

YOUR MISSION, YOUR VOICE

FRA *today*

The magazine of the Fleet Reserve Association

JULY 2022 / \$3.75

VETERANS RACE TO SUCCESS

INSIDE:

- 10** On & Off Capitol Hill
- 26** International Ice Patrol
- 34** Americanism Essay Contest Winners



CAMP LEJEUNE JUSTICE ACT

FOR MORE



INFORMATION

WWW.LEJEUNECLAIMS.COM



YOU DESERVE JUSTICE

From 1953 to 1987, Marines, Navy Sailors, Coast Guard personnel, government employees, civil contractors and their families who lived on Camp Lejeune and MCAS New River were exposed to harmful chemicals in their bathing and drinking water.



@LEJEUNECLAIMS



It's important for you to receive updates on the Camp Lejeune Justice Act, which was passed by the U.S. House of Representatives on March 2, 2022.

Visit our website at www.lejeuneclaims.com for more information and to receive updates on the Act as it passes through the U.S. Senate.

LINKED HEALTH CONDITIONS

- Esophageal cancer
- Breast cancer
- Kidney cancer
- Multiple myeloma
- Renal toxicity
- Female infertility
- Scleroderma
- Non-Hodgkin's lymphoma
- Lung cancer
- Bladder cancer
- Leukemia
- Myelodysplastic syndromes
- Hepatic steatosis
- Miscarriage
- Neurobehavioral effects



**MCGOWAN, HOOD
FELDER & PHILLIPS LLC**

1539 Health Care Dr. Rock Hill, SC 29732

Contents

July 2022 Volume 101 Number 7



Cover: Tony and Janet Blackall pose with their motorcycle at the Ridge Motorsports Park in Shelton, Washington. Photo taken by Brian J. Nelson. Above: Tony lifts his wheel during a race held at the New Jersey Motorsports Park in Millville, New Jersey, in 2020. The rider on the left is the late Jason Aguilar, an up-and-coming star in the MotoAmerica Racing Series who died tragically in a mountain bike accident on Feb. 5. Photo by Chris Geiss.

Features

20

The Blackall Racing Team

A Marine Corps veteran happened to be at a professional crossroads in 2019. After she and her husband traveled to a 640-acre motorsports facility, she decided to cash out her retirement account to found Blackall Racing.

26

The International Ice Patrol

In the wake of the Titanic's tragic loss, 13 nations came together for talks that would establish the International Ice Patrol. The U.S. Coast Guard still carries on this vital mission more than 100 years later.



LOYALTY, PROTECTION AND SERVICE

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

Departments

2

Communications

4

From the Bridge

6

Shipmate Forum

10

On & Off Capitol Hill

Current Legislative Updates

34

Americanism Essay Contest Winners

39

Membership Matters

40

Shipmate News

43

Taps

45

Looking For/Reunions

46

Auxiliary of the FRA News

*A Message from LA FRA East Coast
Regional President Dorothy Smiles*

47

Finance Matters

*Financial Wellness Check: Are You
Staying Fiscally Fit?*

Korean War Armistice Day

The Korean War began June 25, 1950, when the North Korean army invaded South Korea. On July 27, 1953, the Korean Armistice Agreement was signed, ending the war on what is now officially recognized as National Korean War Armistice Day. In the border village of Panmunjom at 10 a.m. on that July day, 18 copies of the trilingual Korean Armistice Agreement were signed. The signing was the culmination of the longest armistice negotiation process in U.S. history, involving 158 meetings over the course of more than two years.

Each year, the president of the United States issues a proclamation announcing that July 27 will be a national day of observance in honor of Korean War veterans and their families. Every year, Americans and South Koreans recognize those who fought and lost loved ones in the Korean War with events that range from informal observances to formal ceremonies at military bases and cemeteries.

This year, the observation of National Korean War Armistice Day on Wednesday, July 27, will be particularly special as the Korean War Veterans Memorial on the National Mall in Washington, D.C., dedicates its newest addition: the Wall of Remembrance.

The National Park Service and the Korean War Veterans Memorial Foundation have been working since March 2021 to add the Wall of Remembrance as well as rehabilitate the Korean War Veterans Memorial. The Wall of Remembrance is a sloped, granite wall that encircles the Pool of Remembrance already present at the memorial. The wall bears the names of 36,574 American servicemen and more than 7,200 members of the Korean Augmentation to the United States Army who made the ultimate sacrifice defending the people of South Korea. The circular plaza around the Pool of Remembrance has been extended to accommodate the wall, and two new pedestrian paths provide access to the memorial from Ash Road and Independence Avenue.

The Korean War Veterans Memorial Wall of Remembrance Dedication Ceremony will take place at the memorial from 9-11 a.m. on July 27. The event will be livestreamed beginning at 8 a.m. on the Korean War Veterans Memorial Foundation's Facebook page (www.facebook.com/kwvmfusa/) and YouTube channel.

If you ever get a chance to visit the memorial, I would say it would be well worth your efforts. **FRA**

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

National Officers/Board Of Directors

National President	James W. Campbell, Chesapeake Branch 40
National Vice President	James "Robbie" Robbins, West Jacksonville Branch 126
National Executive Dir.	Christopher J. Slawinski, Navy Department Branch 181
Finance Officer	Phillip Reid, Member-at-Large
Junior PNP	Michael "Mick" Fulton, Imperial Beach Branch 289
National Parliamentarian	Robert G. Beese, Volusia County Branch 335
National Chaplain	Sam Lymon, Chesapeake Branch 40

Regional Presidents

Northeast/New England	Neil I. Ross, Buffalo Branch 23
East Coast	Christopher J. Murray, Chesapeake Branch 40
Southeast	Jack M. Fogel, Crossville Tennessee Branch 294
North Central	Maria A. Behm, Lake of the Ozarks Branch 32
South Central	C. Ursula Gruetzner, Capital Area Branch 201
Southwest	Rogelio "Roger" A. Bacud, San Gabriel Valley Branch 85
West Coast	William L. Hanzel, Sunrise Branch 230
Northwest	Michelle Davis, Inland Empire Branch 38

Active-Duty Advisory Council

Master Chief Petty Officer of the Navy	Russell Smith
Sergeant Major of the Marine Corps	Troy E. Black
Master Chief Petty Officer of the Coast Guard	Heath Jones

Reserve Advisory Council

Force Master Chief of the Navy Reserve	Tracy L. Hunt
Sergeant Major of Marine Forces Reserve	Carlos A. Ruiz
Force Master Chief Petty Officer of the Coast Guard Reserve	George M. Williamson

FRAtoday Magazine

The monthly membership publication of the Fleet Reserve Association

Publisher Fleet Reserve Association

National Executive Director Christopher J. Slawinski

Editor-in-Chief William D. Stevenson

Managing Editor Elise M. Howard

Contributing Writer Ann Norvell Gray

Design and Art Direction FRA Staff

Advertising Sales: GLM Communications, 212-929-1300

Sales@glmcommunications.com

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

FRA Administrative Headquarters

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


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


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

Volume 101 Number 7



 Find us on Facebook:
www.fra.org/fb

 Follow us on Twitter:
www.twitter.com/FRAHQ

 Follow us on Instagram:
www.instagram.com/FRA_HQ

Make your home more comfortable than ever

“To you, it’s the **perfect lift chair**.
To me, it’s the **best sleep chair** I’ve ever had.”

