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The magazine of the Fleet Reserve Association

FEBRUARY 2022 / \$3.75

SPARS OF WORLD WAR I

FLEET RESERVE ASSN LOYALTY USN **INSIDE:**

- On & Off Capitol Hill
- **26** Lewis Puller Profile
- **34** New FRA Life Members

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January 2022 Volume 101 Number 2

Cover: Navy Reserve Lt. Cmdr. Mildred H. McAfee, director of the WAVES (L), and Coast Guard Reserve Lt. Cmdr. Dorothy Stratton, director of the SPARs (R), witness the oath-taking of 418 women joining the Navy and Coast Guard in early 1943. Navy photograph courtesy of the National Archives. Above: U.S. Coast Guard Vice Adm. Sally Brice-O'Hara talks with former Coast Guard SPAR Charlotte Bart (L) during a SPARs luncheon honoring the USCGC STRATTON, which was named after Capt. Dorothy Stratton, the first director of the SPARs. Coast Guard photo by Petty Officer 3rd Class Casey J. Ranel.

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The SPARs of World War II

Dorothy Stratton, a WAVE lieutenant, was recruited as director of the Coast Guard Women's Reserve, which soon became known as the SPARs — an abbreviation for "Semper Paratus, Always Ready."

Lt. Gen. "Chesty" Puller was a legendary Marine who was, and is still, revered for his ferocity, his tactical skills under pressure and his

Lt. Gen. Lewis Burwell "Chesty" Puller



unwavering commitment to the men under his command.

LOYALTY, PROTECTION AND SERVICE

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

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COMMUNICATIONS



Rhode Island Seabee Museum



(L to R) PNP Donna Jansky, Chris Kilpert, Ed Weikman, Seabee Museum and Memorial Park President Joseph Frigon, Branch 42 President Ken Senker and NP Jim Campbell.

he Seabee Museum and Memorial Park in Rhode Island provides a memorial to the thousands of men and women who served at Naval Construction Battalion Center Davisville, Rhode Island, from its inception in 1942 until its closure in 1994. The museum is located on the former base, which is considered to be the Original Home of the Seabees.

During World War II, it was essential to preserve the secrecy of future base locations, so Seabees used the name "Island X" to identify their current location when writing home or creating base or command newsletters. After the war, the Seabees created several local alumni organizations named Island X- #, with different numbers, (i.e. Island X-7 Port Hueneme), which are still running.

Island X-1 Davisville approached the state with a plan to lease or transfer 6 acres of land, including the historic concrete Chapel in the Pines that was constructed by the Seabees in the 1960s. The museum's property also includes two ammo bunkers and two Quonset huts, one of which hosts Branch 42's meetings. A milestone was reached when the famous Gate Seabee was relocated a few hundred yards north to the new museum grounds. In 2008, the property was dedicated to the vision of Seabee Veterans of America, Island X-1, and a marker stone was installed.

PNP Jansky invited National President Campbell to visit the museum while he was in the area attending the Senior Enlistment Academy graduation that was held in Newport, Rhode Island. Campbell said, "It was my honor to be able to join Donna and the branch members who are also members of the museum. They are all very proud of their work in supporting the preservation of the Seabee history." Contact Branch 42 for more details about how you can support the museum. **FRA**

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

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Making Sense of the FRA's Dollars and Cents



I would like to address the following three categories:

Financial Duties and Responsibilities at the NHQ Level

The FRA Constitution and Bylaws, under Section 809 of Article 8, go into great detail about what the duties of the Finance Officer are.

As I go through a typical workday here in Alexandria, Virginia, I use the C&BL as a guide to get my work done. I also follow GAAP, or Generally Accepted Accounting Principles. These standards are used by professionals in the industry to prepare and present financial information.

I see myself as the "financial captain" of the FRA. Just like a captain of any ship, I depend on others to successfully navigate through a "sea" of financial questions that come from the FRA membership, local and federal agencies, and outside vendors.

I rely on the FRA National Board of Directors, branch officers, the national executive director, the FRA budget and finance team and members of the headquarters leadership team.

My top priority is safeguarding the financial resources that have been provided to the FRA through dues, donations, and other income sources. Internal controls in place include quarterly reports to the FRA NBOD, the Budget and Finance Committee, and an annual financial audit by an independent certified public accountant firm. The results of the audit are provided to the FRA NBOD.

Over the past year and a half, I've worked very hard to make sure that the FRA is in compliance with federal and state agencies' financial reporting requirements, which include filing annual informational returns and tax returns. They also include collecting required information from individuals who are considered independent contractors or who are provided monetary benefits or awards from the FRA in the amount of \$600 or more.

Branch-Level Financial Concerns

The same types of financial safeguards that I implemented at the NHQ level should be incorporated into FRA branches to safeguard funds.

Most FRA branches have their own employer identification number, which means they have some type of reporting requirement to the IRS and a state agency. Whichever branch officer is responsible for handling the financial transactions of the branch should also be providing branch members with comprehensive financial reports that include a balance sheet and a profit and loss statement.

Most branches are not large enough to have an independent audit, but a two-person internal finance committee could accomplish the same outcome. During the 2021 National Convention, I was provided with a copy of a document used by one of the FRA's branches to carry out a self-audit. Anyone wanting a copy can contact me directly.

And then there's me, the FRA finance officer. Feel free to use me as an additional resource on financial matters. I may not have an answer directly, but I'll do some research and find one.

Individual Member Financial Topics

Each month in *FRAtoday*, we present a column entitled, "Finance Matters."

I encourage every member to read this every month. It provides a lot of information in an easyto-understand manner. Also, when speaking to potential members, it's great to point this column out as part of the value of an FRA membership.

There are many topics that fall under the personal finance's area. All the books and articles that I have read include this one piece of advice: **Make a will.** In a 2021 Gallup Poll, 54% of American adults reported not having a will, including 24% of those aged 65 and older.

Finally, I want to thank everyone for every dollar that has been donated to the FRA. Your support makes a difference. **FRA**

In Loyalty, Protection and Service, Phillip Reid

Phillip is the national finance officer of the FRA and may be reached at PhillipR@FRA.org.

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White House portrait



John F. Kennedy Article

I just got my latest *FRAtoday*, today and was reading the article on John F. Kennedy. Author Grays article is accurate except for one small detail.

When he got out of Officers Training School, he was assigned to the Staff of the Commander Sixth Naval District in Charleston, S.C. He was billeted in and worked out of what was then the Fort Sumter Hotel, located on the Battery, and which the Navy had taken over for the duration of the war. I was a teenager in Charleston at the time and had a friend who worked in the hotel. Kennedy developed a "friendship" with a lady that lived nearby. She was reputed to be a spy for Germany. His father found out about it and had him transferred to PT Boats, which he undoubtedly was happy about.

I served in the Navy while he was President and was attached to the Staffs of Commander in Chief, US Atlantic Fleet and Commander Naval Air Forces Atlantic, in Norfolk when he was assassinated.

I was also serving there during the Cuban Missile crisis and had been aboard USS Spiegel Grove LSD (32) in GITMO in February, 1962 and saw some of the missiles being brought in.

> Thanks, CDR Bob Knight, USN (Ret.)

FRAtoday: Dear Commander Knight, Bill Stevenson forwarded your correction to me, and I am most grateful to you for pointing out my error. Researching a person of such prominence, about whom so much has been written, for what is of necessity a short piece has its challenges, and I am also relieved to hear that I got most of it right! Thank you for your attention to the accuracy of FRAtoday.

It's so important to all of us to get things right, out of respect for the service of all of the association's members. Sincerely yours, Ann.

Should VSOs Become Politically Active?

I read with great interest and general agreement several letters published in the Nov. edition of *FRAtoday*. Specifically, I am referring to the letters supporting an apolitical stance by VSOs. While agreeing with the concept in principle, I do wonder if there are ever exceptions.

For instance, if an administration is seriously endangering our national security either by commission (intentionally defunding the military) or omission (not confronting our adversaries), should VSOs become politically active?

I think this is a question worth asking.

CAPT Jim Thur, MSW, MPH, USNR (Ret.)

Latest Message From National President

Dear Shipmate Stevenson:

Having just read Shipmate Fulton's November's From the Bridge Article in the Special Recognition section, I must state my partial agreement and vehement displeasure with the third paragraph of the article.

Yes, [mentioning] the 20th anniversary of 9/11 and the withdrawal from Afghanistan was most fitting. However, the third paragraph of the Special Recognition section was particularly inappropriate for the *FRAtoday* forum.

Shipmate Fulton has his feeling and views to which he is most certainly entitled but, as he stated most clearly was his disdain for the current administration. This was in my view tactless and unprofessional. Political feeling or statements have no place in the *FRAtoday* forum. Mr. Fulton has maybe shown Protection and Service, but I question his loyalty.

> Respectfully, LNC Bill Winstel, MAL, USN (Ret.)

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— John, Men's Liberty user in Michigan

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FRA As Apolitical

I take issue with the idea articulated in November I. C. Smith's. "FRA as apolitical." There is something very wrong and illogical that FRA membership cannot discuss local, State or federal actions, vis-a-vis, political actions, proposed or taken.

No FRA magazine fails to list government agency actions being pursued by FRA, presented in pages 7-9, and which are considered relevant and in veteran interest by FRA leadership (but perhaps not well understood without discussion or update).

FRA members are veterans who served under contracts or commissions requiring them to "protect and defend the Constitution against all enemies, foreign and domestic."

We are therefore obligated to know and understand the values projected in the Constitutions of our city, State or federal entities which we specifically defended at great personal cost. Addressing upcoming and ongoing Acts/ actions is, in fact, consistent with values demanded by our service and intended by the 'incumbent government' comprised of politicians who are fallible human beings.

If the actions are not consistent with values we defended, then vagaries, self-centered pursuits and unconstitutional or non-freedom actions need to be acknowledged by FRA elected and its members. At a common meeting these discussions become just as relevant to every member as those published by the FRA magazine, consistent with the Principles of the FRA -"Loyalty, Protection and Service to our shipmate." Or we are a fraud to do otherwise.

We don't work in isolation but as a team, in uniform and out. This team approach fosters the necessity we address failure-at-hand, if and when known or occurring. It is further incumbent on FRA membership to be made aware and act accordingly to protect and advocate for the values for which we stand as a nation and retired veteran, irrespective of political preferences or misguided allegiances not thoroughly understood or evaluated. FRA members are the arena of friendship, comradeship and security wherein understanding and defense of this nation still lies.

> Respectfully Submitted, SKCM(SS) G.W. Smith, USN (Ret.)

