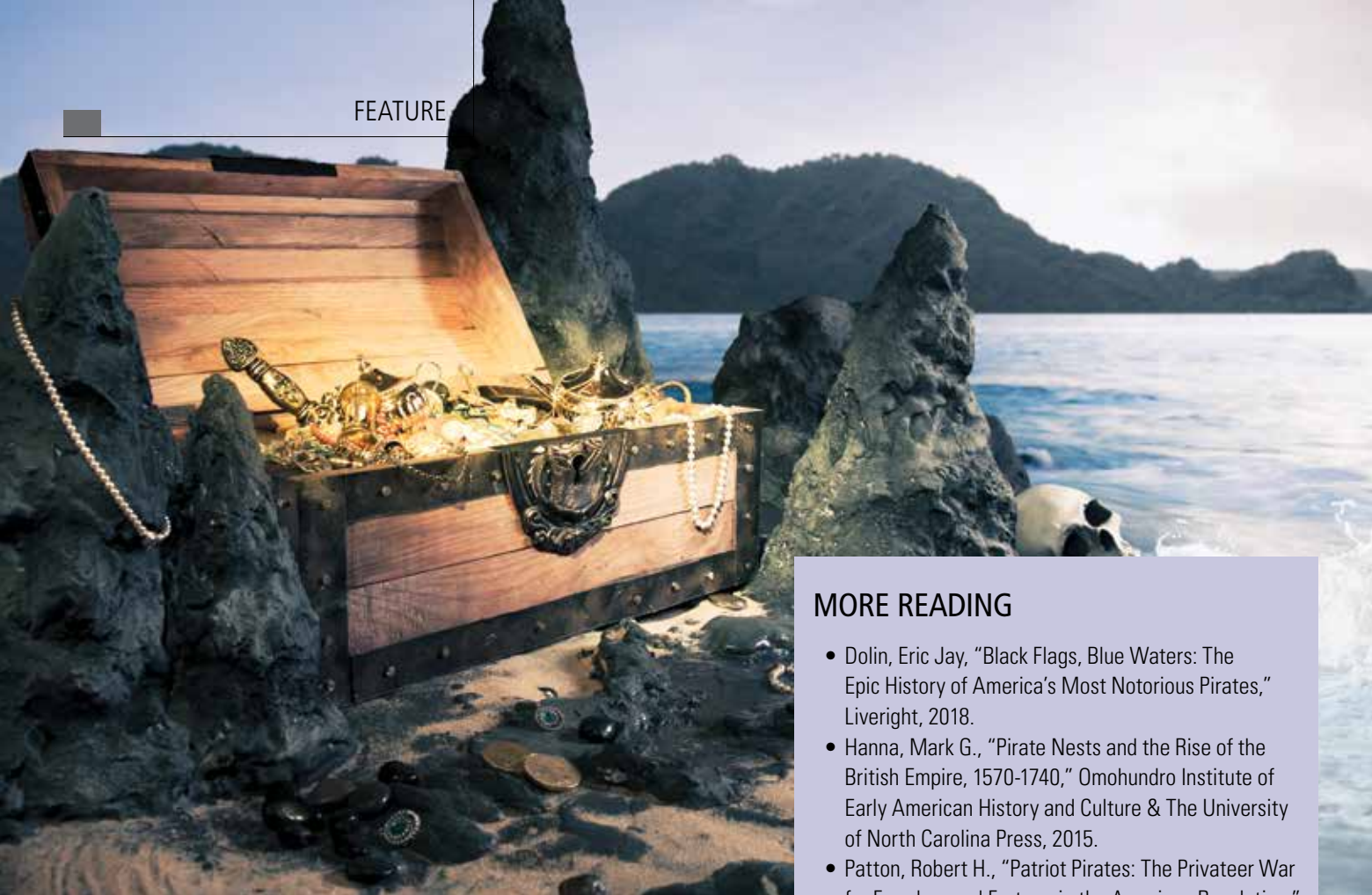
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crew, and told everyone that in reality they would be pirates.

Off they went to pillage and plunder, at which they did not excel. Within the year, the ship was defeated and half the crew members, who never respected him in the first place, were dead. Soon after, Bonnet met Blackbeard, and Bonnet's surviving crew begged Teach to take over the ship, which was fine by him. Bonnet stayed aboard, where he wandered around muttering in his nightgown. By the end of 1718, Bonnet had somehow regained, renamed and lost his ship twice, as well as lost his treasure and most of his crew. He was hanged after the executions of what was left of them by December. His story would be funny if it weren't so tragic.