— J. Fitzgerald, VA



NOW
available in plush
and durable Brisa™
(Saddle color pictured)

**Three Chairs
in One
Sleep/Recline/Lift**



You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our **Perfect Sleep Chair®** does all that and more. More than a chair or recliner, it’s designed to provide total comfort. **Choose your preferred heat and massage settings, for hours of soothing relaxation.** Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. The overstuffed, oversized biscuit style

back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. **It even has a battery backup in case of a power outage.**

White glove delivery included in shipping charge. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! You get your choice of Genuine Italian Leather, plush and durable Brisa™, stain and liquid repellent DuraLux™ with the classic leather look or plush MicroLux™ microfiber, all handcrafted in a variety of colors to fit any decor. **Call now!**

**Also
available in
Genuine
Italian
Leather**

The Perfect Sleep Chair®
1-888-520-6597

Please mention code 117228 when ordering.



REMOTE CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION

Now available in a variety
of colors, fabrics and sizes.
Footrests vary by model

Genuine Italian Leather
classic beauty & style

Chestnut



New Brisa™
plush & durable

Saddle



Coffee
Bean



Long Lasting DuraLux™
stain & liquid repellent

Burgundy



Tan



Chocolate



Blue



MicroLux™ Microfiber
breathable & amazingly soft

Burgundy



Cashmere



Chocolate

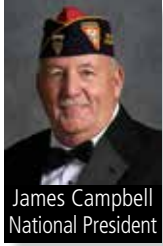


Indigo



Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it. © 2022 Journey Health and Lifestyle

Remembrance at Arlington National Cemetery



James Campbell
National President

As I was driving to Arlington National Cemetery to attend the 2022 Memorial Day wreath-laying ceremony, I was not sure what to expect. This was my first visit to Arlington for this ceremony.

I met Shipmate Theo Lawson, the assistant director of legislative programs at the Fleet Reserve Association, at the cemetery. As the buses with the visitors made their way through the roadway, I saw the rows and rows of headstones come into view. What a breathtaking sight.

As we arrived at the Memorial Amphitheater located near the Tomb of the Unknown Soldier, there was a gentle peace. This was the first time since the COVID-19 pandemic began that so many people were gathered for the Memorial Day event at Arlington. I think everyone was

excited for President Joe Biden to arrive, place the president's wreath at the tomb and address those in attendance.

While everyone waited for the president to arrive, they chatted and shared thoughts about the day's events. I had the opportunity to talk with a group from Indianapolis, Indiana, on their eighth grade class trip. It was heartwarming to see so many young folks at this event.

After the president gave his Memorial Day speech and departed, we proceeded with the wreath laying ceremony. Theo and I placed the wreath at the Tomb of the Unknown Soldier on behalf of the Fleet Reserve Association.

Once I arrived back at my car and prepared to travel back home, I thought about the day's event and about how fortunate and honored I was to be able to attend such a humbling event.

I would like to share just one more thing: if you ever happen to be in the Northern Virginia area, take time to visit Arlington National Cemetery. It is worth the effort. **FRA**

In Loyalty, Protection and Service,
Jim Campbell



Above: Arlington National Cemetery. Photo courtesy of Jim Campbell.
Below: NP Jim Campbell (in red cover) and Shipmate Theo Lawson (saluting) presenting the FRA wreath at the Tomb of the Unknown Soldier. Photo courtesy of Theo Lawson.



Jim is the national president of the FRA and may be reached at FRANP@FRA.org.

I 'Bearly' Made It Out Alive

A 12-inch stainless steel knife for only \$79



What Stauer Clients Are Saying About Our Knives



"The feel of this knife is unbelievable... this is an incredibly fine instrument." — H., Arvada, CO



"This knife is beautiful!" — J., La Crescent, MN



It was a perfect late autumn day in the northern Rockies. Not a cloud in the sky, and just enough cool in the air to stir up nostalgic memories of my trip into the backwoods. This year, though, was different. I was going it solo. My two buddies, pleading work responsibilities, backed out at the last minute. So, armed with my trusty knife, I set out for adventure.

Well, what I found was a whole lot of trouble. As in 8 feet and 800-pounds of trouble in the form of a grizzly bear. Seems this grumpy fella was out looking for some adventure too. Mr. Grizzly saw me, stood up to his entire 8 feet of ferocity and let out a roar that made my blood turn to ice and my hair stand up. Unsnapping my leather sheath, I felt for my hefty, trusty knife and felt emboldened. I then showed the massive grizzly over 6 inches of 420 surgical grade stainless steel, raised my hands and yelled, "Whoa bear! Whoa bear!" I must have made my point, as he gave me an almost admiring grunt before turning tail and heading back into the woods.

JOIN MORE THAN 322,000 SHARP
PEOPLE WHO COLLECT STAUER KNIVES

I was pretty shaken, but otherwise fine. Once the adrenaline high subsided, I decided I had some work to do back home too. That was more than enough adventure for one day.

Our Grizzly Hunting Knife pays tribute to the call of the wild. Featuring stick-tang construction, you can feel confident in the strength and durability of this knife. And the hand carved, natural bone handle ensures you won't lose your grip even in the most dire of circumstances. I also made certain to give it a great price. After all, you should be able to get your point across without getting stuck with a high price.

But we don't stop there. While supplies last, we'll include a pair of \$99 8x21 power compact binoculars **FREE** when you purchase the Grizzly Hunting Knife.

Make sure to act quickly. The Grizzly Hunting Knife has been such a hit that we're having trouble keeping it in stock. Our first release of more than 1,200 SOLD OUT in TWO DAYS! After months of waiting on our artisans, we've finally gotten some knives back in stock. Only 1,337 are available at this price, and half of them have already sold!

Knife Specifications:

- Stick tang 420 surgical stainless steel blade; 7 1/4" blade; 12" overall
- Hand carved natural brown and yellow bone handle
- Brass hand guard, spacers and end cap
- FREE genuine tooled leather sheath included (a \$49 value!)

The Grizzly Hunting Knife ~~\$249~~ \$79* + S&P

Save \$170

California residents please call 1-800-333-2045 regarding Proposition 65 regulations before purchasing this product.