November Article About John F. Kennedy

I thoroughly enjoyed reading the article about JFK. You

are about the only one that even acknowledges JFK today. I especially enjoyed reading about his being a proud U.S. Navy Veteran. I saw President Kennedy in Tampa Fl. as he was on his way to Texas. I have also seen the movie, PT109. I am just writing this because the article



made me feel good that at least someone cared. Thank you so very much for the very nice article; our country right now needs such. Again, an elder lady sends you thanks and blessings.

> Jean Whitfield, Del Rio, Tennessee

FRAtoday: Dear Ms. Whitfield,

William Stevenson has forwarded your very nice message about the JFK article to me. You were so kind to let us know that you enjoyed it, and appreciated the attention given to John Kennedy and his pride in having served in the Navy.

I don't think any of us who are old enough will ever forget where we were when the terrible news of his death reached us. It was a tragic loss to the nation, and a shock to the optimism so many of us felt in this eloquent young president and his vision of what we could be.

So thank you for letting us know you were happy with it. I enjoyed writing it, and learned many things in the process. And of course it is always a pleasure to hear that one's attempts to communicate something have a good result.

Wishing you a warm and happy Christmas, and a good New Year. With all best regards,

Ann.

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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CBD is sweeping America. It's transforming the way we support joint health, improve mood, and get better sleep.

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But researchers at the New York University School of Medicine have made a shocking discovery.

They report that without this new approach to taking CBD, 94% of this "miracle molecule" is wasted.

CBD's Life-Changing Health Benefits

Millions of Americans age 50 + are reporting miraculous results from using CBD.

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Healthy blood pressure

Comfortable joint functionHealthy pancreatic b-cells, to

promote healthy insulin levelsHealthy heart

Healthy blood sugar

But you won't get these life-changing results by taking just any CBD oil on the market today.

The NYU researchers found that when CBD oil was administered, only 6% of it actually got past the cell membrane. In other words... 94% of the CBD was completely wasted.

It did not get to our cells... where all the real health effects happen.

That's why our team has spent the last 24 months working on something very important: a way to do what all CBD oils fail to achieve.

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And now they've done it. They've developed a new technology that unleashes total CBD relief... 15 times more, to be exact. Instantly. With a single 1-second spray.

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"With one spray, I [felt calmer] and slept through the night, which has not happened in a very long time," says Kris R. "I'm very excited about using this product going forward."

Why So Much Excitement About CBD?

Why is CBD such a powerful health rejuvenating tool? For years, researchers searched for the answer.

Finally, in the early 1990s, they made a remarkable yet overlooked discovery. It's called the endocannabinoid system the hidden cellular network in your body that's designed to work with CBD.

This cellular network exists in our brains, nervous systems and peripheral nervous tissue — almost everywhere in our bodies. And it's made up of receptors that bind specifically to cannabinoid molecules like CBD, enabling these compounds to penetrate the cells.

This system promotes "homeostasis" — restoring our body's functions to their natural, healthy state. This is how cannabinoids — found in the hemp plant — work wonders.

And the most powerful, proven compound in the hemp plant is CBD.

Cannabinoid receptors play a significant role in regulating many bodily functions like sleep... discomfort... appetite... mood...memory... and many more.

Over time, though, after years of exposure to toxins, our internal cannabinoid production suffers from burnout. We become deficient in these vital compounds.

And we no longer produce the necessary amount of cannabinoids we need to maintain our health, vitality and well-being.

As a result, our memory fades, our metabolism slows, our immune system weakens, joint discomfort becomes more frequent, our mood sours and our sleep

worsens.

In short, we become unhealthy and aged.

This is why cannabinoids — like CBD — are so important. They recharge the cannabinoid system when our internal mechanisms slow down, helping our bodies to their healthy, youthful state.

One researcher compared it to "turning back the molecular clock."

Overnight memory reboot...

Lilly H., age 92, had age-related memory loss, was confused, occasionally falling down and couldn't speak clearly. She often spent her days lying in in bed.

After trying "Nano CBD," everything changed — overnight! Lilly says, "I know it sounds crazy, but it seems like I was given back a life."

Healthy blood sugar in 7 days...

David M., age 69, worked to have healthier blood sugar for 25 years. He tried exercise, eating right and just about everything else — and nothing worked.

After stumbling on to "Nano CBD," he enjoyed deep, refreshing sleep, healthy joints and healthy blood sugar levels — in just one week!

Back discomfort gone in 1 week...

Kelly H., age 49, reports that despite trying everything for her back aches and mental stress over 20 years, nothing worked. Then she found "Nano CBD"

Then she found "Nano CBD" — and ended her 20-year battle with back discomfort and mental stress — in just one week. "I have so much more energy," she says. "I'm a different person."

How It Works

A new formula combines three new technologies to maximize CBD's health rejuvenating potential, starting with "Nano CBD" for maximum cellular absorption.

It's called Cool Relief.

First, Cool Relief shrinks the 2,000 nanometer molecules found in most CBD oils to just 80 nanos. No bigger than a grain of sand. This is important because it's all that can fit in your cell membrane. Any more gets discarded.



This nanotechnology gets 1,500% more CBD past the cell membrane... rejuvenating your cells to their young, healthy state.

Second, **Cool Relief** adds vaporizing technology for lightning-fast absorption that delivers CBD to your cells in seconds after swallowing.

Finally, every bottle of *Cool Relief* contains a lab-confirmed 310 mg of high-potency CBD, giving you the same amount used in the clinical studies. A CO2 process extracts pure CBD from the hemp plant while eliminating toxins, impurities and chemicals.

The three technologies in *Cool Relief* transform a healthy plant compound into a superior health rejuvenating technology... one that supports "young again" heart, eyes, brain, lungs and more.

How to Order Cool Relief Today

Right now, the only way to get this powerful combination of technologies that maximize CBD absorption is by ordering the breakthrough **Cool Relief** formula.

To secure bottles of this unique formula, buyers should contact the Toll-Free Health Hotline at 1-855-221-5617 within the next 48 hours. This formula is not available in stores yet. The Hotline allows us to ship the product directly to the customer.

We feel so strongly about this product that we offer a 100% money-back guarantee on every order. Just send back the bottle and any unused product within 90 days of purchase, and we'll send you your money back. The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow us to restock.

Call 1-855-221-5617 to secure your limited supply of *Cool Relief*. You don't need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use Promo Code FRACR0222 when you call in. If the lines are busy, keep trying — all calls will be answered.





John Davis Director, Legislative Programs

NewsBytes is the FRA's free weekly legislative update. If you would like to subscribe, please email: NewsBytes@Fra.org. Include your name and contact information in the body of the email. If you are a member of the FRA or LA FRA, please include your member number.

Challenges for the FRA in 2022

The second session of the 117th Congress began in January and your FRA Legislative Team is already working to promote the association's extensive 2022 Legislative Agenda . (See the November 2021 *FRAtoday* to view the full agenda.) The FRA's advocacy efforts this year are aimed first at keeping the hard-earned gains the association has obtained in recent years and then at pushing for improvements to programs that impact FRA members. Competition between personnel costs and weapons technology costs ("benefits vs. bullets") will intensify, and we expect continued efforts to shift costs to beneficiaries. Congress tends to respond to those who are organized. Shipmates who communicate regularly with their elected officials enhance of the FRA Legislative Team. The FRA Action Center located on the FRA website (www.fra. org) is an effective and user-friendly method of communicating with your elected officials. The Action Center provides pre-written messages either supporting or opposing legislation that Shipmates can edit and send to their elected officials in Washington. Grassroots advocacy has a direct influence on the association's ability to effectively represent your concerns before Congress and appropriate federal agencies.

Government Shutdown Possible After Feb. 18

The Senate and House worked out an agreement for a stopgap funding measure known as a continuing resolution to prevent the U.S. government from partially shutting down at midnight on Dec. 3, 2021. The CR keeps the government open until Feb. 18, 2022.

Earlier, Congress had passed a continuing resolution (P.L.117-43) just before the start of the new fiscal year on Oct. 1, 2021. This CR kept the government open at current spending levels until Dec. 3, 2021. That was supposed to give Congress time to approve appropriations bills. However, as *FRAtoday* goes to press, Congress has not made enough progress on passing spending bills for FY2022. Congress needs to pass spending bills before Feb. 18 to avoid a government shutdown.

In the event of a government shutdown after Feb. 18, active-duty military personnel would be paid because they are considered essential workers. Retirees would also continue to be paid because funding for their benefits is considered mandatory funding, which does not require congressional appropriation. Additionally, TRICARE benefits would continue if there was a shutdown. Those receiving veterans benefits would also continue to get benefits because the Department of Veterans Affairs appropriates two years at a time (an FRA-supported initiative) and already has funding for FY2022.



Alternate NDAA Passes

In September 2021, the House passed its version of the FY2022 National Defense Authorization Act, or NDAA (H.R.4350). The Senate was unable to reach an agreement to vote on the NDAA. There was an impasse after behind-the-scenes negotiations failed to reach an agreement on which amendments should be considered on the Senate floor.

Due to the stalemate in the Senate, the House and Senate Armed Services committees' staffs worked to create a new NDAA. The bipartisan leaders of the House and Senate Armed Services committees released a new NDAA (P.L.117-81) following days of compromise negotiations . The new bill passed the House (363-70) and passed the Senate (88-11). No floor amendments were allowed to be considered for the new NDAA, which was signed into law by President Biden on Dec. 27, 2021. The new FY2022 NDAA:

- Includes no new TRICARE fee increases.
- Prohibits drastic cuts to Defense medical staff for one year.
- Provides an annual active-duty pay increase (2.7%) that keeps pace with civilian pay.

- Excludes the provision present in an earlier version of the NDAA that would have required women to register with the Selective Service System.
- Removes sexual assault investigations from the chain of command.
- Prohibits the dishonorable discharge of military personnel for declining to receive a COVID-19 vaccination.
- Requires the DOD to test for per- and polyfluoroalkyl substances, or PFAS, at U.S. bases that have had PFAS releases.
- Provides a new basic needs allowance to ensure service members do not suffer from food insecurity.
- Permits the departments of Defense and Veterans Affairs to share medical facilities.
- Requires an independent review of the DOD suicide prevention program.

The FRA is grateful for many of the abovereferenced provisions but is disappointed that several critical issues, such as concurrent receipt expansion, were not addressed in the final bill.

FRA and Others Request No More CRs

The FRA and other members of The Military Coalition signed onto a letter sent to Speaker of the House Nancy Pelosi (Calif.), Senate Majority Leader Chuck Schumer (N.Y.), Senate Minority Leader Mitch McConnell (Ky.) and House Minority Leader Kevin McCarthy (Calif.) urging them to pass the Fiscal Year 2022 appropriations bills for defense spending and military construction, Veterans Affairs, and related agencies before funding expires on Feb. 18.