A Product of Their Time

These few stories are a narrow window into the intensely complicated period leading up to the stabilization and maintenance of the European colonies in North America. The basic history we

MORE READING

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- Pyle, Howard, and Johnson, Merle, "Howard Pyle's Book of Pirates: Fiction, Fact & Fancy Concerning the Buccaneers & Marooners of the Spanish Main," Harper & Brothers Publishers, 1921.
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learn vastly underreports the imagination, the instability, the competition, and the cruelty of the cultural and physical changes roaring through the continent. Whole tribes of long-established Native Americans, trying to work out which side to support among the interlopers, were themselves uprooted, culturally stripped and sometimes obliterated. Lives and fortunes from faraway countries were made, expanded and lost among the colonizers and those who preyed upon them. And yet somehow, a nation grew out of the combination of disarray and determination. So the American experiment continues as it began, doing the hard work of building a just and peaceful balance between cooperation and independence as we move into the 21st century. **FRA**



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August 2022

Answering Your Questions About Membership Eligibility



Christina
Hitchcock

At the beginning, FRA membership was only for senior enlisted personnel Navy and those in the Navy's Fleet Reserve. You know that the oath of enlistment binds us to the Uniformed Code of Military Justice to obey the lawful orders of the officers appointed over us, whereas the Officers' oath of office omits the phrase "officers appointed over me."

As the FRA evolved, it expanded its reach to include enlisted members of the U.S. Marine Corps in 1925 and, in 1970, the U.S. Coast Guard, as well as the women who served in these sea services. The minimum rank requirement was later dropped, and anyone in the sea services who had taken the oath of enlistment and served honorably was eligible. This oath is an example of why the merchant mariners are not eligible for membership. They do not take the oath of enlistment and they are not recognized as part of the uniformed services.

The FRA does welcome officers as long as their military services includes documentation of having taken the oath of enlistment. Those fondly refer to as "mustangs" provide a unique perspective, and many past leaders in the association have been among their number. Some have suggested the eligibility of U.S. Naval Academy midshipmen prior to graduation. Midshipmen are not eligible because they are required to take their oath of office before their first day of academic classes. However, there are midshipmen who took the oath of enlistment prior to receiving their appointments to the academy, and they are eligible for FRA membership.

Did you know that the FRA bylaws permit



A Marine Corps veteran renders honors as the colors are retired at the National Veterans Day Observance at Arlington National Cemetery in Arlington, Virginia, on Nov. 11, 2018. DOD photo by Lisa Ferdinando.

any FRA member's eligibility to be called into question at any point, requiring that member to furnish proof of eligibility? While rare, there have been situations in which individuals have presented themselves as eligible and due diligence has not been performed. Circumstances outside a person's military service can also disqualify them for membership. Not surprisingly, individuals convicted of a felony are not eligible to join. Our governing documents are clear and meant to ensure the highest standards are maintained for the integrity of our association and our members standing in the community.

I hope this background is helpful. The FRA wants to provide paths of inclusion while respecting its founding goals and reflecting the changing landscape of military service. Our priority is ultimately to be a voice for the enlisted and to ensure our concerns are heard on Capitol Hill, and our fast-approaching centennial is proof positive that the association has achieved success under these guidelines. **FRA**

Christina is the director of membership development and may be reached at ChristinaH@FRA.org

NEW LIFE MEMBERS

THE FRA CONGRATULATES THE FOLLOWING Shipmates who became Life Members during the second quarter of 2022. The listing, which is arranged alphabetically and by the month joined, includes their branch numbers or Member-at-Large (MAL) designation. Call 1-800-FRA-1924 to learn how you can become a Life Member of the FRA.