**Special price only for customers using the offer code.*

1-800-333-2045

Your Insider Offer Code: GHK159-02

**EXCLUSIVE
FREE**

**Stauer 8x21
Compact Binoculars**
-a \$99 value-
with your purchase of the
Grizzly Hunting Knife



Stauer, 14101 Southcross Drive W., Ste 155, Dept. GHK159-02, Burnsville, MN 55337 www.stauer.com

Stauer® | AFFORD THE EXTRAORDINARY®

Admiral Zumwalt Story

Dear Shipmate Gray,

I do not own a computer so I must write my notes by hand.

Thank you for the profile on Adm. Elmo Zumwalt. It brought back a lot of fond memories. I served aboard

the *USS DEWEY* (DLG-14), which at the time was homeported in Norfolk, Virginia. I served from 1970 to 1974.

At the time “Zummy” as he was known as, was serving as CNO and making very positive and morale boosting changes. We also learned that the *DEWEY* was Zumwalt’s first commanding officer [assignment]. He made Lt. by then.

During a

deployment to WesPac in mid-1970 the *DEWEY* made a port visit to Subic Bay, Philippines, the city of Olongapo City. We were in port for a 10-day visit and replenishment.

While there, Admiral Zumwalt was touring WesPac and the 7th Fleet visiting ships and speaking to the ships’ crews. He learned the *DEWEY* was in port and made a special stop to visit his former command. He came aboard and was met and welcomed by our current captain. Zumwalt took a few minutes to speak to our crew, and we gave him a long ovation. In leaving the ship he took time to shake hands with each sailor on the fantail, thanking us for our service to our country. I don’t remember who relieved him as CNO, but we were proud to serve under his leadership. I bid “Fair Winds and Following Seas to Admiral Zumwalt for smooth sailin.” And the same to you Ann for the great story.

Respectfully,

GMM1 James Foster, USN (Ret.)



Photo courtesy of the Naval History and Heritage Command.

FRAtoday March 2022 (Letter to the Editor)

In the March 2022 issue your response to Shipmate RMCS Hopton is disturbing to me. You stated, “FRA Today as well as many other military magazines follow the AP official style guide.”

All along I have believed we are the Fleet Reserve Association, made up of Sea Services Personnel, active, reserve, veterans, and retired, not such as the “Association of the United States Army” or “The American Legion”. It would show pride and patriotism if we were to stand on our own two feet, even though it may be a slippery deck, and continue to show that we are the FRA.

There is no doubt in my mind that your comment(s) and proper addresses of Rank/Rate have been one of several reasons for the decline in our membership.

I would suggest you could find our Rank/Rate abbreviations for our Navy, Marine Corps and Coast Guard in the Bureau of Navy Personnel guidelines on proper addresses of Rate/Rank. (See attached) You’ll notice that ALL abbreviations are upper case. ie: SMCS not Smcs as the American Legion has done.

Be proud and stand up for our sailors and marines, active, reserve, veterans, and retired. This is OUR MAGAZINE. What sets us apart is that we are an ASSOCIATION, not an ORGANIZATION. An ASSOCIATION has a bond, and the SEA SERVICES ARE THAT BOND.

BTW, I made a vow and statement that I would not intervene in the affairs of the association and headquarters when I left as National Executive Secretary. This got my attention.

I hope you see your mistake and show that you can correct it. Maybe then we might see a turn in the membership of the FRA, for a more positive gain not a continued loss.

In LPS,

Chuck Calkins, PNES FRA

The Honor Flight Story

FRAtoday, ATT: Elise Howard

As a Retired Navy CPO, and active Member of FRA (MAL), I am elated over the recognition of Honor Flight in the May 2022 Issue of FRA Today! Fantastic! I was on a Flight two years ago, and have never experienced the honors as rendered by innumerable citizens to Veterans of past Wars. My thanks to all who have supported this



LIVE LIFE PAIN FREE



**PATENTED VERSOSHOCK® SOLE
SHOCK ABSORPTION SYSTEM**

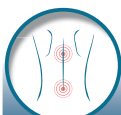


**FREE (\$50 Value)
Corrective Fit Orthotics**
with every shoe purchase
Excludes sandals.



85%

**LESS
KNEE
PAIN**



91%

**LESS
BACK
PAIN**



92%

**LESS
ANKLE
PAIN**



75%

**LESS
FOOT
PAIN**

Enjoy the benefits of exercise with GDEFY

- ✓ Ultimate Comfort
- ✓ Renewed Energy
- ✓ Maximum Protection
- ✓ Improved Posture

In a 2017 double-blind study by Olive View UCLA Medical Center.

gdefy ENERGIYA \$150

**X-WIDE
AVAILABLE**

This product is not intended to treat, cure or prevent any disease.

Men Sizes 8-15 M/W/XW

- TB9037MBB Beige
- TB9037MGU Gray
- TB9037MBL Black

Women Sizes 6-11 M/W/XW

- TB9037FPU Pink
- TB9037FGU Gray
- TB9037FBL Black



\$30 OFF YOUR ORDER

Promo Code MM4GPR7

www.gdefy.com

Expires October 31, 2022

**Free Exchanges • Free Returns
100% Satisfaction Guaranteed**

Call 1(800) 429-0039

Gravity Defyer Medical Technology Corp.
10643 Glenoaks Blvd. Pacoima, CA 91331



VersoShock® U.S Patent #US8,555,526 B2. May be eligible for Medicare reimbursement. \$30 off applies to orders of \$100 or more for a limited time. Cannot be combined with other offers. 9% CA sales tax applies to orders in California. Shoes must be returned within 30 days in like-new condition for full refund or exchange. Credit card authorization required. See website for complete details.

unprecedented Mission. I am also a journalist (20 years multiple press), and have penned (was published) a column on Honor Flight. Will forward one to you. But for now, am asking a favor. I work with Honor Flight (Middle GA) — (President: CMSGT Roger Jennings, USAF Ret.), and would so appreciate (10) copies of the May Issue — to share! Perhaps they can be mailed to my home address below.

*Many Thanks — Yours in LPS!
AMSC Daniel W. Gatlyn, USN (Ret.)
(Vet of Korean & Vietnam Wars)*

Honoring a New Castle Treasure

Dear Ms. Howard,

I just received my May Edition of FRAtoday, and as always am happy to have something interesting and productive to read. So keep up the good work, your publication is the only one I can count on to get clean honest information, and I do enjoy it greatly. It's been a reminder of my Naval career and of the many shipmates I served with over the years. I know there's a few still around that wonder if I'm still hanging on. So I'm enclosing a photo and write-up of my 100th Birthday Celebration just past, and hope to be around a few more years since I'm still in pretty good health.

Keep up the good work, and hope this little donation can be of some help.