Congress recently passed a continuing resolution to keep the government funded at current levels until Feb. 18. As noted in the letter: "A CR damages the uniformed services' ability to equip and train the total force. The services would be prevented from starting new programs that commanders need and instead, devote funds to lower priorities. During CRs resources tighten, procurement programs languish, and taxpayer dollars are spent ineffectively. Casualties of an additional CR could



include mission-critical training (inclusive of vital reserve component training) and required maintenance. Military families could suffer from inadequate maintenance and upgrades to military installations, and significant delays in household moves. They deserve better, and their care is crucial to the readiness and retention of service members."



Agreement on Debt Ceiling

Republicans and Democrats came to an agreement regarding the U.S. government's debt ceiling (P.L.117-71), which also included delaying until 2023 a 10% Medicare reimbursement cut for doctors and hospitals that was scheduled to take effect Jan. 1, 2022.

Effective Aug. 1, 2021, the two-year suspension of the U.S. government's debt limit ended. The debt limit restricts how much the federal government can borrow to finance its existing obligations. The Treasury Department was taking what it called "extraordinary measures" to pay the government's expenses, options that would have been exhausted by Dec. 15, 2021, if lawmakers had not addressed the cap. President Biden signed into law the bill that allows the government to borrow an additional \$2.5 trillion, which will be added to the current national debt of \$29 trillion.

FRA Provides Navy Legislative Fellows a Legislative Process Brief

FRA Director of Legislative Programs John Davis gave a legislative process brief to the 2022 Navy legislative fellows at FRA NHQ. This was the first legislative process brief since the pandemic began. The Navy Legislative Fellows Program offers participants the



FRA NHQ hosted the Legislative Process Brief for the 2022 Navy legislative fellows. Staff photo, 2017.

opportunity to work in the legislative branch for one year. The program consists of three components: (1) training and education through the Government Affairs Institute at Georgetown University, (2) work on Capitol Hill in the personal office of a senator or representative, and (3) a three -year utilization tour immediately upon completion of the fellowship. The FRA has provided both the Marine and Navy legislative fellows with their legislative process briefs in recent years.

FRA NP Participates in Pearl Harbor Attack Remembrance

FRA National President James W. Campbell participated in a ceremony at the USS Arizona Mall Memorial in Tucson, Arizona, on Dec. 7, 2021, which was the 80th anniversary of the Japanese surprise attack on Pearl Harbor. The USS Arizona Mall Memorial at the University of Arizona pays tribute to those aboard the USS ARIZONA who died as a result of the attack.

The ship is the final resting place for 1,102 of the 1,177 *ARIZONA* crewmen who lost their lives during the attack in 1941. The *ARIZONA's* losses accounted for nearly half of the 2,403 service members and civilians who were killed during the attack. In all, 19 Navy ships were damaged or sunk. Other FRA branches around the country also hosted and participated in events to honor the anniversary.



This year marked the 80th remembrance of the atack on Pearl Harbor. Shipmates also attended another ceremony that was held at the Wesley Bolin Memorial Plaza in Phoenix, Arizona. (L to R) LA FRA JrPNP Jackie Scarbo, LA FRA NP Pat Suckow, FRA NP Jim Campbell, Tina Campbell of Unit 40, FRA JrPNP Mick Fulton, FRA RPSW Roger Bacud and LA FRA PNP Bea Parco. Photo courtesy of the LA FRA.

Former Obama-Era Directive Unleashes ...

A SECRET ASSAULT ON THE SECOND AMENDMENT

Your right to bear arms is in jeopardy. And this is just the beginning of big government's overreach on your freedoms, wealth, and privacy.

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f you own guns, whether they're for self-defense or sport . . .

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The Second Amendment is under attack from a power-hungry government that's growing more and more menacing with each passing day.

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But thanks to a secret Obama-era directive, Big Brother can legally overreach on your right to bear arms.

This is not just a question of stricter background checks, either.

Soon, you may find yourself unable to purchase ammo at all. Or all the firearms you legally own could be confiscated without warning.

And if you've heard President Biden's plans for gun owners . . . you know it's going to get much worse.

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This Will Make You Angry!

You see, the Second Amendment is just the tip of the iceberg.

The War on Cash exposes big government's attempt to invade our privacy, freedom, and wealth.

This is without a doubt the most important book of the decade.

And Newsmax wants to give you a **FREE** copy of this book with this special offer.

Big Banks and Big Government are plotting to take your cash away and go digital. So they can track every dollar you spend.

If that happens, you can say goodbye to privacy and your liberty. And

you can say goodbye to a free and prosperous society.

Of course, the powers that be don't want you to know that.

That's why it's so important that you claim your **FREE** copy of *The War on Cash*.

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- The IRS is about to get even MORE heavy-handed! A simple device in your household could soon be tipping them off to every single transaction you make. Page 37.
- Your bank teller is spying on you. An ongoing government initiative from the Obama years allows banks to report your information to Uncle Sam. How this info can be used against you is shocking! Page 80.
- A list of common bank transactions that get you flagged by the government. Knowing these can save you a lot of potential headaches. Page 81.
- How a simple bank deposit can trigger a red flag that locks you out of your account. It could also make you a subject of a criminal investigation. Page 66.
- A simple, everyday financial transaction can land you in jail. You might be at risk of a law enforcement raid. See how you can protect yourself. Page 11.
- Everything in your safe deposit box is safe, right? Wrong! Big



banks are aiding and abetting the U.S. government. Your hard currency and valuables could be at risk. Here's what you should do to safeguard your possessions. **Page 13**.

And much, much more!

Protect Yourself and Your Freedoms . . . Before It's Too Late

When you get your hands on *The War on Cash*, you'll understand immediately why we are so passionate about this. Your Second Amendment Rights and so much more are at stake.

It's absolutely the most important book you will read this year — and you'll want to share it with your loved ones just as soon as you've finished.

And you can secure your **FREE** copy today with this special offer. Just pay \$4.95 shipping!

Call: (800) 875-4511 Online: WarOnCashToday.com/FRA See Website for terms, conditions, and eligibility for this offer.



PDBR Continues Review of Disability Claims

The Physical Disability Board of Review, or PDBR, was created by an FRA-supported provision in the FY2008 National Defense Authorization Act to reassess the accuracy and fairness of combined disability ratings of 20% or less for service members who were separated from service, rather than medically retired, because of medical conditions.

To be eligible for a PDBR review, service members must have been medically separated between Sept. 11, 2001, and Dec. 31, 2009, with a combined disability rating of 20% or less and found ineligible for retirement. Although more than 71,000 service members are eligible for review, many have not yet requested a review of

their claim. The PDBR reports that more than half of the reviewed claims have been upgraded to a disability rating of 30% or more.

The review panel is authorized to recommend an increase in a disability rating, uphold the previous finding or issue a disability rating when a previous board did not assign one. The board, however, is not able to recommend a lower rating. Eligible veterans can request a board review by submitting a Department of Defense Form 294, which can be found at www.esd.whs.mil/Portals/54/ Documents/DD/forms/dd/dd0294.pdf. Shipmates can learn more about the PDBR review process by typing "PDBR" into the search bar at www.health.mil.

Report on Veteran Homelessness

The Department of Housing and Urban Development recently released its annual report on homelessness with critical data on veterans experiencing homelessness. Each year, HUD releases a point-intime count of unhoused people, including veterans. HUD conducted its annual count in January 2020, but experienced delays in releasing its initial report, a major resource for Congress in making decisions about how to legislate and allocate resources to respond to veteran homelessness. As FRAtoday goes to press, the more detailed "Part 2" reports for both 2019 and 2020 have yet to be released due to pandemic-related delays.

Part 1 of the 2020 report found a less than 1% increase overall in veteran homelessness since 2019, the first increase in over a decade. Data also revealed that female veterans comprise about 9% of homeless veterans and are more likely to be caring for dependents. One-third of homeless veterans are Black despite only 12% of all veterans nationwide being Black. Although the report found that veteran homelessness has dropped by nearly 50% since 2009, HUD still counted over 37,000 homeless veterans in January 2020. Members can weigh in on improving VA programs to address veteran homelessness by going to the FRA Action Center at www.fra.org.

BAH Rates for 2022

The Department of Defense released the Basic Allowance for Housing rates for 2022. BAH rates increased an average of 5.1% as of Jan. 1. An estimated \$25.6 billion will be paid to approximately 1 million service members. The DOD had temporarily authorized increases in the 2021 BAH rates for 56 housing markets (commonly referred to as Military Housing Areas, or MHAs) across the United States. However, these increased rates expired on Dec. 31, 2021. Service members can calculate their 2022 BAH payment by using the online calculator at: www. defensetravel.dod.mil/site/bahCalc.cfm.

The FRA welcomes the increased rates and seeks to restore BAH to 100% of housing costs from the current 95%. The association also wants to reform enlisted housing standards by planning for E-7s and above to



reside in detached homes, tracking BAH to ensure it is commensurate with actual housing costs, promoting adequate housing inventory, and ensuring that housing privatization programs are beneficial to service members and their families.



By S.A. Nickerson, Health Correspondent

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

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

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

Rogue Testosterone Starts Attacking Around Age 40

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

PROSTATE REVIVE® Users Speak Out*

Many users write to praise this prostate support formula.

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

Kenneth F., California

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

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

"I took it for 6 weeks and my PSA level went way down." *Ramon G., Wisconsin*

Men Over 40 Celebrate Breakthrough Pill

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

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

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

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

Collateral Damage

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

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

Based on his two decades of research and treating patients, Dr. Brownstein formulated one of the top-selling prostate support formulas available on the market today. Since 2013, **PROSTATE REVIVE**[®] has been helping thousands of men across the country.

A Proprietary Blend of 15 Ingredients

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

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

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

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

The Simple Solution With daily use, **PROSTATE REVIVE** makes it simple to support normal prostate health and function. With better control and fewer trips

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to the bathroom, you may even sleep better.

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Medix Select, one of the nation's premier nutraceutical companies, is sure you'll love **PROSTATE REVIVE**. That's why they're offering you a risk-free trial supply at **NO COST** — that's a \$39.95 value! Just cover a small shipping fee of \$4.95, that's all.

You'll also receive Dr. Brownstein's detailed special report "A Doctor's Guide to a Healthy Prostate" as a FREE bonus gift (a \$20 value).

Toll Free: (855) 208-3856 Online: ProstateRevive.com/Reserve

Trial offer requires enrollment in SmartShip program. See website for details. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Testimonials are from actual customers who have used our products. *Testimonials reflect their experience but may not be representative of all those who will use our product.