April

Ancheta, Anaclato	289	Kingery, William	24
Armstrong, Lee S.	17	Kretschmer, Michael P.	MAL
Auerbach, Jerome J.	23	Krisher, Susan R.	MAL
Ayana, Homer P.	127	Lapine, Robert G.	226
Barton, Samuel A.	MAL	Lee, Jack	307
Basilides, Romeo T.	60	Lindberg, James	24
Besherse, Bobby L.	91	Lloyd, Roland	24
Blackwell, Michael	24	Lucas, Meghan	24
Bock, Terry L.	MAL	Lynn, Cole C.	145
Burch, Jerome P.	08	Marko, Michael F.	23
Burdin, Il, Thomas G.	MAL	Martin, Kenneth A.	90
Burger, Charles L.	MAL	Martinez, Daniel	94
Callahan, John E.	97	Mathis, Ronald D.	197
Cavallo, Francis J.	MAL	McNab III, Alfred P.	307
Chaney, Wendy	31	Ollie, Joseph J.	91
Chesick, Edward T.	MAL	Palma, Travis	MAL
Collins, Christopher A.	MAL	Peitzmeyer, Kenneth D.	248
Crowder, Larry D.	162	Perinovic, James J.	268
Damin, Mark A.	105	Peterman, Charles E.	188
Erickson, Aaron C.	24	Piorkowski, Henry J.	258
Falu, Gabriel	99	Puakea III, Robert W.K.	172
Filipowski, Edward V.	99	Reid, James "Stan"	24
Fitzgerald, Maurice	23	Richards Sr., Okey M.	MAL
Ford, Donald	MAL	Rogers, Robert E.	91
Freshour, Rita	24	Saenz-Ancheta, Paula	289
Freshour, Roger	24	Santiago, Christopher	24
Galvante, Restituto P.	127	Schaub, Edward	MAL
Giancola, John	MAL	Seer, Wayne	MAL
Gilbeau, Gary L.	MAL	Smith, Gerald L.	MAL
Haas, Arvid C.	136	Sprouse, Haywood G.	MAL
Harrigan, Joseph	MAL	Stackhouse, Jesse L.	261
Hawn, Jerry	290	Thurmond, Horace	89
Heiser, Sr., David E.	MAL	Tobin, Vicki A.	MAL
Jones, Michael A.	MAL	Trawick, Oliver A.	162
		Wagg, Merle	MAL

May

Wallingford, Irene M.	24
Walters, Ronald L.	130
Westfall, John J.	70
Astle, Edward	269
Balfour, Doris	307
Bodensieck, Jeffrey J.	MAL
Boucher, Rodney W.	MAL
Brauch, Robert D.	316
Brinley, Laird E.	91
Brown, Cary J.	346
Bryan, Wess H.	MAL
Carter, Walter R.	371
Clark, Helen	MAL
Clouser, Del E.	MAL
Corbett, Stephen R.	178
Cottingham, Eugene D.	223
Curl, Link A.	67
DeLaCorda, Razielle R.	47
Denton, Doris	307
Dodwell, Dennis W.	94
Drake, Frank	MAL
Engle, Albert K.	106
Eynon, Sandra L.	31
Fabian, Armando G.	154
Fenton, Dorothy A.	24
Fleming Jr., James F.	MAL
Flores, Dolores	MAL
Gais, Sandra A.	298
Gellen, John J.	24
Greeno, David L.	269
Harris, James M.	MAL
Hobbs, Kathryn M.	371
Hoffman, Alvin N.	289

FRA Branch 159

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Horne, Jr., Albert R. 269
 Hume, David H. MAL
 Ipock, Donald H. MAL
 Jacobs-Pratt, David B. 156
 Joyner, Edmund L. MAL
 Jung, Herbert B. MAL
 Kallner, Allen E. MAL
 Kaneer, Charles MAL
 King, Michael E. 146
 Kliem, Herbert H. 159
 Kotajarvi, Darren P. MAL
 Leso, Lee MAL
 Lindroth, Marvin A. MAL
 Long, Roger K. 290
 Lorensen, Keith A. 136
 Marsh, Linda D. 44
 McCartney, George C. 40
 Meixner, Robert C. MAL
 Mericle, Marvin E. 377
 Mickus, George H. MAL
 Motsco, Anthony 24
 Nelson, James 274
 Noethen, Dale 117
 Oberhauser, Eric L. 346
 Oster, Wilton A. 91
 Page, Sr., George C. MAL
 Paine, Calvin L. MAL
 Parks, Bobby L. MAL
 Patricio, Jr., Severino R. MAL
 Perryclear, William E. 24
 Pfranger, Delavan 295
 Phillips, La Vern J. MAL
 Pollock, Charles 136
 Ramey, Julius MAL
 Ravago, Pedro R. 24
 Ryals, Donald R. 34
 Sand, Gerald R. 38
 Sanford, Leonard MAL
 Savoie, Kenneth J. MAL
 Schulenberg, Roy J. 146

Shugars, William V.
 Silva, Ronnie J.
 Smith, Kent T.
 Smith, C.W.
 Stelloh, Richard
 Stewart, Joshua
 Theden, Bruce E.
 Van Sickle, Arthur D.
 West, Timothy J.
 White, Gary A.
 Whitlock, Jerry S.
 Wichelns Jr., George
 Williams, Nelson
 Zurenda, Nancy N.