*Respectfully,
QMC Edw. J. Buckalew, USN (Ret.)*

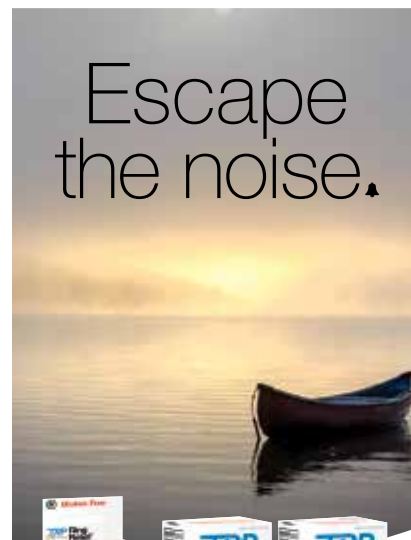
Accompanying New Castle newspaper excerpt:

Chief Quartermaster Edward J. Buckalew served over 28 ½ years in the Navy he loved so dearly. Three years in the Pacific, on the Light Cruiser Mobile (CL-63). Participating in 44 engagements, of which 13 were major engagements. He escaped death twice — the first time when he was transferred from a 40mm gun mount to the Pilot house. Three weeks later that gun mount was hit and blown up. The man that took his place did not survive. The next time he was nearly blown overboard by the concussion of a main Battery misfiring.

His last assignment was when the Mobile entered Nagasaki, Japan, as the first occupation force following the Nuclear Bombing of that City, a scene that will live in his memory forever. He served two years off the coast of Korea, and was on the Battleship New Jersey during Vietnam for a short time. His last ship was the U.S.S. John F. Kennedy (CVA-67) PreCom., Detail. Made the first Mediterranean Cruise on her, and in 1970, retired with honors as the ships Assistant Navigator.

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.



- Relief from Tinnitus symptoms such as ringing, buzzing, chirping, and other related noises
- 100% Natural Active Ingredients
- Safe, Effective, Affordable
- #1 Selling Tinnitus symptoms drop



2017 - 2022
WOMEN'S CHOICE AWARD®
9 OUT OF 10 CUSTOMER RECOMMENDED
TINNITUS RELIEF



The Relief Products®

Stay Healthy, Naturally.®

Visit us on the web at
thereliefproducts.com or call
**direct at 888-969-6855 today for
a better tomorrow!**



FDA Disclaimer: Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

ALL-NEW mobility technology

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

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

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

Years of work by innovative engineers have resulted in a scooter that's designed with seniors in mind. They created Electronic Stability Control (ESC) that makes it virtually impossible to tip over. If you try to turn too quickly, the scooter automatically slows down to prevent it from tipping over. The battery provides powerful energy at a fraction of the weight of most batteries. With its rugged yet lightweight aluminum frame, the So Lite™ Scooter is the most portable scooter ever—but it can hold up to 275 pounds—yet weighs only 40.8 pounds without the battery! What's more, it easily folds up for storage in a car seat, trunk or even on an airplane.



Why a So Lite™ Scooter is better:

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

It folds in seconds without tools and is safe and reliable. Best of all, it's designed with your safety in mind, from the newest technology and superior craftsmanship. Why spend another day letting your lack of mobility ruin your quality of life? Call now and find out how you can get a So Lite™ Scooter of your very own.



Exclusive Electronic Stability Control helps prevent tipping

The So Lite™ Scooter

Call now Toll-Free

1-888-676-0437

Mention promotion code | 17229.



© 2022 Journey Health and Lifestyle

85671

ON & OFF *capitol hill*

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



John Davis
Director, Legislative Programs

Celebrating the Fourth of July

As you get this issue of *FRAtoday*, the nation will be preparing to celebrate Independence Day. This Memorial Day, as we did last year, the FRA laid a wreath at the Tomb of the Unknown Soldier (see page 14). With pandemic protocols still in place, the FRA had limited access to Capitol Hill and the Pentagon. Despite the challenges, the FRA continues to work to represent our members' concerns. Hopefully, our country will be able to celebrate its independence this Fourth of July in a more robust manner, with the height of the pandemic in the nation's rearview mirror.



Put Concurrent Receipt Reform in NDAA Before Markup Ends

The markup of the annual National Defense Authorization Act in the House and Senate has begun. The FRA is working to add a provision to these must-pass bills to expand concurrent receipt. Rep. Gus Bilirakis (Fla.) and Sen. Jon Tester (Mont.) are sponsoring the FRA-supported Major Richard Star Act (H.R.1282, S.344), which would expand concurrent receipt to include Combat-Related Special Compensation beneficiaries who are medically retired with a disability rating of less than 100% after less than 20 years of service. Your FRA Action Center messages are having an impact. As *FRAtoday* goes to press, the Major Richard Star Act has 242 co-sponsors in the House of Representatives and the Senate companion bill has 58 co-sponsors.

Tester has also recently introduced another piece of FRA-supported legislation, the Retired Pay Restoration Act (S.1147), which would extend concurrent receipt

to include Concurrent Retirement and Disability Pay for retirees with 20 or more years of service who are rated less than 50% disabled. Currently, only retirees with a service-connected disability rating of 50% or more are eligible to simultaneously receive their full disability compensation and retired pay. This bill is similar to legislation (H.R.303) introduced by Bilirakis with the same title. Earlier, Rep. Sanford Bishop (Ga.) introduced the Disabled Veterans Tax Termination Act (H.R.333), which is a comprehensive piece of concurrent receipt legislation that would also give concurrent receipt to CRDP retirees whose disability ratings are below 50%, as well as Chapter 61 retirees with less than 20 years of service.

Members are strongly urged to use the FRA Action Center (www.fra.org) to ask their legislators to include concurrent receipt reform in the FY2023 defense authorization bills.

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.

For men of all ages with urinary incontinence

The antidote for adult diaper anxiety.



Try Men's Liberty™ — the Medicare-covered healthier alternative that helps end embarrassment and fear of an "accident".

Now diapers don't have to get in your way.

Men's Liberty is the simple, non-invasive option for male urinary incontinence that helps keep you secure, dry and leak-free for up to 24 hours. Made of a safe, skin-friendly material called hydrocolloid, this patented external collection device easily attaches to the tip of a man's anatomy. It softly stretches and flexes as you move, directing urine away from the skin. Unlike diapers, Men's Liberty effectively reduces the risk of skin and urinary tract infections. Best of all, it's discreet, dependable and dignified.

Stop spending a fortune on adult diapers.

You could continue to shell out as much as \$300 a month on diapers. Or you could switch to Men's Liberty and pay little to no out-of-pocket cost** if you qualify for coverage by Medicare, most Medicaid plans, private insurance, workers compensation and VA/Tricare. This could save you thousands of dollars a year!

Patient-tested...

"Men's Liberty is terrific. I can keep doing what I want to do, without having to worry about running to the bathroom or changing my clothes. It's a Godsend."