IG Report on DOD Suicide Screening Rates

A recently released report from the Department of Defense Office of Inspector General indicates that the DOD screened only about one-third — 34% in FY2020 and 30% in FY2019 — of troops transitioning to civilian life, who face an overall risk of suicide 3 times higher than active-duty service members. The DOD was supposed to screen a minimum of 70% of transitioning service members beginning in 2019, with 100% as the desired goal.

The lack of transition screenings for those at higher risk of taking their lives may have impaired the DOD's and the Department of Veterans Affairs' ability to predict health care needs and provide benefits at discharge, and may have jeopardized the safety of veterans, according to the IG report.

Veteran suicide rates have been rising for two decades, and since 2005 have climbed faster than nonveteran suicide rates in the U.S., according to the Rand Corp. Many more veterans and active-duty troops have died by suicide over the past 20 years (30,177) than have been killed in Post-9/11 wars (7,057), according to research by Brown University's Costs of War Project.

Passing of Former Senator Bob Dole

The Elizabeth Dole Foundation announced the passing of former Sen. Bob Dole. Dole was an Army veteran and World War II war hero who was badly injured in battle in northern Italy. He was elected to the U.S. House of Representatives and later to the Senate representing Kansas. He became the Republican leader in the U.S. Senate and won his party's nomination for vice president in 1976 and president in 1996. He became a spokesman for the "Greatest Generation" of veterans and worked to create the World War II Memorial on the National Mall. In February 2021, Dole announced he was battling lung cancer. Dole is survived by his second wife, Elizabeth, and a daughter from his first marriage, Robin. His remains lay in state at the U.S. Capitol Rotunda. FRA

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ADVERTISEMENT

Scientists Stunned After Shocking Discovery Reveals True Cause of Fatigue

New research finds unlikely source for why some seniors have an endless supply of energy

For the millions of American's suffering from fatigue there is finally hope.

A new study reveals our energy levels don't have to decline with age.

Published by the *National Institutes of Health*, this peer-reviewed study caused shockwaves in the scientific community. That's because it runs counter to everything scientists have believed about energy levels and aging for years. But the evidence is undeniable.

Researchers analyzing 142 scientific papers determined the key to gaining more energy with age lies inside our cells — in our mitochondria.

Mitochondria play a critical role in generating metabolic energy. They are responsible for converting the food we eat into energy we can use. A paper published by the Department of Cell and Developmental Biology even called them "the gatekeepers" of cellular life and death. That's how vital they are to the survival of human cells.

However as we age, the number of our mitochondria declines. In addition, the mitochondria become susceptible to DNA damage, decreased function, oxidative stress and even mutations. All of which results in excess fatigue, accelerated aging and poor health.

But thanks to this study, America's No. 1 anti-aging doctor has been able to develop a new, all-natural solution that helps seniors increase the number of their mitochondria, so they can "rewind" the clock on old age.

"By taking this one compound you can quickly restore the mitochondria inside your cells," explains Dr. Al Sears – founder and director of the world-renowned Sears Institute for Anti-Aging Medicine.

"And, once your mitochondria levels are restored, you will have so much energy that you will feel decades younger."

Unique Discovery Restores Mitochondria

For more than 20 years, Dr. Sears has been considered America's No.1 anti-aging pioneer. He has authored over 500 scientific papers and has appeared on dozens of media outlets including ABC News, CNN, Lifetime, and many more.

Now, his latest discovery — a unique molecule that restores mitochondria inside cells is so popular that seniors all across the country are stocking up on this new, all-natural energy-booster.

Users say this advanced formula, sold under the name *Ultra Accel II*, allows them to experience the energy levels they had in their 20s and 30s. Those who've been lucky enough to get their hands on *Ultra Accel II* report seeing remarkable, almost unbelievable results.

As John H., from Bradenton, Florida reports: "I'm a 70-year-old man and I've been taking **Ultra Accel II** for 2 ½ months. On a recent treadmill test, I was told that I did as well as several patients tested who were in their 20s."

As Karyn E. from Palm Beach, Florida says "I noticed more energy within 24 hours of taking Ultra Accel. I was thrilled to have all that extra strength and endurance. Then after a few months, I ran out... and within a week, all that extra energy disappeared. Now, I'll never be without **Ultra Accel II**."

Study Confirms 100% Success Rate

Scientists recently gathered a group of men and women suffering from high levels of fatigue.

Over an eight-week period they gave the subjects a daily dose of *Ultra Accel II*'s core compound. The results? All of the participants felt a significant improvement in energy levels. And the study reported a 100% success rate in boosting the energy levels of those suffering from fatigue.

That's because PQQ (CoQ10's more powerful cousin) — the core ingredient in Ultra Accel II — is the only natural molecule that supports healthy numbers of mitochondria — the power generators inside your cells.

In one study, mice fed PQQ increased the number of mitochondria in their cells by more than 55%, in only eight weeks.

In addition to feeling more energized, users often report feeling mentally younger, with fewer "senior moments" and brain fog. That's because the key compound has been shown to stimulate the production of NGF, which helps trigger the growth of new brain cells.

"I've been taking *Ultra Accel II* continuously for over 12 months and I've found my energy levels to be as high or higher with less exercise. People can't believe I turn 50 this year," reports Wayne L.

And Jerry M. says he "noticed a difference within a few days... my endurance doubled. I love it. There really is something about Ultra Ac-





cel II that I can FEEL. It's not just in your body either. You can feel it mentally, too. This is something I'll be taking for a long time."

Demand For Ultra Accel II Soars

"For too long, millions of Americans have suffered the life-ruining effects of fatigue and lethargy," says Dr. Sears when asked about the remarkable success of Ultra Accel II.

"Until now, there's never been a science-backed solution that actually works and guarantees real results," continued Dr. Sears, "but with the release of *Ultra Accel II* that all changes and now you can unlock an endless supply of all-day energy, at any age."

Due to the unprecedented demand and recent media exposure, people are struggling to get their hands on this low cost, prescription-free energy booster.

However, through our partnership with the Sears Institute for Anti-Aging Medicine we've managed to secure a small supply exclusively for readers of this publication. For the next 48 hours only we're able to offer a special discounted supply of *Ultra Accel II*.

How To Try It Risk-Free

Ultra Accel II is not available in any store at any price.

The only way to get this potent energy booster is by calling the Sears Health Hotline at **1-800-914-5789** within the next 48 hours and taking advantage of this special offer.

Dr. Sears is so confident in this product he's protecting customers with a 100% money-back guarantee on every order. "Just send back the unused bottles within 90 days of purchase, and I'll refund every penny of your purchase price," he adds.

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

Call **1-800-914-5789** to secure your limited supply of *Ultra Accel II*. It's completely safe and no prescription is required. Those who call within the first 24-hours qualify for a significant discount. To take advantage of this great offer use Promo Code **FRAUA0222** when you call.



A recruiting poster for the U.S. Coast Guard Women's Reserve used during World War II. Photo courtesy of the National Archives.

FEATURE

The SPARs of Women in the Coast Guard

By Elise M. Howard

July of 1942, the Coast Guard watched with keen interest as the Navy established its Women's Reserve, nicknamed Women Accepted for Volunteer Emergency Service, or WAVES. Like the Navy, the Coast Guard was being stretched thin as it tried to continue its traditional role of protecting the nation's extensive coastlines while also participating in new wartime operations at home and abroad. Able-bodied guardsmen desperately needed at sea were trapped behind desks doing basic clerical work. Civilian replacements would be prohibitively expensive, unwilling to be dragged from duty station to duty station, and not secure enough to trust with sensitive materials.

Could the solution for the Coast Guard also be women? What would that mean for the barracks? For the mess hall? For basic training? Could women really handle the rigors of military life? Without other options, the Coast Guard decided the risk was worth taking. On Nov. 23, 1942, the U.S. Coast Guard Women's Reserve was established.

The Challenges of Recruiting

Following in the footsteps of the WAVES was a double-edged sword blessing. The main benefit of a later beginning was that the Coast Guard did not have to start from scratch when it came to leadership recruitment, training facilities or program design. The Coast Guard Women's Reserve was able to borrow heavily from the Navy Women's Reserve, from its policies and structure right down to its members. Dorothy Stratton, a WAVE lieutenant, was recruited as director of the Coast Guard Women's Reserve, which soon became known as the SPARs — an abbreviation for "Semper Paratus, Always Ready." Similarly, the first classes of both commissioned Right: Coast Guard SPARs who served in World War II gathered at Marinette, Wisconsin, for the christening of the USCGC SPAR, a 225-foot buoy tender named in their honor. Attorney General Janet Reno (third from right, without a cover) smashed the traditional champagne bottle across the cutter's bow during the ceremony. Prospective commanding officer of the SPAR, Lt. Cmdr. Joanna Nunan (left front) attended the ceremony along with retired SPARs, including PH3 Lorraine Dieterle (right front) and Chief Warrant Officer Betty Splaine (center front), who was the first female Coast Guardsman to become a warrant officer. USCG photo by Public Affairs Specialist 3rd Class Paul Roszkowski.

Below: SPAR officers pose in their dress blues. Photo courtesy of the National Archives.



and enlisted SPARs were WAVES who agreed to transfer to the Coast Guard. These transfers, and the early civilian recruits who followed them, were able to complete their initial training alongside future WAVES at Navy training facilities.

However, following on the heels of the WAVES put the SPARs forever in their shadow when it came to recruiting. SPAR recruiters across the country struggled to meet their quotas despite going to post offices, movie theaters and even cotton fields to find recruits. Throughout the war, recruiters and other SPARs were continually confused for WAVES, a matter made worse by both sets of women's reservists wearing blue uniforms designed by Mainbocher. Public perceptions of military women as unladylike, milking taxpayers' dollars or fleeing terrible home lives also created serious obstacles to recruiting.

"Military women were experiencing an image problem," John A. Tilley wrote in "A History of Women in the Coast Guard." "In 1943, a nationwide



rumor mill gave rise to public speculation ... that the female recruiting effort was a front for a governmentsponsored prostitution ring, the function of which was to slake the sexual appetites of new male soldiers and sailors. ... Newspaper editors and clergymen started warning parents not to sell their daughters into slavery."

Despite their loved ones' concerns, women still volunteered, seeking new opportunities and the chance to directly assist the war effort. By October 1944, the Coast Guard had all the SPARs it needed.

"We all gave up a familiar way of life for one that had never before been open to American women," SPAR Lts. Mary C. Lyne and Kay Arthur wrote in their book "Three Years Behind the Mast: The Story of the United States Coast Guard SPARS." "Most of us had no idea what we would be doing or where we would be doing it. We sternly put aside families, friends, ... and a haphazard civilian existence lived without benefit of "The Bluejacket's Manual."