June

Andruchowsky, Peter
 Baker, James R.
 Batac, Willie
 Bower, Harold R.
 Bucci, Gene A.
 Caponis, John A.
 Cardinal, Donald J.
 Cedarstaff II, Ernest J.
 Cheneler, Joseph M.
 Clark, Gregory M.
 Clements, Kenneth
 Cohen, Philip
 Cox, Randy A.
 Crowder, Fred R.
 Delfraisse, James L.
 Dement, James E.
 Driver, Fred
 Duncan, John D.
 Dupont, Larry
 Durling, Allen
 Edris, Phil J.
 Florendo, Tony P.
 Garza, Juan
 Gates, William C.

24 Gransbury, John P. 99
 61 Herling, David R. MAL
 91 Hill, Roy MAL
 364 Hyvonen, Kenneth J. 70
 MAL Lewis, Dennis J. MAL
 24 Lillie, Bruce W. MAL
 93 MacAdams, Scott S. 24
 307 Mariscal, Carlos 178
 MAL McConky, David B. 24
 136 McLellan, William 20
 99 Merna, James E. 24
 289 Messenger, Heath 70
 47 Michaud, Kurtis 24
 MAL Nekoranec, Anthony V. 302
 Parron, William E. MAL
 Peoples, Roger B. 24
 269 Quenga, Pedro C. 289
 269 Quirk III, Charles E. 67
 70 Rase, Jack W. 40
 289 Rauch, Mary M. 57
 70 Rosson, Michael G. 163
 91 Simonson, Merlin D. 14
 MAL Smith, Justin 24
 MAL Smith, Marshall MAL
 24 Snelson, Wayne 316
 24 Snook, Robert 293
 MAL Spivey Jr., James E. 371
 MAL Steiner, David 91
 61 Stephenson, Larry E. 289
 55 Straining, Raymond D. 346
 MAL Temborski, II, Kenneth 60
 MAL Tessier, Allan J. 22
 136 Tipsword, Keith E. 59
 MAL Ugincius, Victoria 24
 MAL Vargas, Jose L. 61
 MAL Varnadore, Danny 263
 MAL Weir Jr, John P. 91
 127 Wolf, Diane F. 117
 94 Wright, Charles, D. 269
 MAL

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1. BRANCH 302, CARSON, CALIF.

Branch President Ed Labao presented an FRA Americanism Essay Contest Award to seventh grader Katie Labao on April 10. She won first place at the branch level and second place at the Southwest regional level.

**2. BRANCH 15, WALHALLA, S.C.**

Shipmate Harvey Spencer displays the certificate he received from The Blood Connection for donating a total of 49 gallons of blood.

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

Branch President Harry Nettles (R) presented Shipmate Robert Stancik (L) with his 60-Year Continuous Membership Certificate and Pin.

**4. BRANCH 295, SAN ANGELO, TEXAS**

Retired Navy Construction Electrician's Mate Chief Bill O'Ferrall received his 50-Year Continuous Membership Certificate on March 19, 2021. (L to R) Bill's grandson Sean O'Ferrall, Bill's wife Peggy O'Ferrall, O'Ferrall, Bill's son Tim O'Ferrall and Tim's wife Carol O'Ferrall.

**5. BRANCH 70, POWAY, CALIF.**

Shipmate Lou Irvin spoke with these eight recently arrived Ukrainian refugees during a city observance of the 80th anniversary of the WWII Bataan Death March in the Philippines. All of the refugees said they still have family members in Ukraine.

**6. BRANCH 382, NAMPA, IDAHO**

A joint officer installation for Branch and Unit 382 was held May 14. PRPNW Bill Hall served as the installing officer for Unit President Rose Hall, Shauna Schmitt, Mariane Healea, Jill Rhyne, Branch President Dan Hunt, Bill Sutherland, Tom Flanik, Roger Christopher, Dave Smith and Les Meade.

**7. BRANCH 55, PORTLAND, ORE.**

During the regular meeting on May 13, retired CTCM James Burns (L) was presented with his 40-Year Continuous Membership Certificate and Pin by Branch President Roger Harr (R).