— John, Men's Liberty user in Michigan

	MEN'S LIBERTY	ADULT DIAPERS
Keeps you dry 24/7?	YES Can be worn comfortably, cleanly and securely for up to 24 hours	NO Must be changed regularly when they fill up or overflow — often every few hours
Directs urine away from the skin?	YES Completely external design collects fluid into a discreet pouch — leak-free	NO Traps moisture which stays in contact with skin causing discomfort or infection
Reduces the risk of infections?	YES More than 5 million Men's Liberty units have been used, with reduced UTIs or serious skin injuries	NO High incidence of diaper rash, sores, yeast infections and dermatitis
Invisible under clothing?	YES Men's Liberty is unnoticeable — only you know it's there	NO Awkward diapers can be ill-fitting, bulky and uncomfortable
Little to no out-of-pocket cost?	YES Covered by Medicare, most Medicaid plans, many private insurance plans, workers compensation and VA/Tricare	NO Adult diapers are not covered by Medicare, costing users up to \$300 a month

Live your life on your own terms — not in diapers!

FREE INFORMATION. FREE BONUS OFFER.

Find out how to receive Men's Liberty at little or no cost to you.
Plus receive a FREE Bonus week's supply with your order*.



Call today at no obligation:

1-800-792-4115

www.MensLiberty.com/Magazine



Men's Liberty™



*30 days supply or more ** Standard co-pays and deductibles apply

©2021 BioDerm, Inc. All rights reserved. BioDerm® and FreeDerm® are registered trademarks of BioDerm, Inc. Men's Liberty™, BioPlus™, and KindKlamp™ are trademarks of BioDerm, Inc. Men's Liberty US patent #7,896,857, #8,551,062, and #10,022,261. International patents Japan #4939422, Canada #3058756 and EP(UK/NL) #3576688.

LT 70058 A

SVAC Announces Bipartisan Agreement on VA Toxic Exposure Bill

Senate Veterans' Affairs Committee Chairman Jon Tester (Mont.) and Ranking Member Jerry Moran (Kan.) recently announced a new, bipartisan agreement on comprehensive toxic exposure legislation. Tester and Moran have worked for over a year to negotiate between lawmakers on both sides of the aisle, including House Veterans' Affairs Committee Chairman Mark Takano (Calif.), HVAC Ranking Member Mike Bost (Ill.), and the Biden administration, with input from the FRA and other veterans service organizations.

Military service for our nation can require service members to be exposed to toxic substances that may cause illnesses not diagnosed for years or even decades after their service. That is why the FRA is a member of the Toxic Exposures in the American Military (TEAM) Coalition to ensure that no veteran who suffered exposure to burn pits or other environmental toxins goes without access to VA health care benefits.

As *FRAtoday* goes to press, the text of the bill has not yet been finalized. However, an SVAC press release noted that the new legislation, called the Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act, will include provisions to:

- Expand VA health care eligibility to post-9/11 combat veterans, which would include more than 3.5 million toxic-exposed veterans.
- Create a framework for the establishment of future presumptions of service connection related to toxic exposure.
- Add 23 burn pit and toxic exposure-related conditions, including hypertension, to the VA's list of illnesses presumed to be service-connected.
- Expand presumptions related to Agent Orange exposure, including the addition of Thailand, Cambodia, Laos, Guam, American Samoa and Johnston Atoll as locations for Agent Orange exposure.
- Strengthen federal research on toxic exposure, including studies on veterans' cancer rates, mortality and health trends.
- Improve resources and training on toxic exposure for the VA's health care providers and benefits personnel.
- Invest in the VA's workforce, claims processing system and health care facilities.

Once the bill is finalized, it will be put on the Senate floor for a vote. If it passes the Senate, the legislation will also have to be passed by the House before being signed into law by the president. This issue is listed on the FRA Action Center on the website at www.fra.org.

Ask Congress to Get Its Work Done on Time

Although the FY2022 budget started on Oct. 1, 2021, the current fiscal year appropriations package was not signed into law until March 15, 2022. This nearly six-month delay resulted in flatline funding for many current government programs. Too frequently Congress fails to pass spending bills on time. The federal government has partially closed 21 times since 1976 because one or more appropriations bills were not signed into law on time. In 2018-19, the shutdown lasted 35 days.

When spending bills do not pass, Congress has to pass a continuing resolution to keep the government open. CRs are a less-than-ideal way to fund the federal government because they generally continue funding at prior-year levels, with no regard for the value of the individual programs. They continue to fund those programs that have outlived their usefulness or badly need reform, and they fail to expand successful programs that need a boost. In other words, Congress fails to make any of the important budgeting decisions that are its job.

Members are urged to use the FRA Action Center on the website (www.fra.org) to ask their legislators to pass the FY2023 budget (appropriations and defense authorization bills) before Oct. 1 — on time.

Navy Desertions Increased in 2021

National Public Radio and NBC News have reported an increase in desertions from the Navy in 2021. Last year, 157 sailors left their posts without the intention to return, although eventually all but eight of them did.

This figure is the highest in a three-year upward trend in desertions. A Navy spokesperson, Lt. Cmdr. Devin Arneson, told NPR that in 2020, 98 sailors had fled from their duty stations, up from 63 in 2019. From 2017 to 2019, the number of deserters still at large had been on the decline.

The NPR and NBC reports both noted that other branches of the military didn't see a similar increase in the past three years, raising concerns about mental health, living conditions and morale in the Navy. The Army saw desertions drop by 47%, from 328 in 2019 to 174 in 2021, and the Marine Corps also reported desertions were down from 59 in 2019 to 31 in 2021. The Coast Guard reported having no deserters at all from 2017 to 2021.

The FRA has dispatched a letter to the chairpersons and ranking members of the House and Senate Armed Services personnel subcommittees to ask for an oversight hearing on Navy morale issues.

New Prostate Discovery Helps Men Avoid “Extreme Bathroom Planning”

Men across the U.S. are praising a revolutionary prostate pill that's 1000% more absorbable. Now the visionary MD who designed it is pulling out all the stops to keep up with surging demand...

“Extreme bathroom planning.”

Among the all-too-familiar, occasional problems like sleepless nights, frequent urination, late-night wake ups, a bladder that's never quite empty, and constant, extreme planning for rest stops and bathroom breaks.

These are the common signs of inconvenient urinary issues. But men nationwide are now reporting they've found help these occasional problems thanks to a major breakthrough in nutrient technology.

Prosta-Vive LS is the new prostate pill sweeping the nation. Men say they feel they're now having strong, complete, effortless urine flow they enjoyed in their 20s and 30s.

The key to its success is a new nutrient technology that makes the key ingredient 1000% more absorbable, according to a study by endocrinologists at Washington University in St. Louis.

Nick Summers is the spokesman for Primal Force Inc., the firm in Royal Palm Beach, Fla. that makes **Prosta-Vive LS**. He reports demand is surging due to word-of-mouth and social-media.