A tribute painting was presented during a SPARs reception being held at U.S. Coast Guard District 11, during a SPARs reception on March 30, 2012. U.S. Coast Guard photo by Petty Officer 2nd Class Patrick Kelley.

From Civilian to SPAR in Eight Weeks or Less

Although early recruits were trained at Navy-operated college campuses, by 1943 the SPARs were outgrowing this arrangement. In June of that year, SPAR basic training moved to the Palm Beach Biltmore Hotel in Florida.

Recruiters were told not to promise glamour, but the "pink palace" had a reputation that drew recruits anyways. And despite the Coast Guard's best efforts in knocking down walls and removing luxurious decor, many aspects of the training station remained glamorous. Fragrant exotic flowers, hanging vines on the Mediterranean architecture and stunning views of the Atlantic were left untouched, as were lush carpets in the barracks and a mirrored ceiling above the personnel officers' desks in the former cocktail lounge. Physical training was conducted under palm trees on the beach, although the picturesque scenery came at the price of marching in the sand and being the spectacle of local civilians. Over the course of 18 months, approximately 7,000 enlisted SPARs completed six weeks of basic training at Palm Beach.

The primary training site for SPAR officers was the Coast Guard Academy in New London, Connecticut. These SPARs were the first women not only to attend the Coast Guard Academy, but to attend any military academy. Over 800 female cadets completed their indoctrination alongside their male counterparts, although they maintained separate housing and mess areas.

"[We] sincerely appreciated this honor and realized what it must have meant to the men to have their last citadel invaded," Lyne and Arthur wrote. "We actually went out in boats, we trod the same paths as the future male officers of the U.S. Coast Guard, we were surrounded by the proud tradition of the nation's oldest, continuous, sea-going service."

Following their six to eight weeks of indoctrination, most SPAR officers did not go on to further training

Right: Capt. Dorothy C. Stratton, at her desk at Coast Guard Headquarters, in Washington, D.C., in 1944. Stratton was the first woman to be commissioned as an officer in the U.S. Coast Guard. Photo courtesy of the U.S. Coast Guard.

Below: WAVE Lt. Dorothy Stratton being interviewed by Coast Guard Commandant Vice Adm. Russell Waesche for her future position as director of the SPARs. Photo courtesy of the National Archives.





because they already had civilian work experience in their fields. About 70% of enlisted SPARs, however, went on to specialized schools for rate-specific training. Although military service did offer new career opportunities to some women, many discovered that they had been recruited to take advantage of the very work experiences they were looking to leave behind. Enlisted SPARs were most often yeoman and storekeepers, but also served as switchboard operators, link trainer operators, boatswain's mates, chaplain's assistants, pharmacist's mates, coxswains and radio technicians, among other roles.

Fitting Into a Man's Coast Guard

At first, male Coast Guardsmen were skeptical about the need for SPARs. Some eager for sea duty welcomed their SPAR replacements enthusiastically, while others were openly condescending or hostile. Tilley recounted the story of one enlisted SPAR, Betty Splaine, whose "officer in charge gave her a look of utter disgust and assigned her to a desk behind his so he would not have to look at a woman in uniform." It wasn't until his civilian secretary called in sick that he began assigning Splaine meaningful work.

"There was many a man whose ego was punctured when he found his place could be so easily taken by a woman," Lyne and Arthur observed.

Over time, SPARs thoroughly demonstrated their capacity to perform men's work. Once district officers had witnessed SPARs in action, their requests for SPARs shot up 81% from their initial manning estimates, according to Lyne and Arthur. The commandant urged field commanders to use SPARs in every role they possibly could to release men for sea duty, and by the war's end, SPARs were serving in 43 different ratings.

"The Spars asked no favors and no privileges. They, like most Americans, knew there was a job to be done and they went to work," Coast Guard Commodore J.A. Hirshfield wrote in the foreword of "Three Years

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The Coast Guard cutter *STRATTON* (WMSL-752) transits the Chesapeake Bay Oct. 31, 2011. The ship was the newest cutter in the fleet at the time. U.S. Coast Guard photo by Petty Officer 1st Class Andrew Kendrick.

Behind the Mast.""The amazement of some of their hardbitten superiors is legendary. With enthusiasm, with efficiency, and with a minimum of fanfare, these young women began to take over."

In a move that demonstrated the strength of the Coast Guard's trust in its SPARs, the service decided in the summer of 1943 to staff its top-secret long range navigation, or Loran, monitoring stations with SPARs. The nature of the assignment was so closely guarded that the SPARs who volunteered had no idea what they were volunteering for, just a sense of adventure and a determination to win the war. Similarly adventurous were the approximately 400 SPARs who volunteered for duty in the territories of Alaska and Hawaii after Congress allowed women to serve overseas on Sept. 27, 1944.

Thanks to SPARs, well over half of male Coast Guardsmen were able to serve at sea during WWII, according to Lyne and Arthur. By the war's end, over 10,000 SPARs had served; at their peak end strength, they accounted for one in every 16 enlisted Coast Guard members and one out of every 12 officers. Their skill and dedication transformed the views of both the men they worked alongside and the public at large.

A Lasting Impression

By law, female reservists had to be discharged six months after the war's end. The Women's Armed Services Integration Act of 1948, which allowed women into the regular Army, Navy, Marine Corps and Air Force, did not include the Treasury-run Coast Guard. As Lyne and Arthur faced their upcoming discharge, they felt compelled to write a book to preserve the memories of their service, which they foresaw as "wonderful yarns for old salts to spin years from now when the days of women in the Coast Guard are but a dim memory."

Little did they know the lasting impact that the SPARs had made. When the Women's Reserve was integrated into the regular Coast Guard in 1973, the Coast Guard became the first service branch to open its officer candidacy program to women. In 1975, the Coast Guard Academy announced that it would accept women in the next academic year, months before Congress forced the other service branches to follow suit. The Coast Guard also led the charge in allowing women to be assigned to seagoing billets, removing all sex-based rating and career field restrictions by 1978. The first female pilot to land on a Navy aircraft carrier, the first active-duty woman to make chief and the first female commanding officer of an American military ship were all Coast Guardsmen.

"All I can say is I am so envious of the women today," former SPAR Betty Splaine said at the 2004 National World War II Reunion. "They have opportunities that we couldn't have even dreamed of." **FRA**



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Marine Corps Col. Lewis B. Puller studies the terrain before advancing to another enemy objective, during operations beyond Inchon, South Korea, circa Sept. 1950. He was in command of Regimental Combat Team 1 of the 1st Marine Division. U.S. Naval History and Heritage Command photograph, courtesy of the U.S. Naval Institute.

FEATURE

Lt. General Lewis Burwell "Chesty" Puller

A Private View of a Public Man

By Ann Norvell Gray

ewis Burwell Puller was born in 1898 in the small Tidewater town of West Point, Virginia, situated on a peninsula where the Pamunkey and Mattaponi rivers converge to become the York, one of a number of wide, navigable rivers that flow into the Chesapeake Bay. He was 10 years old when his father died, leaving him with responsibilities too great for an ordinary child. But Lewis was no ordinary child. He sold the blue crabs that were plentiful in these rivers; worked in the local paper mill; and immersed himself in stories of the courage, tactical skills, and stamina of the Southern officers who were legendary in the states decimated by the Civil War. He never wanted to be anything but a soldier, and would have enlisted to fight in the First World War, but his mother refused the permission for her

underage boy to go. But once he came of age, he enlisted, and his remarkable story began.

As every Shipmate knows, young Lewis Puller grew up to become Lt. Gen. "Chesty" Puller, the legendary Marine who was, and is still, revered for his ferocity, his tactical skills under pressure and his unwavering commitment to the men under his command. Even now, 50 years after his death, he remains the most decorated Marine in the history of the Corps, earning five Navy Crosses and a host of other medals and commendations for valor and tactical leadership in the worst of conditions. The most often-quoted aspect of his brilliance as a small-unit officer is that he led from the front, never flinching, never losing sight of the objective and never treating his men as anything but comrades in arms.



Right: Retired Lt. Gen. Lewis Burwell "Chesty" Puller and his wife, Virginia, at their home in 1970. Photo from the U.S. Marine Corps Archives and Special Collections.

> Every aspect of his military career has been reported, cataloged and publicly scrutinized in detail. His first postings in Haiti and Nicaragua, his service in China aboard USS AUGUSTA (CA-31), his heroic success at Guadalcanal, the withdrawal from the Chosin Reservoir in Korea, the terrible price paid at Peleliu and the criticisms leveled thereafter — none of these stories are obscure, and are likely to be familiar to you already. So instead of retracing this heavily trafficked ground, a few more personal stories may shed some light on the private life of this very public figure.

Devotion to Family

The same devotion to a man's duty that Puller embodied as a Marine informed his fierce love for his family. He is reputed to have proposed to teenage Virginia Evans on the night they met at a dance near West Point in 1926, and to have been flatly turned down by this lovely, sensible girl. He regrouped, reorganized his tactical approach and finally married her in 1937. Whenever possible, the family followed his postings around the world until a series of strokes so affected Puller's health that he was retired in 1955, and the family returned to

FEATURE



A photo of Marine Corps Col. Lewis B. "Chesty" Puller, taken on Sept. 1, 1950, during his Korean War service. Photo courtesy of the National Archives.

Virginia's hometown of Saluda, Virginia.

Puller's younger daughter, Martha Puller Downs, and I were in boarding school together at St. Margaret's School in Tappahannock, 30 miles up the Rappahannock River from Saluda. Martha's twin brother was Puller's son, Lewis Burwell Puller Jr., who also became a decorated Marine officer. She reports that she was the more athletic and rebellious of the two of them, and he was the more academically successful, always on the dean's list at Christchurch School, the brother institution to our girls school up the river.

Lewis Jr. and Martha were children during their father's years of active duty, and despite his long absences, his fatherly concern for them never left his mind. Puller's deep commitment to his family is beautifully illustrated by a letter he wrote to his son in the 1950s while deployed far from home. He wrote:

" My dear Big Man: I am very thankful that you are at home taking care of Mother, Virginia Mac.,

More than 65 years after his retirement, Puller remains the most decorated Marine to date. U.S. Marine Corps photo.

Martha Leigh, Grandmother, and Nannie while I am away. You must always protect your Mother and Sisters from danger and evil, regardless of the consequences and then you will be all man. I have not managed to get all the bad people here in the Brig yet but will return just as soon as I can. I miss you all terribly, and I am sure that all your prayers have kept me safe!"