8. BRANCH 251, MT. HOME, ARK.

Retired Navy Electrician's Mate Senior Chief Maynard L. Avery was presented with an FRA 40-year Membership Certificate and a Branch 251 Certificate of Appreciation from Branch President David Butts, during a branch meeting Oct. 18, 2021.

9. BRANCH 238, PLOVER, WIS.

On Saturday, May 14, Branch 238 held its election of branch officers. (R to L) Installing officer RVPNC Marcia Cunningham, President Allen Langteay, Vice President Mike Pohl, Vice President Michael Witt, Roy Granger and Secretary Mark Melton.

10. BRANCH 298, GRAND RAPIDS, MICH.

Barb Duncanson is seen with her husband William Duncanson, displaying his 50-Year Continuous Membership Certificate, Pin and membership card. Duncanson was a chief hospital corpsman (Fleet Marine Force). He saw service in WWII and Korea, and is a Vietnam-era veteran. Photo by PRPNC Marty Posekany.

11. BRANCH 90, LAS VEGAS, NEV.

Las Vegas Branch Youth Activities Chairman Robert Porter (center) and Branch President Steve Haupt (not pictured) presented FRA certificates and medals to NJROTC Cadets Nyomi Barraza (L) and Julio Valesquez (R) during the Ed W. Clark High School Awards Ceremony.

12. BRANCH 302, CARSON, CALIF.

Branch President Ed Labao presented an FRA Americanism Essay Contest Award to 12th grader Amanda Giordano for first place at the branch level and third place at the Southwest regional level on April 10.

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



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In Memoriam

Name	Rating	Branch						
Adams, Curtis C.	AMSC, USN	MAL	Hayes, James T.	CAPT, USN	40	Richard, Theodore J.	LT, USN	24
Anderson, Bernard P.	QMCS, USN	MAL	Hill, Frank L.	EMC(SS), USN	177	Rockelli, Frederick W.	STC, USN	24
Annase, Nicholas J.	MUCM, USN	99	Hodges, Elmer E.	1STSGT, USMC	24			
			Kusy, Joseph	MMC, USN	MAL	Schnellbacher, James E.	MMC, USN	290
Ball, Joseph J.	MAJ, USN	24				Setness, Marvin C.	BTCM, USN	273
Bennett, Charles B.	HMC, USN	MAL	Linson, Carl L.	BTCM, USN	01	Shepherd, Harold J.	YNCS, USN	MAL
Blaney, Ronald J.	RMC, USN	MAL				Staggs, Bobby C.	AMSC, USN	89
Braxton, William C.	SKCM, USN	22	Mathes, Robert L.	GMC, USN	MAL	Stoops, Morgan	BMC, USN	MAL
Bray, Ferrell E.	ADR1, USN	89	Mazuc, Pascal J.	AVCM, USN	250	Sutton, James E.	ADC, USN	112
Brixius, Merton C.	GMC, USN	61	McAnally, Robert	PNCS, USN	MAL	Swetland, Lynn E.	MSGT, USMC	23
Brown, Roland B.	SK1, USN	MAL	McCoy, Michael	MS1, USN	192			
Bruce, Ralph D.	YNCS(SW), USN	105	McMackin, Robert F.	USN	24	Tetzlaff, Robert A.	PRCS, USN	MAL
Bruce, Richard D.	SHC, USN	MAL	Memolo, Joseph S.	LCDR, USN	70	Thompson, Kenneth L.	MSGT, USMC	161
			Miller, Joe E.	ADC, USN	115	PNC Thompson, Robert	USN	MAL
Cholewa, Walter T.	AOC, USN	23	Moochler, Frederick A.	PFC, USMC	24	Trefrey, Charles S.	USN	24
Coakley, Leo A.	CWO3, USCG	162	Myer, Ronald C.	EWCM, USN	MAL	Turley, Brian D.	LCDR, USN	20
Cole, Frank W.	HMC, USN	89						
Connaughton, James	PHC, USN	335	Nappier, James N.	ADJC, USN	161	Vales, Robert	RMCS, USN	40
						Vincent, Paul W.	BMC, USN	MAL
PRPWC Davidson, William O.			O'Laughlin, Richard L.	HMC, USN	208	Vocelka, Joseph H.	HM1, USN	276
	MRC, USN	275	Orsulak, Edward G.	BTC, USN	335			
Dean, Wayne H.	AZCS, USN	MAL				Ward, Elton D.	CS1, USN	MAL
			Paraon, Maurice B.	PO1, USN	04	Warner, Anthony	YNCM, USN	17
Everhart, Ted G.	MMC, USN	259	Parkinson, Stanley M.	MSGT, USMCR	89	Westphal, Richard G.	YNC, USN	136
			Patterson, Dwane O.	PNC, USN	MAL	Wetterling, Morton H.	ADCS, USN	11
Fachko, James J.	ADCM, USCG	23	Pearson, Richard A.	USN	70	Whaley, James	CS1, USN	MAL
Frailay, Leon A.	PFC, USMC	115	Pilson, William	EN2, USN	269	White, Kenneth W.	MCPO, USN	101
			Plum, Donald G.	EN1, USN	MAL	Williams, James D.	EMCM, USN	269
Gillbeau, Gary L.	RMCS, USN	MAL				Wollmann, Ralph D.	HMC, USNR	273
Gilmore, Norman C.	RMC (SS), USN	MAL	Ramsden, Darrell S.	PO1, USN	118			
Graeff, Robert F.	RMC, USN	115	Rayle, William J.	BTCS, USN	298	Yoneda, Minoru M.	LT, USN	124
Gratto, Lloyd J.	EMC(SS), USN	117	Reagan, Lawrence T.	SN, USN	24			
Grigg, Roy D.	AMCS, USN	298	Rhoads, William H.	RM1, USN	294	Zahm, James S.	MMCM, USN	316
						Ziegler, Ronald J.	HTC, USN	40