“We knew **Prosta-Vive** really worked to ‘support healthy, stronger urine flow,’” Summers stated. “But no one could have predicted the tens of thousands of men looking for a truly supportive prostate pill.”

NEW PROSTATE FORMULA DRAWS 5-STAR REVIEWS

It's not the first time Dr. Al Sears, the Florida-based MD who designed the breakthrough formula, has shaken up the status quo in men's health.

A nationally recognized men's health pioneer and the founder of the Sears Institute for Anti-Aging Medicine in Royal Palm Beach, Fla., Dr. Sears has been featured on ABC, CNN, and ESPN.

He's authored more than 500 books, reports, and scientific articles, many focusing on prostate issues that may affect virtually all men sooner or later.

“By age 60, I find about half of

my male patients feel the need for prostate support,” Dr. Sears explains. “By the time they reach age 80, it's over 90 percent.”

Prosta-Vive LS has reportedly made a life-changing difference for these men. One appreciative thank-you letter came from Jim R, a patient.

“I had immediate results,” Jim R. wrote in his thank-you note. “I slept through the night without going to the bathroom.

“Last night was the most amazing of all,” he added. “I slept for 10 hours without going to the toilet.”

Results like these explain the flood of phone calls the company's customer service department is handling from men who want to know how the new formula works...

PROSTATE PILL BACKED BY CLINICAL RESULTS

Prosta-Vive LS's extraordinary success is being attributed to advanced innovations in nutrient technology.

Most prostate pills rely on either outdated saw palmetto ... or the prostate-soothing compound Beta-Sitosterol.

But Dr. Sears cites growing evidence that saw palmetto and Beta-Sitosterol work much better together than either does on its own.

In fact, a recent clinical trial involving 66 men taking a combination of saw palmetto and Beta-Sitosterol reported “significant” improvement across the board.

Among the results: Fewer of those occasional late-night wake ups, a stronger stream, less starting and stopping, and complete emptying of the bladder.

That's why **Prosta-Vive LS** includes both saw palmetto and Beta-Sitosterol, to ensure men get the extra prostate support they need. Frustrated men say it's giving them tremendous support.

But there's another key reason **Prosta-Vive LS** is helping men get back control in the bathroom.

YOUR PROSTATE IS HUNGRY FOR HEALTHY FAT

The other key innovation in



NO more extra “pit stops”, NO more interrupted meetings - Men are free of bathroom woes and feel RELIEF.

Prosta-Vive LS is its addition of healthy omega-3 fatty acids.

“It turns out what's good for your heart is also good for your prostate,” says Dr. Sears. “That's why I put heart-healthy omega-3s in a prostate pill.”

Researchers have long known Beta-Sitosterol has a great potential to support healthy prostate function.

But Beta-Sitosterols are “hydro-phobic” -- they don't mix well with water. And that can make them much harder for the body to absorb.

That's where long-chain omega-3s come in. The latest research shows they boost Beta-Sitosterol absorption by 1000%.

Dr. Sears explains, “Most people only get trace amounts of Beta-Sitosterol because it can be hard to absorb. In this respect, the long-chain fatty acids in **Prosta-Vive LS** are a real game-changer. They supercharge the absorption.”

This improved absorption is proving to be a revolutionary advance. **Prosta-Vive LS** is changing men's lives, quickly becoming the No. 1 support supplement for supporting men's prostate health nationwide.

Now, grateful men are calling almost every day to thank **Prosta-Vive LS** for supporting a renewed sense of empowerment over their own lives.

One patient, Ari L., wrote, “I used to get up on occasion at night to go to the bathroom. Now I only get up once... and I feel it has supported my prostate, keeping my PSA levels in the normal range.”

Patients report they have more energy, sleep better, and no longer feel embarrassed by that occasional sudden need to use the restroom.

Thanks to **Prosta-Vive LS**, thousands of men feel more confident about their urinary health and are no longer being held hostage to pee problems and feel more confident about their urinary health.

They say they're getting great sleep and finally feel back in charge of their own lives.

HOW TO GET PROSTA-VIVE LS

To secure the hot, new **Prosta-Vive** formula, buyers should contact the Sears Health Hotline at **1-800-215-7133** TODAY. “It's not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about **Prosta-Vive**, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back.”

Call NOW at **1-800-215-7133** to secure your supply of **Prosta-Vive**. Use Promo Code **FRAPV0722** when you call. Lines are frequently busy, but all calls will be answered!

Cause of Gulf War Illness Discovered

After the Gulf War, nearly one-third of all who deployed reported unexplained chronic symptoms such as rashes, fatigue, gastrointestinal and digestive issues, “brain fog,” neuropathy, and muscle and joint pain. Federal agencies generally rejected the idea that troops may have been suffering from exposure to chemical agents, with many veterans who experienced symptoms being sent to mental health providers.

A study published in the journal *Environmental Health Perspectives* used genetic research and survey data to determine that service members exposed to sarin were more likely to develop Gulf War Illness. Of service members exposed, those who had a weaker variant of a gene that helps digest pesticides were 9 times more likely to have symptoms.

The FRA has urged key members of the House and Senate Appropriations subcommittees on Defense to continue to provide funding for the treatment-focused Gulf War Illness Research Program, part of the Congressionally Directed Medical Research Programs within the Department of Defense. The FRA also co-hosted the 2021 Capitol Hill Forum on Gulf War Illness organized by Veterans for Common Sense and the Institute for Neuro-Immune Medicine.



U.S. Marine Lt. Col. John Carretti, center, instructs training classes during Operation Desert Storm. Photo by Lance Cpl. Alison Dostie.

Memorial Day Observances



Photo courtesy of DVIDS.

National President James W. Campbell and Assistant Director of Legislative Programs Theo Lawson represented the association at the Memorial Day ceremonies at Arlington National Cemetery on Monday, May 30. They were joined by other national leaders in honoring the men and women who have died in service to our nation by laying a wreath at the Tomb of the Unknown Soldier. National Vice President James Robbins Jr. and National Executive Director Chris Slawinski participated in a ceremony at the U.S. Navy Memorial on Memorial Day, and other FRA leaders participated in Memorial Day ceremonies and events across the country to pay tribute to America’s fallen heroes.

The House passed 19 veterans bills before Memorial Day. The bills would improve the claims process for survivors of military sexual trauma, make the Veterans Affairs’ Patient Advocacy Program more accessible, streamline the transfer of GI Bill benefits to veterans’ dependents, improve support for female veterans, and kick-start the modernization of the Veterans Benefits Administration’s information technology systems to get veterans their benefits faster.

Admiral Becomes First Female Coast Guard Commandant

The Senate unanimously approved Adm. Linda Fagan as the commandant of the U.S. Coast Guard. At a change of command ceremony at Coast Guard Headquarters June 1, she became the first woman to lead a military service.