Both Martha and her older sister Virginia married Marines. One has to admire the raw courage of a Marine with Chesty Puller for a father-in-law. Clearly, Martha and her sister inherited their mother's Southern charm and the skills to live successfully in the role. In 1968, their brother Lewis was catastrophically wounded in Vietnam, survived against all odds, and lived a remarkable life as a husband, father and lawyer for the Veterans Administration until his recurrent depression and the substances that helped him cope overcame him, and he died by his own hand at the age of 48. His friends



Virginia family names are often of English origin, resulting in unorthodox pronunciations by American standards. Lewis Burwell Puller's middle name is no exception. The trick is to swallow the second syllable and say "Bur-ull," like Burl Ives. But don't beat yourself up if you've been saying "Bur-well;" even John Wayne got it wrong while narrating the 1976 film "Chesty: A Tribute to a Legend."

Gunnery Sgt. Brad Rehrig, drum major for the U.S. Marine Corps Force Pacific Band, stands in position during the centennial ceremony for the "Chesty Puller House." Lt. Gen. Terry G. Robling, commander of Marine Corps Forces Pacific, and his wife, Cathe Robling, hosted the ceremony as a way to honor the historic neighborhood in Hawaii where Puller lived from 1948 to 1950. U.S. Marine Corps photo by Pfc. Erik Estrada.

have said that it was only by his stubborn force of will that Lewis survived his injuries and their aftermath for as long as he did.

Life at Home

Everybody knew that Chesty Puller ran his Marines, but Mrs. Puller, known familiarly as "Miss Virginia," ruled the household. Bill Broaddus is a retired lawyer and former attorney general of Virginia who was a student at Christchurch School with Lewis Jr. During Lewis' school years, Chesty often went to the school for lunch on Sundays, and the boys at this small private school got to know him. Broaddus was editor of the yearbook in his senior year, and one of his responsibilities was to find a celebrity to choose the Queen of the Yearbook from photos of the boys' girlfriends. He thought, "I'm going get somebody local whom we respect and admire. I'm going to ask Gen. Puller."

When Broaddus called the house, Chesty said gruffly, "I'm not gonna do it! When I judged a beauty contest over at the Lancaster County Fair, they said I picked the ugliest girl there, and I'm not gonna do it!"

Miss Virginia was on the other line, and she said, "Lewis, you will too go help those boys! Bill, you call back! He'll do it."

On the second call, the lieutenant general said, "Where do you want me?" and that was that. Broaddus doesn't know whether the outcome was intentional or not, but sure enough, Puller picked the plainest one of the bunch.

Years later, Broaddus's young friend Eric Kauders married Chesty's granddaughter Virginia Dabney, who was the child of highly decorated Marine Corps Col. William H. Dabney and Chesty's elder daughter Virginia. Broaddus asked the young man what he was going to call his father-in-law. Kauders replied, "I'm going to call him by his first name. I'm going to call him 'Sir."

Martha is the last remaining member of Chesty's immediate family. Her mother and father were older than her friends' folks, and lived with a kind of oldfashioned formality, dining at the table every night and seeing that family and social obligations were



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Marines salute during a ceremony honoring Marine Corps hero Lt. Gen. Lewis B. "Chesty" Puller and his wife, Virginia Montague Evans, at their gravesites in Saluda, Virginia, Oct. 23, 2020. Marines visit the site annually to honor Puller, the most decorated Marine in history. Army photo by Terrance Bell.

never pushed aside. The rock-solid affection between her parents that filled the household, despite her father's repeated, extended absences, is still with her as she talks about how she loved him, how he loved them all, how he instilled in them his unshakable sense of duty in all aspects of life, and how she still misses all of them.

Paying Respects

I am a native Virginian, too. My mother's father was the rector of the Episcopal church in West Point, where everyone knew everyone else, so of course her family knew the Pullers. My cousin Pete was a decorated Marine officer, and was killed in Vietnam in the summer of 1970. At his simple family funeral at old St. Peter's Church down a wooded country road between West Point and Richmond, Virginia, a modest Marine detail was in attendance.

As we walked from the church to the graveside, a small elderly man in a brown suit was among the group behind us. It was Chesty Puller, coming with Miss Virginia to pay their respects. Although the disciplined comportment of the Marines never wavered, their eyes widened and their posture stiffened even more when they realized who he was. It would never have occurred to Puller not to show up for a young Marine who gave the last full measure of devotion, and to stand in solidarity with his grieving family.

When Chesty Puller died in 1971, Martha says, "My mother said that he wasn't going to go to Arlington. He was going to be right there at Christ Church, our home parish in Saluda. My Aunt Betty told me that whenever you go over to where he is buried, visitors have always left something on his grave — all kinds of things — rings, money, medals ... and I think they still do."

Photographs of the lieutenant general's gravestone bear this out, with small tributes visible on the surface of the stone. Every year in October, a special service is held in the church to honor this revered native son of the commonwealth. A recent visitor to that service commented on the surprising juxtaposition of the Marines in dress blues and the representatives of a retired Marine biker club in leathers, standing at attention beside their powerful motorcycles in the quiet churchyard.

Even now, more than 65 years after his retirement and 50 years after his death, with new conflicts around the world and new generations of Marines to confront them, the legacy of this remarkable servant leader is honored every time his fellow Marines say, "Good night, Chesty, wherever you are." **FRA**





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8	0		-		
October		McClure, Debra	290	Bellemare, James	269
Brown, Edgar M.	MAL	McNeal Jr., Ronald	126	Blades, Earl R.	32
Chapman, Ernie L.	MAL	Miller, Linda A.	97	Brunson, Joseph R.	24
Clayton, Richard	310	Monnat, Gerald F.	269	Bulatao, Arsenio B.	302
Cummings, Dennis J.	MAL	Morris, Christopher W.	MAL	Carvalho, Urban	MAL
Curry, Jerry L.	130	Moss, Dennis R.	61	Clear, John W.	29
Dennis, James E.	269	Ortiz, P.	MAL	Coates, Lawrence D.	269
Eigo Jr., Gervacio S.	20	Overington, Keith R.	208	Danka, William	346
Fletcher, Randal G.	91	Phillips, David	MAL	Davis, Neil W.	197
Frost, Earl J.	117	Porter, Robert L.	90	Dawson, William	20
Gann, Steven N.	268	Randall, Phillip D.	MAL	Drum, Michael W.	MAL
Grady, Stephen	MAL	Rask, Donald	136	Farrell, Edward P.	307
Guiher, John H.	MAL	Reed, Delmar E.	MAL	Ferrera, Salvatore C.	MAL
Hanft, Marvin	MAL	Scott, Phillip T.	86	Fischer, Kathleen	MAL
Harris, Bucky D.	194	Seaman, John D.	186	Furth, Glenn	MAL
Holland, Charles T.	MAL	Sites, David T.	MAL	Gast, Michael C.	259
Huyck, Karen L.	207	Souders, Robert L.	99	Grzych, Richard C.	183
Irish Jr., Marvin C.	29	Sousa, Kenneth	97	Hale, Edward A.	53
Johansen, Jason	70	Steelman, James	MAL	Hayes, David C.	MAL
Johnson, Archie J.	MAL	Torgerson, Charles A.	136	Heywood, Don H.	269
Jordan, Jerry R.	MAL	Veitch, Timothy J.	91	Hollander, Red	163
Jurgensmeyer, Ronald	MAL	Williams, Dean	32	Huff, Jay F.	MAL
Krahner, Edward L.	289	Willoughby, Norman W.	24	Isham, Robert E.	103
Lane, Richard A.	181	Wolfe, Dale H.	166	Jett, Jerry L.	MAL
Lensky, Arthur R.	93	Young, Tracy M.	40	Jones, Lonnie G.	22
Lewis III, Charles R.	11			King, David A.	32
Limpiado, Lloyd P.	70	November		Kreitz, Jon C.	181
Louque Jr., Vincent F.	MAL	Altizer, Charles R.	91	Lee, Stephen A.	24
Mahoney, Patrick D.	MAL	Bain, Taylor B.	91	MacNeil, John L.	91
Martin, Richard R.	346	Baklik, Duane E.	94	McMahon, David C.	MAL
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Parsons, Leonard L.	MAL	Brown, Richard T.	91	Maroney, James J.	29
Picardal, Ernesto B.	247	Bush, Alfred L.	22	McLean Stuart B.	MAL
Pintar, James R.	238	Calhoun, Weldon	MAL	Medina, Mike C.	276
Platt, David E.	MAL	Carreon, Dominador S.	04	Mellott, Jerry I.	MAL
Porter, Patrick C.	93	Clemmons, David C.	269	Moore, Earnest	MAL
Raymond, Doreen L.	MAL	Collado, Barbara A.	MAL	Pitchford, James M.	371
Recker, Eugene	MAL	Collings, Donald J.	53	Provost, Edward H.	117
Reed, William K.	MAL	Cook, Daniel	24	Quesnel Jr., John F.	289
Richardson, Michael R.	97	Cornelius, David R.	269	Reyes, Monica M.	91
Riley, Sean J.	50	Dallen, Patrick	97	Rivas, Richard D.	161
Ristow, Richard A.	91	Daniels, Charles M.	53	Rosendale, Thomas L.	MAL
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Straten, Joseph C.	MAL	Gonyea, Timothy H.	60	Stephens, Jonathan C.	MAL
Teem Sr., David A.	MAL	Gotwalt, Gary H.	MAL	Swan, Craig	261
Thomas, Juan A.	289	Greer, John K.	MAL	Taylor, William D.	367
Troy, Richard J.	269	Grimes, William A.	MAL	Thompson, Victoria R.	212
Vera, John P.	MAL	Harrison, Daniel	MAL	Trujillo, Paul M.	MAL
Whipps, Michael	91	Hernandez, Michael D.	161	Vanderbilt, Craig A.	269
Wigfield, George	MAL	Hertel, Thomas W.	20	Weedon, William J.	289
Wingert, Michael L. 59		Holzworth, Robert C.	MAL	Will, Richard P.	188
		Johnson, Bobby W.	91	Young, James W.	24
December		Jones, Bobby	MAL	Young Jr., William J.	226
Armstrong, Ryan N.	MAL	Lacaman, Glenn D.	154		
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FEB 2022

FRA Centennial Planning Underway



Those you have all settled into your new routines for 2022. Since our discussion last month of 2021 results and goals for the new year, we've been busy putting plans into action. We'll have updates on new branches and other initiatives later in the year, so watch this space!

Due to the oddities of publishing schedules, we must write these articles some months in advance. As I type, the 2021 Army-Navy football game just took place 5 days ago, on Dec. 11. By now I hope you all know that Navy came from behind to take an unexpected victory over Army, 17-13, and as a result of other interservice academy games, the Commander-in Chief's Trophy is shared between the Navy, Army and Air Force for the first time since 1993.