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

National President's Project: K9s for Warriors



Pat Suckow
National President

As the LA FRA national president, my primary duty is to work with all officers and units to increase new membership and to support the return of former members. This process involves the connection of people through communication.

As we search for new members, identify those people who have shown an interest in the organization, perhaps through donating their time. Current members need to know that they are a significant part of the auxiliary. A prospective member may ask you what inspired you to join initially, and what the good aspects are of belonging.

Membership is vital for the continuation of the FRA and the auxiliary. Each member needs to always have FRA and auxiliary applications available. Both Shipmates and auxiliary members play an especially important part of this process.

I encourage you to find ways of increasing membership, retaining current members and soliciting former members to reinstate.

National President's Project

This year's National Presidents' Project is K9s for Warriors (www.k9sforwarriors.org), located in Ponte Vedra, Florida. One day, I took a drive to visit the K9s facility and wow, was I amazed by what they do for the warriors.

When I left, my eyes were wide open and that is when I decided this was going to be my project for 2021-2022. With passion and dedication, K9s for Warriors provides veterans with the best support and service dogs.

It is the nation's largest veterans service organization providing highly skilled service dogs to veterans coping with post-traumatic stress disorder, traumatic brain injury or military

sexual trauma. Their goal is to end veteran suicide by empowering veterans to return to civilian life with dignity and independence. K9s for Warriors is an American tax-exempt 501(c)(3) nonprofit organization, which provides service dogs of the highest quality at no cost to veterans in the program. They help restore veterans their emotional independence. The program was established in 2011.

When service members come back from a military conflict, some have had experiences that result in them feeling and acting differently. Service dogs are such magical and special creatures. K9s for Warriors carefully matches veterans with their service dogs through multiple interviews, background checks and personal references before inviting them to three weeks of on-campus training. Every warrior who walks through their doors becomes family. During the training, veterans are provided with a service canine, an equipment training certification, seminars, legal instruction, housing, meals, home health care and food for their dog.

The program also includes 24/7 support during and after the program. K9s for Warriors accepts all veterans from across the United States, Puerto Rico and Guam.

Ninety percent of their service dogs come from shelters or have been surrendered by their owners. Instead of a life of abandonment, they are given a new purpose.

Please remember your generosity can change the life of a struggling veteran.

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FRA

In Loyalty, Protection and Service,
LA FRA National President Pat Suckow
Pat is the national president of the LA FRA.



REUNIONS

USS RANGER (CVA/CV-61)

9/22/2022 - 9/26/2022

City: Branson, Mo.

Contact: Larry Schmuhl

Email: USSRangerReunion Association@gmail.com

USS DIXIE (AD-14) and USS PIEDMONT (AD-17)

9/25/2022 - 9/30/2022

Location: Tuscon, Ariz.

Contact: Ken Robinson & Willie Williams

Telephone: 520-825-5613

USS CLAMAGORE (SS-343)

10/10/2022 - 10/14/2022

City: Virginia Beach, Va.

Contact: Jim Griffin

Telephone: 850-865-2766

Email: realbiggem@cox.net

Association of Minemen

10/16/2022 - 10/19/2022

City: New Orleans, La.