“The trailblazing career of Adm. Fagan shows young people entering the services we mean what we say: There are no doors — no doors — closed to women,” President Joe Biden told the crowd at the change of command ceremony. “Now we need to keep working to make sure Adm. Fagan may be the first but not the only.”

Fagan has served in the Coast Guard for 36 years. Before

becoming commandant, she had served as vice commandant since June of 2021. Previously, she was commander of the Coast Guard Pacific Area, overseeing operations from the Rocky Mountains to the waters off the east coast of Africa. Fagan is also the Coast Guard’s first Gold Ancient Trident, the longest-serving active-duty officer in the marine safety field. She graduated from the Coast Guard Academy in 1985 with a Bachelor of Science degree in marine science. She also earned a Master of Science degree in marine affairs from the University of Washington in 2000 and a master’s degree in national resource strategy from the Industrial College of the Armed Forces in 2008.

The Invention of the Year

The world's lightest and most portable mobility device

Once in a lifetime, a product comes along that truly moves people. Introducing the future of battery-powered personal transportation . . . The Zinger.

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

"What my wife especially loves is it gives her back feelings of safety and independence which has given a real boost to her confidence and happiness! Thank You!"

—Kent C., California

The first thing you'll notice about the **Zinger** is its unique look. It doesn't look like a scooter. Its sleek, lightweight yet durable frame is made with aircraft grade aluminum so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can



Available in Green,
Black (shown) and Blue



The Zinger folds to a mere 10 inches.

be wheeled around like a suitcase and fits easily into a backseat or trunk.

Then, there are the steering levers. They enable the **Zinger** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your **Zinger** almost anywhere, so you don't have to let mobility issues rule your life.

Why take our word for it? Call now, and find out how you can get a **Zinger** of your very own.

Zinger Chair®

Call now and receive a utility basket absolutely FREE with your order.

1-888-356-1046

Please mention code 117230 when ordering.



**Now available in
a Joystick model
(Zoomer Chair)**



Joystick can be mounted on the right or left side for rider's comfort

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

DOD Halts Incineration of PFAS Chemicals

In compliance with FRA-supported provisions in the FY2022 National Defense Authorization Act (P.L. 117-81), the Department of Defense has temporarily halted its incineration of firefighting foam and other materials containing perfluoroalkyl and polyfluoroalkyl substances, or PFAS, pledging it will soon issue disposal guidance. The Pentagon said it is banning the incineration of aqueous film forming foam, or AFFF, a specialized type of firefighting foam that contains PFAS and is used for fires on jet fuel and other liquids.

Congress set the moratorium after the DOD failed to issue disposal guidance that complied with the criteria lawmakers had specified in the fiscal 2020 NDAA (P.L. 116-92). The criteria Congress had specified included that “all incineration is conducted at a temperature range adequate to break down PFAS chemicals while also ensuring the maximum degree

of reduction in emission of PFAS, including elimination of such emissions where achievable.” PFAS are known as “forever chemicals” because some of them do not break down through the natural forces of sun, weather or microbes. When incinerated, some of the PFAS are emitted into the air.



Firefighters from the 20th Civil Engineer Squadron extinguish a controlled car fire using compressed air foam. Photo by Airman 1st Class Jensen Stidham.

New Post-9/11 GI Bill Enrollment Verification Requirement

Veterans receiving Post-9/11 GI Bill housing payments are now required to verify their enrollment in educational courses or training to the VA by the end of each month. Students may opt in to text message verification to more easily ensure seamless receipt of their Monthly Housing Allowance payments. If student veterans fail to verify their enrollment or report that they are no longer enrolled in their courses or training, their MHA payments will be withheld.

Currently, this new enrollment verification requirement does not apply to GI Bill students in apprenticeship, flight, on-the-job or correspondence training. It also does not impact those receiving benefits through other educational programs, such as the Montgomery GI Bill, Survivors' and Dependents' Educational Assistance (DEA), Veteran Employment Through Technology Education Courses (VET TEC), or the Veteran Rapid Retraining Assistance Program (VRRAP). For more information, go to the VA website at https://benefits.va.gov/gibill/isaksonroe/verification_of_enrollment.asp.

Bill Introduced to Prevent Diversion of VA Resources to Immigration Issues

Sen. John Boozman (Ark.) has introduced legislation (S.4082) to block the Department of Veterans Affairs from diverting veterans' resources to manage the increase in immigration expected at the southern border as pandemic-related immigration restrictions lift. At the House Appropriations Homeland Security Subcommittee's hearing on the Department of Homeland Security's FY2023 budget request, Secretary of Homeland Security Alejandro Mayorkas confirmed that DHS personnel have discussed diverting VA manpower and funding to address immigration issues.

Before the Senate Veterans' Affairs Committee a week later, VA staff members testified that the VA is currently understaffed by 2,800 positions. At the hearing, SVAC Chairman Jon Tester (Mont.) asked Gina Grosso — assistant secretary for human resources and administration/operations, security and preparedness — about any past or planned discussions the VA has had about sending VA employees to the border. She stated that although the VA had assisted in administering COVID-19 vaccines to federal employees working at the border in customs and enforcement roles, “we have not been in any direct discussions with DHS on sending our employees to the border” in response to upcoming repeals of pandemic-related restrictions. Members are encouraged to weigh in on this issue by going to the FRA Action Center on the website at www.fra.org.



Official Senate photo of Sen. John Boozman.

Fish Oil Failure Shines a Grim Light on America's Memory Crisis

America's top memory M.D. reveals the startling reason why "senior moments" may be caused by fish oil — and the #1 way to fix it fast

More than 16 million Americans suffer age-associated cognitive impairment. And according to nationwide research, these numbers are only rising.

Thankfully, anti-aging specialist and bestselling author, Dr. Al Sears, says there's an easy way to banish senior moments for good. It's a safe, natural compound that can grow the brain significantly bigger.

And unlike failed solutions that promise what they can't deliver, this one actually works — at least, according to studies from Framingham, and other reputable universities.

But in order for it to work, you must avoid using run-of-the-mill fish oil supplements. "The worst thing you can do for your memory," explains Dr. Sears, "is to supplement with fish oil."

Dr. Al Sears, a highly-acclaimed MD — who has published more than 500 studies — says today's low-grade supermarket fish oil is causing the surge in America's memory crisis. "These cheap oils are no longer as nutrient-dense as they once were," he explains.

If you want to get rid of embarrassing senior moments Dr. Sears recommends a different approach.

THE SECRET TO A LASTING MEMORY

Research has shown our paleo ancestors were able to grow bigger and smarter brains by eating foods rich in one ingredient — DHA. "Our hippocampus thrives off DHA, and grows because of it," explains Dr. Sears. "Without DHA, our brains would shrink, and our memories would quickly fade."