There is an important lesson here. We all revel in the thrill of rivalries and competition because it's exciting to pick a side and get energized about supporting our team. As a group, we embrace one another's investments in the drama and heartbreak of defeat, and we similarly arise triumphant when the whiff of victory presents itself. There is no greater incentive for greatness than the tantalizing idea that greatness is suddenly within reach.

Closer to home, we have similar reactions. We invest in ideas and plans for our leaders and their teams. We take on their ideas and make them our own, as spokespeople and agents of change. We learn to sniff out situations where our vision could lend itself to new opportunities, and we tell our stories with enthusiasm, trying to convey our energy to our audience.

The FRA is no different. As we approach our centennial anniversary, many Shipmates whose tenure with the organization is measured in decades realize how important it is for the FRA to announce itself with pride and dignity on the national stage that will be ours in 2024. Veterans service organizations will all know that the FRA will have achieved a milestone that few others have, with a proud membership behind it and 100 years of experience informing its plans for the next century.

It takes time to build that kind of momentum. We encourage Shipmates everywhere to rally behind the team. Learn the history. Find Shipmates with stories to tell and listen to them. Listen a second time to get the details right. This material is what galvanizes large communities and gives them a shared goal, whether it's a comefrom-behind victory or a pitched battle fighting over every inch. We want our Shipmates to project their proud alliance with the FRA at every opportunity.

The effort starts close to home. If you're part of a branch, make the effort to attend branch meetings. Stick around afterwards to chat with the folks you don't normally see. Find common ground, even if you have to make the first move to get the conversation going. It's OK if you're not sure how to start, since you can assume the other people feel the same way. They want someone to break the ice, and it might as well be you. Leadership is a million small steps, rather than a single grand gesture. Be committed and make the first move.

If you're not part of a branch, you can find other outlets. Use the FRA Branch Locator on our website to find a branch near you. If that doesn't work, look for online groups, or other local veterans service organizations where you can get involved. Introduce yourself as a member of the FRA, and if your counterpart doesn't know about us, tell them a little bit. Learn the history we have on FRA.org so you have a few facts and figures at your fingertips. It'll help get the conversation going, and we are confident things will flow easily from there.

The mission of cheering on the FRA is one we all share. Win or lose, we believe in the team, and we want to come out on top. 2021 showed us it can happen even when the odds are against us, so let's take that lesson into 2022 and beyond. Our centennial anniversary will soon be here, and we want everyone cheering the same message when it arrives. **FRA**

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

1. BRANCH 98, SHREVEPORT, LA.

On Veterans Day, PRPSC Emmett Smith (L-in red shirt) and Branch 98 Vice President Charles Smith (wearing FRA cover) presented a flag that was flown on board the USS LOUISIANA to Air Force JROTC Corps Commander Nicolas Schopfer who accepted the flag for Benton High School.

2. BRANCH 136, MINNEAPOLIS, MINN.

Shipmates presented a 50-year Continuous Membership Certificate to Leroy Stanislowski on Veterans Day during the monthly meeting. (L to R) David Draina, Leroy Stanislowski and Branch President Gene Jarnagin.

3. BRANCH 37. PORTSMOUTH, VA.

Branch 37 Shipmate Abraham Thomas was awarded his FRA 60-year Continuous Membership Certificate and Pin on Nov. 7, 2021.

4. BRANCH 14, MILWAUKEE, WISC.

RVPNC Marcia Cunningham was recognized by the I Am Not Invisible project for her service in the U.S. Navy. She was one of 24 women honored during a launch party at the War Memorial Center on Nov. 4, 2021. The exhibit will be traveling across the state.

5. BRANCH 126, WEST **JACKSONVILLE, FLA.**

On Nov. 11, 2021, the annual the Veterans Day Parade in Jacksonville, Florida, was attended by Shipmates (L to R) Bill Walsh, Don Rodely, Ed Gribbin, NVP James Robbins, Johnnie Odom (seated), J. J. Thomas, Tony Placzkowski and Terence Johnson.

6. BRANCH 89. ATLANTA, GA.

During a recent Seabee picnic, a drawing for a one-year membership was held. Shipmate and Life Member Rick Conn (L) won the drawing, so he gifted it to Shipmate James Anderson (C). Wayne Barron (R) was also at the picnic. Bravo, Zulu Shipmate Conn!















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SHIPMATE NEWS















7. BRANCH 15, WALHALLA, S.C.

Board member Tom Smith (L) and Branch Secretary and Treasurer Jim Jones (R) prepare for the Liberty, South Carolina, Veterans Day Parade on Nov. 7, 2021.

8. BRANCH 117, ORLANDO, FLA.

Jr. Past Branch President James L. Middlekauff (L) presented a 65-year Continuous Membership Certificate and Pin to Shipmate Lloyd Gratto (R), who is one of two Shipmates in Branch 117 who are more than 95 years old with 65 years of continuous membership.

9. BRANCH 23, BUFFALO, N.Y.

(L to R) Joe Coppola, Gary Williams, Nancy LaCount and Ruth Ann Coppola drove from western New York to Syracuse and gathered for their first of two FRA Christmas parties, which were a huge success.

10. BRANCH 182, BETHESDA, MD.

Triangle Branch 182 Shipmates (L to R) Branch President Keith Kaider, PRPEC Randy Phillipp, Thomas Rauch, Rob Hebron and PNC Paul Gunther presented a wreath to honor and pay tribute to veterans during the Veterans Day Ceremony held at Rockville Veterans Park in Rockville, Maryland.

11. BRANCH 207, DALE CITY, VA.

National President Jim Campbell and Branch Presisent William Ashton meet at Arlington National Cemetery for the Veterans Day ceremony that was held in November.

12. BRANCH 146, JOHNSVILLE, PA.

Four branch Shipmates were awarded membership longevity pins during the annual October awards dinner. (L to R) Branch President Otto Blavier, John Schutter (5 years), Henry Gwronski (50 years), Roy Schulenberg (45 years) and Charlie Glass (10 years).

Submit a photo by email as a highquality attachment in jpeg format to *FRAtoday*@fra.org. Please include a brief description and include the names of those pictured. MS2 Rossknecht U.S. Navy Enlisted '78 SCPO Rossknecht U.S. Navy Enlisted '78

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Name	5	ranch	Findley, Bobby J.	MMC, USN		Patenaude, George A		20
Alford, Bobby D.	AWC, USN	MAL	Gallagher, James P. Galloway, Leonard R.	SK1, USN GMGC, USN	MAL MAL	Pennebaker, James C. Peralta, Oscar R.	STCS, USN	Mal Mal
Baecher, Gerald F.	AOC, USN	MAL	Gikas, James J.	CSCS, USN	MAL	Pettit, Robert	HMCS, USN	MAL
Ball, James L.	PO1, USN	MAL	Glass, Robert E.	CTOC, USN	MAL	Pinter, Rene	TMC(SW), USN	117
Becker, Levi D.	CPO, USN	53	Greer, Raymond C.	QMCS, USN	MAL	Prevette, Allan R.	AFCM, USN	MAL
Blackmon, William J.	TMCS, USN	186	Gustin, Kurt	LCDR, USNR	273	Prewitt, Dale A.	ATC, USN	177
Blailock, Jackson P.	ADRC, USN	MAL	Casting rant	2021, 00111	2/0	Printy, John E.	CWO2, USN	126
Blair, Robert S.	MM1, USN	367	Hall, Kenneth G.	ADC, USN	47	Przyborowski, Simon		MAL
Boor, Paul M.	AFCM, USN	210	Held, Allen E.	ADJC, USN	156			
Brown, Douglas A.	GMG1, USN	MAL	Helmke, Paul C.	FTCM, USN	MAL	Quin, Jan W.	RMC, USN	MAL
Brown, Joe E.	PNCM, USN	99	Hendrix, Edwin	EMC, USN	MAL			
Brown, Larry W.	DM1, USN	MAL	Herbert, Thomas E.	DK3, USN	67	Ribbe, Franklin L.	HTCM, USN	289
Bryant, William H.	CDR, USN	86	Holstein, Thomas L.	CEC, USN	MAL	Richardson, Pearl W.	DTCS, USN	364
Bullion, John	CSCS, USN	172				Rowe, Phil M.	BTC, USN	159
Bulot, Frederick F.	FTMC, USN	MAL	Jones, Clifford W.	FTC, USN	MAL			
						Sand, Richard A.	ATCS(NAC), USN	MAL
Call, Elton L.	GMTCS, USN	382	Kashuba, Peter L.	RMC, USNR	24	Shackelford, Voytle V.	LCDR, USN	210
Cansler, Ivan D.	QMCM, USN	105	Keathley, William O.	HMC, USN	60	Shouts, Howard G.	ENC, USN	136
Chavez, Frank G.	MSGT, USMC	MAL	Kennedy, John W.	MCPO, USNR	MAL	Simons, Robert K.	GMTC, USN	MAL
Coleman, Clyde L.	UTC, USN	268	Kircher, Raymond	AMHC, USN	192	Skeens, Susan L.	JOC, USN	31
Collins, Thaddeus J.	PHCS, USN	MAL	Kubesh, Donald	USN	MAL	Slempa, Peter P.	BTCM, USNR	MAL
Collins, William R.	AMS3, USN	89				Smith, Nathan H.	YN1, USN	261
Cramer, Robert C.	HMCS, USNR	136	Lancaster, Billy C.	MAC, USN	MAL	Steagall, Inman	CWO2, USN	MAL
Crane, Donald L.	YNCM, USN	161	Lee, Isom J.	MMC, USN	166	Steele, Richard T.	MMC(SW), USN	136
Day, Frank H.	SGTMAJ, USMC	MAL	Lindley, Dale W.	SKC, USN	161	Stewart, Earl W.	LCDR, USN	MAL
Dellarco, Henry A.	ADRC, USN	294	Lloyd, James J.	CWO3, USN	91			
DeSanto, Ellery D.	AVCM, USN	207	Loewen, Robert C.	AOCS, USN	91	Testa, John F.	PO1, USN	124
Detra, Elmo	QM2, USN	MAL	Lorance, Hubert E.	GYSGT, USMC	302	Tolley, Carl H.	HMCS, USN	MAL
Diamond, Leonard	LCDR, USNR	292	Lowry, Robert W.	TM1, USN	172	Turner, Doil T.	CPO, USN	MAL
Drogos, Eugene C.	AT1, USN	MAL	Lozano, John J.	TMCS(SS), USN	230			
Drummond, William F		87				Ventroni, Robert A.	DSCM, USN	MAL
Dunn, Wilkie E.	CPO, USN	230	Maness, James H.	TMC, USN	MAL			
			Manuilow, John	TM1(SS), USN	MAL	Walton, Don A.	AC1, USN	MAL
Eastman, Kenneth L.	ATC, USN	18	Mars, Robert C.	LCDR, USN	264	Warrington, Robert	YNC(SS), USN	60
Eaton, Ray R.	YNC, USN	MAL	Massarella, Brenda	USN	60	Webster, Ira	ENC, USN	MAL
Edge, Jack	GMM1, USN	40	McLaughlin, Moultrie		24	Whipple, Wallace W.	CPO, USN	273
Evans, Otis	CPO, USN	01	Melvin, Calvin A.	USMC	208	Williams, Sydney O.	LCDR, USN	MAL
			Miller, Buster L.	YNC, USN	MAL	Williams, William	DTC, USN	MAL
Ferris, George E.	ADRC, USN	MAL	Mitchell, Robert G.	PO1, USN	MAL	Wright, James T.	RMCM(SS), USN	
Fileccia, Nunzio S.	HMC, USN	MAL	Mosholder, John E.	MMCM(SS), USI	N 60	Wright, Thomas G.	CTRC, USN	MAL
Finch, Nathan H.	LIC, USN	MAL				Wyman, Charles P.	AMHC, USN	61

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.