Contact: Don Moody

Telephone: 626-824-0727

Email: assocminemen@yahoo.com

USS SUTTER COUNTY (LST-1150)

10/17/2022 - 10/20/2022

City: Jacksonville, Fla.

Contact: Guy J. Simmons

Telephone: 978-476-3895

Email: guysimmons@aol.com

USS PARK COUNTY (LST-1077)

10/17/2022 - 10/20/2022

City: Jacksonville, Fla.

Contact: Mike Kempf

Telephone: 317-490-4229

Email:

m.w.kempf@sbcglobal.net

USS LITCHFIELD COUNTY (LST-901)

10/17/2022 - 10/20/2022

City: Jacksonville, Fla.

Contact: Don Lerche

Telephone: 309-530-8710

Email: donlerche@yahoo.com

USS WEXFORD COUNTY (LST-1168)

10/17/2022 - 10/20/2022

City: Jacksonville, Fla.

Contact: Larry Condra

Telephone: 314-604-5221

Email:

Larrygeec@netscape.net

USS SAGINAW (LST-1188)

10/17/2022 - 10/20/2022

City: Jacksonville, Fla.

Contact: Angela D'Aloisio

Telephone: 803-865-5665

Email:

support@nehemiahcommunications.com

NMCB 1, 9 and 10 Combined Reunion

10/23/2022 - 10/27/2022

Location: Pigeon Forge, Tenn.

Contact: Peter Dowd

Telephone: 617-688-2512

Email: seabeemcb1@yahoo.com

USS RANDOLPH (CV/CVA/CVS-15)

10/25/2022 - 10/30/2022

Location: Branson, Mo.

Contact: Chuck Manning

Telephone: 989-836-2654

Email: chuckathie@veionline.com

USS REMORA (SS-487)

11/2/2022 - 11/5/2022

City: Kings Bay, Ga.

Contact: Robert Sharpe

Telephone: 860-501-6161

Email: ussremora@yahoo.com

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A Message from the Southwest Regional President



Georgina Hermes
Southwest
Regional President

Like many other units, the units in the Southwest Region were hit hard by the COVID-19 pandemic. The many restrictions that state, federal and local governments put into effect prevented units in our region from functioning at full capacity. We lost three units this year. Unit 90 in Las Vegas surrendered their charter because they were down to only three members. Valley of the Sun Unit 163 was unable to get members to volunteer as unit officers, so they are in the process of surrendering their charter. Several LA FRA members have already transferred to other units in the Southwest Region. San Gabriel Valley Unit and Branch 85 were unable to get members to accept positions as officers, so FRA national leadership granted their request to merge with Carson Branch and Unit 302. The region is now comprised of only five units, but those units are all still very active.

Chula Vista Unit 61 cooks a Saturday night dinner once a month at the branch home. They also have a potluck dinner once a month to honor Unit and Branch 61 members who have had a birthday during that month. Karaoke is held two nights a month, as well as following the birthday potluck dinners. They collect toys at Christmas time for the Marine Corps' Toys for Tots program. A Christmas party and gift exchange is held. Unit 61 awarded three \$1,000 scholarships to students who are attending college. One member crochets lap robes that are donated to the Veterans Home of California in Chula Vista for residents who are in wheelchairs.

Branch and Unit 61 sponsor the Memorial Day ceremony held at Glen Abbey Memorial Park and Mortuary. As part of the ceremony, Unit 61 performs a dedication of deceased veterans' flags for the unit's Avenue of Flags, which was started by the unit president on Veterans Day in 1977. Since then, a total of 800 deceased veterans' flags have been dedicated

— I dedicated 15 flags this year. Boy Scout Troop 895, sponsored by the Chula Vista Elks Lodge, has assisted Unit 61 with the Memorial Day ceremony for more than 20 years. This year, approximately 100 flags lined the roads throughout the memorial park during that weekend. Troop 895 assisted in putting up and taking down these flags.

Imperial Beach Unit and Branch 289 have a fish fry on Friday nights and hold several special events during the year. They hold a Christmas party for the children of the unit and branch, with each child getting a toy. They also collect toys for the Toys for Tots. They have a fundraising craft fair and a fundraising rummage sale every year. They also have karaoke nights. They sponsor a Memorial Ceremony in Imperial Beach, California, and will be hosting our regional convention in Las Vegas this month. One couple from Branch 289 just celebrated their 50th wedding anniversary with a huge party at their branch home. Unit 289 awards scholarships to graduating high school students.

Carson Unit and Branch 302 are very active groups holding many events during the year. They have a very special relationship with the city of Carson, California and are involved with several activities held in the community.

I attended the installation of officers for Units 61, 70, 84 and 302; Unit 289 will hold theirs soon. RVP Marilyn Quesnel had the honor of being the installing officer for Unit 84 in San Diego. LA FRA NP Pat Suckow visited the Southwest Region in June. A dinner was held for her at Imperial Beach Unit 289, and she was the installing officer for Carson Unit 302. Pat also attended the officer installation for Unit 84 and visited Unit 61 and Unit 70 while she was in our region. **FRA**

In Loyalty, Protection and Service,
RPSW Georgina "Gi Gi" Hermes
Gi Gi is the Southwest regional president of the LA FRA.

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- When the market is down, that same investor gets scared and sells.

Although reacting like this may feel instinctively right at the time, buying high and selling low is unlikely to result in a profit.

Why do investors do this? The reason may have a lot to do with us making investment choices the same way we make many important decisions: by using both our heads and our hearts (i.e., logic and emotion). When there's market volatility — including both market highs and market lows — our emotions tend to take over, and we may make illogical choices going against our best interests.

Rather than falling victim to the potential perils of emotional investing, you may want to be completely logical: Get into the market when it's down and out when it's up. This is known as “market timing.” While this approach sounds rational, the problem is it's extremely difficult, even for experienced investors, to do consistently. There's an old saying: “No one rings a bell” when the market reaches the top of a peak or the bottom of a trough. Translated, that means anyone attempting to time the market finds it difficult to know exactly when to make their move.

For example, if you think the market has reached a peak and get out and then share prices keep rising, you'll miss out on the additional profits you could have made by waiting. And after you get out, how do you know when to get back in? If you act too quickly, you'll forgo better bargains as prices continue to fall. If you wait too long, you may sacrifice the chance to fully benefit from a market rally.

Give Dollar Cost Averaging a Look

To avoid the potential problems of emotional investing and market timing, consider a strategy called “dollar cost averaging.”

Dollar cost averaging is the practice of putting a set amount into a particular investment on a regular basis (weekly, monthly, quarterly, etc.) no matter what's going on in the market. For example, you could invest \$500 each month. In a fluctuating market, this practice lets you purchase:

- Additional shares when prices are low.
- Fewer shares when prices increase.

As shown in the table below, if the price is \$24 per share, you'd buy 20.83 shares (keep in mind mutual funds let you purchase fractional shares). If it rises to \$30, you would buy only 16.67 shares.

Using Dollar Cost Averaging in a Fluctuating Market Investing \$500 per month over one year		
Month	Price Per Share	Shares Purchased
January	\$24	20.83
February	\$25	20.00
March	\$28	17.86
April	\$30	16.67
May	\$27	18.52
June	\$22	22.73
July	\$24	20.83
August	\$27	18.52
September	\$26	19.23
October	\$29	17.24
November	\$28	17.86
December	\$27	18.52
<i>This example is hypothetical and for illustrative purposes only.</i>		

In a fluctuating market, dollar cost averaging will result in an average cost per share that's less than the average market price per share. The average market price per share in the table — the sum of the market prices (\$317) divided by the number of purchases (12) — is \$26.42. However, the average price per share — the total invested (\$6,000) divided by the number of shares purchased (228.81) — is only \$26.22.

While you're mulling over dollar cost averaging's potential merits, consider this:

You may well be using the strategy already. If you participate in an employer-sponsored retirement plan, such as a 401(k) or 403(b), and contribute the same amount each payday, you're using dollar cost averaging.

Get Help for When the Going Gets Tough

One of dollar cost averaging's challenges is you have to stick with the strategy even when the market declines, and that can be difficult (see our previous discussion about emotional investing). However, during times like these, dollar cost averaging can be most useful by letting you purchase shares at lower prices.

Because dollar cost averaging can be simultaneously more difficult and advantageous when the going gets toughest, consider turning to a professional financial adviser for help. He or she should offer a voice of reason during these periods as you grapple with whether or not to adhere to the strategy. **FRA**

Like any investment strategy, dollar cost averaging doesn't guarantee a profit or protect against loss in a declining market. Because dollar cost averaging requires continuous investment regardless of fluctuating prices, you should consider your financial and emotional ability to continue the program through both rising and declining markets.

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