LA FRA MEMBERSHIP APPLICATION



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

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

WHO CAN JOIN? All applicants must be at least sixteen (16) years of age.

Membership in the Ladies Auxiliary of the Fleet Reserve Association is limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of members of the Fleet Reserve Association and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of persons who were members at the time of death or eligible to be members of the Fleet Reserve Association at the time of death.

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

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

Name in Full:						
	(First)	(Middl	e)	(Last)		
Address:	(Street)		(City)		(State)	(Zip + 4)
				Date of Birth:		
Email:						
The follow	ing service member i	information validates th	his application:	(Rate/Rank)	(USN/ USMC	/USCG)
	·				,	,
Certify that the info	rmation is true and acc	curate and that my spons	sor is a member of FRA B	Branch		or is MAL
Certify that the info	rmation is true and acc	curate and that my spons	or was eligible for memb	ership at the time of dea	ath.	
Unit Preference		Applicant's Signature			Date	9
Recruiter			Member #	Ur	Unit/Branch #	
Verified by		Tit	le	Unit\Branch	Dat	9
I am the:	Wife	Mother	Annual Memberhsip Dues:			
	Sister	Father		\$20.00 for 1		
	Daughter	Widow		\$40.00 for 2		
Γ	Stepdaughter	Widower		\$60.00 for 3		
Γ	Husband	Granddaughter		\$80.00 for 4		
F	Brother	Grandson		\$100.00 for	5 Years	
F	Son	Grandmother		I checks or money ord		
Stepson		Grandfather	Along with signed application and payment, mail to: National Financial Secretary			mail to:

PO Box 3037, Carson City, NV 89702



REUNIONS

USS RICHARD L. PAGE (DEG/FFG-5)

3/24/2022 - 3/27/2022 Charleston, S.C. Contact: Dale Kerkman Telephone: 262-909-4144 Email: pagedegffg5@yahoo.com

NMCB 62 SEABEES

4/21/2022 - 4/24/2022 Gulfport, Miss. Contact: Norm Hahn Telephone: 715-379-8482 Email: normhahnjr@yahoo.com

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

5/12/2022 - 5/16/2022 Norfolk, Va. Contact: Sean McConnel Telephone: 717-713-3895 Email: Sean1465@comcast.net

A list of reunions is available online at: www.fra.org/Reunions. Looking For/Reunions must be submitted online, via email to reunions@fra.org, or in writing to FRA Looking For/Reunions at 125 N. West St., Alexandria, VA 22314.



A Brand New Year, but the Same Old Issue



he issue at hand is: How do we keep LA FRA membership from continuing to decline? I am an analyst by trade, so it should not come as a surprise to most of you, if you know me, that I tend to overanalyze any situation. Buying a new car is excruciating for me! I have sat down and put together some statistics that may surprise you.

I have included two graphs that show that our membership increased by an average of 101% every 10 years for the first 50 years of the auxiliary's history. We had a major jump after World War II and hit our peak by 1983. Our average decrease in membership over the past 40 years has been 29% per year. If we continue our trend, by 2026 we will have less than 1,000 members — that is only 50 members more than we had in 1933. How can we sustain our





organization with so few members? The answer is... we can't. We will not likely see the LA FRA's 100th birthday in 2030. Now is the time to make every effort to increase our membership before it's too late.

How will we do it? We need to get our accomplishments recognized by the public. The auxiliary does so much for so many and we need to let the public know. When out in gatherings and you happen to proudly mention that you just participated in a community event, do you hear, "Wow, that's incredible. How can I be a part of that?" or "What's the LA FRA?" Our accomplishments get set aside by the primary question; "What is the LA FRA? What does it do?"

One easy way to let others know what we do is, if you are a member of Facebook, to be sure to join some LA FRA group. Lots of proud members share great accomplishments that can be great ideas for your community. Some groups by name are: LA FRA Southwest; North Central Region; FRA Branch 61; LA FRA Unit 161 MO-KAN; LA FRA East Coast Region; FRA Branch 302; Fleet Reserve Association Branch 163; Fleet Reserve Association NE/NEng Region; and most of all... Fleet Reserve Association National Headquarters! There are more, so if I didn't list your unit or branch names, invite me to join! I love to see all the community involvement. Remember to share with your friends so they can share; it's the best way to get the word out. Let's go viral!

Don't forget to remind our Shipmates to pass on the names of wives, husbands, sisters, brothers, sons, daughters, stepchildren, grandsons, granddaughters, moms and dads, too! Sixteen opportunities to increase our membership. FRA

In Loyalty, Protection and Service, Nadine Fulton

Nadine is the LA FRA national vice president.

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10 Tips for Clear and Accurate Beneficiary Designations





B eneficiary designations can provide a relatively easy way to transfer an account or insurance policy upon your death. However, if you're not careful, missing or outdated beneficiary designations can easily cause your estate plan to go awry.

We often complete these designation forms without giving them much thought, but they're actually important and deserve careful attention. Here's why: Beneficiary designations take priority over what's in other estate planning documents, such as a will or trust.

For example, you may indicate in your will you want everything to go to your spouse after your death. However, if the beneficiary designation on your life insurance policy still names your ex-spouse, he or she may end up getting the proceeds.

Where You Can Find Them

Here's a sampling of where you'll find beneficiary designations:

- Employer-sponsored retirement plans such as 401(k)s, 403(b)s, etc.
- IRAs.
- Life insurance policies.
- Annuities.
- Transfer-on-death (TOD) investment accounts.
- Pay-on-death (POD) bank accounts.
- Stock options and restricted stock.
- Executive deferred compensation plans.

Because you're asked to designate beneficiaries on so many different accounts and insurance products, it can be difficult to keep up. However, it's worth the effort; failing to maintain the beneficiary designation on that 401(k) from three employers ago could mean money will go to the wrong place.

When you first set up your estate plan, go over all the designations you have previously made and align them with your plan. After that, you should



review and update them regularly — at least once a year.

10 Tips About Beneficiary Designations

Because beneficiary designations are so important, keep these things in mind in your estate planning:

1. Remember to name beneficiaries. If you don't name a beneficiary, one of the following could occur:

- The account or policy may have to go through probate court. This process often results in unnecessary delays, additional costs, and unfavorable income tax treatment.
- The agreement that controls the account or policy may provide for default beneficiaries. This could be helpful, but it's possible the default beneficiaries may not be who you intended.

2. Name both primary and contingent beneficiaries. It's good practice to name a "backup," or contingent, beneficiary in case the primary beneficiary dies before you. Depending on your situation, you may have only a primary beneficiary. In that case, consider whether a charity (or charities) may make sense to name as the contingent beneficiary.

3. Update for life events. Review your beneficiary designations regularly and update them as needed based on major life events, such

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FINANCE MATTERS

as births, deaths, marriages, and divorces.

4. Read the instructions. Beneficiary designation forms are not all alike. Don't just fill in names — be sure to read the form carefully.

5. Coordinate with your will and trust. Whenever you change your will or trust, be sure to talk with your attorney about your beneficiary designations. Because these designations operate independently of your other estate planning documents, it's important to understand how the different parts of your plan work as a whole.

6. Think twice before naming individual beneficiaries for particular assets. For example, you establish three accounts of equal value and name a different child as beneficiary of each. Over the years, the accounts may grow unevenly, so the children will end up getting different amounts, which is not what you originally intended.

7. Avoid naming your estate as beneficiary. If you designate an individual as the beneficiary on your 401(k), for example, it won't have to go through probate court to be distributed to that person. If you name your estate as the beneficiary, however, the account will have to go through probate. For IRAs and qualified retirement plans, there may also be unfavorable income tax consequences.

8. Use caution when naming a trust as beneficiary. Consult your attorney or certified public accountant before naming a trust as a beneficiary for IRAs, qualified retirement plans or annuities. There are situations where it makes sense to name a trust — for example, if:

- Your beneficiaries are minor children.
- You're in a second marriage.
- You want to control access to funds.

Even in cases like these, understand the tax consequences before you name a

trust as beneficiary.

9. Be aware of tax consequences. Many assets that transfer by beneficiary designation come with special tax consequences. It's helpful to work with an experienced tax advisor, who can help provide planning ideas for your particular situation.

10. Use disclaimers when necessary, but be careful. Sometimes a beneficiary may actually want to decline (disclaim) assets on which they're designated as beneficiary. Keep in mind disclaimers involve complex legal and tax issues and require careful consultation with your attorney and CPA.

Next Steps

- When creating, updating, or simply reviewing your estate plan, pay attention to your beneficiary designations.
- Remember, beneficiary designations take precedence over what you may have specified in a will or trust.
- Put a reminder on your calendar to check your beneficiary designations annually so you can keep them up to date. **FRA**

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3,000-Year-Old Beauty Secret Revealed

Turquoise — the original fashion icon — comes full circle for an amazing price.

She's been around for thousands of years, but she's never gone out of fashion. We're talking turquoise, one of the world's most ancient gems. Egyptian queens adorned themselves with turquoise jewelry more than 3,000 years ago. And the blue beauty is even more coveted now than she was a millennia ago.

The Timeless Turquoise Pendant — a stylish circle formed from seven total carats of natural turquoise and exquisite sterling silver metalwork. Just because turquoise is timeless, doesn't mean supplies of it will last forever. Turquoise is only found a few places on Earth and it requires a delicate balance of minerals and water to achieve its gorgeous range of blues. There are very few turquoise mines left, and then, less than 5% of turquoise mined worldwide is of jewelry condition, making it rarer to come by than even diamonds.

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