A groundbreaking study from the University of Alberta confirmed this. Animals given a diet rich in DHA saw a 29% boost in their hippocampus — the part of the brain responsible for learning and memory. As a result, these animals became smarter.

The same was found in human studies, too. After analyzing more than 1,500 seniors, the Framingham study found that those whose brains were deficient in DHA, had significantly smaller brains — a characteristic of accelerated aging and a weakened memory.

"Unfortunately, it's almost impossible to boost levels of DHA simply by eating more fish or fish

oil," explains Dr. Sears. "DHA in fish oil has plummeted over the years. And it's being replaced by another compound. One that can cause memory failure and brain fog."

The ingredient Dr. Sears is referring to is called ALA — a compound found in cheap, grocery store fish oil.

PEOPLE'S BRAINS ARE SHRINKING AND THEY DON'T EVEN KNOW IT

Fish farming has caused DHA levels to plummet and ALA levels to rise, according to Dr. Sears.

"In order to produce DHA," he explains, "fish need to eat a natural, marine diet, like the one they'd eat in the wild." Without a marine-rich diet, most fish won't produce DHA.

Dr. Sears uncovered that sometime during the 1990s, fish farmers stopped giving their animals a natural, DHA-rich diet and began feeding them a diet that was 70% vegetarian.

"It became too expensive for farmers to feed fish what they'd eat in the wild," explains Dr. Sears. "And since more than 80% of fish oil comes from farms, it's no wonder the country is experiencing a memory crisis. Most people's brains are shrinking and they don't even know it."

"Since fish farmers are depriving these animals of their natural diet, ALA levels in fish oil are going up, while DHA levels are being cut in half.

When asked, what can people do to improve their memory and brain function in the most effective way possible? Dr. Sears replied, "Find a quality DHA that doesn't come from a farmed source. Only this will help improve memory by growing the brain significantly bigger."

Dr. Sears and his team have been working tirelessly for the last 24-months developing a unique brain-boosting formula called **Omega Rejuvenol**. It's made from the most powerful source of DHA in the ocean, squid and krill — two species that cannot be farmed.

According to Dr. Sears, these are the purest and most potent sources of DHA in the world, because they haven't been tampered with. "**Omega Rejuvenol** is sourced from the most sustainable fishery in Antarctica. You won't find this oil in any stores."

MORE IMPRESSIVE RESULTS

Already, the formula has sold more than 27,000



Why the 'brain fuel' ingredient in fish oil is slowly drying up.

bottles. And for a good reason, too. Satisfied customers can't stop raving about the memory-boosting benefits of quality-sourced DHA oil.

"I see a noticeable increase in my brain function. I'm experiencing a noticeable increase in my concentration level and productivity throughout the day," says satisfied customer, Timothy B.

"It's great to remember everyone who played in the '75 World Series. My memory has never been sharper," says Mike T.

"After the first time I took it, I experienced mental clarity and focus. I noticed my mental function improve and I could concentrate better and be more productive throughout the day," raves John F.

And 70-year-old Mark K. says, "My focus and memory are back to age-30 levels."

These are just a handful of the thousands of reviews Dr. Sears receives on a regular basis thanks to his breakthrough memory formula, **Omega Rejuvenol**.

WHERE TO FIND OMEGA REJUVENOL

To secure the hot, new **Omega Rejuvenol** formula, buyers should contact the Sears Health Hotline at **1-800-351-4066** TODAY. "It's not available in retail stores yet," says Dr. Sears. "The Hotline allows us to ship directly to the customer." Dr. Sears feels so strongly about **Omega Rejuvenol**, all orders are backed by a 100% money-back guarantee. "Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back."

Call NOW at **1-800-351-4066** to secure your supply of **Omega Rejuvenol**. Use Promo Code **FRAOM0722** when you call. Lines are frequently busy, but all calls will be answered!

HVAC Subcommittees Discuss VA "Claim Sharks"

Two House Veterans' Affairs Committee subcommittees held a joint hearing focusing on the quality of representation in the VA disability claims process. The hearing highlighted the importance of VA-accredited veteran service officers, claim representatives, attorneys and agents who must adhere to professional and ethical standards. Unaccredited claim consultants, or "claim sharks," avoid VA oversight, charge unreasonable fees and offer inferior service. According to the Department of Veterans Affairs, this problem of predatory claims practices has been worsened by the COVID-19 pandemic.

The FRA's veteran service officers oversee the association's veteran service officer program and represent veterans throughout the claims process as well as before the Board of Veterans' Appeals. The association is congressionally chartered, recognized by the Department of Veterans Affairs and entrusted to serve all veterans who seek its help. The FRA also provides training for members to become VA-accredited veteran service officers who can help veterans navigate their VA benefits and their claims and appeals processes at no cost. Veterans can reach out to their local FRA branch to inquire about the veteran service officer program or contact FRA National Headquarters to seek assistance at: theoL@fra.org.



Frank Phillips (in white cover) and Michael Sherman (standing), accredited veterans service officers, discuss veterans benefits with a soldier at the Welcome Center at Katterbach Kaserne in Germany. Photo by Dani Johnson.

Senate Probe Finds Problems with Military Housing Contractor



Sen. Jon Ossoff visited Fort Gordon on July 16, 2021, and spent several hours visiting with military leadership and junior enlisted personnel to hear about the housing concerns. Photo courtesy of DVIDS.

The Senate Homeland Security and Governmental Affairs Committee's Permanent Subcommittee on Investigations recently held a hearing on the mistreatment of military families in privatized housing on U.S. military installations. The subcommittee focused on privatized housing managed by Balfour Beatty Communities LLC at U.S. Army Garrison Fort Gordon, Georgia. This company is one of the largest providers of privatized military housing, and the investigation found it is still failing to correct mold and other structural problems — threatening the health and safety of service members and their families.

The company pleaded guilty in December 2021 to committing fraud against the U.S. government from 2013 to 2019. Balfour Beatty was ordered to pay \$65.4 million in fines and restitution, and was placed under an independent compliance monitor for three years. Subcommittee Chairman Sen. Jon Ossoff (Ga.) and Ranking Member Ron Johnson (Wis.) are conducting a bipartisan investigation into military privatized housing, which has been plagued by problems for many years.

The FRA welcomes this investigation and wants to ensure service members and their families have safe, quality homes and communities. The association wants to increase the accountability of privatized housing companies by putting more oversight authority in the hands of local military leaders.

FRA

Something worth protecting



Hospital Indemnity And Short Term Recovery Insurance Plan

You can chart your future, but an unexpected serious injury or illness may cause you to alter course by dipping into your personal or retirement savings. Where TRICARE and Medicare may fall short, the FRA-endorsed Short Term Recovery Insurance Plan pays cash benefits if you're admitted to the Hospital. This plan also helps pay for home healthcare expenses when you're recovering after your Hospital stay by providing benefits for services including physical therapy, occupational therapy, speech therapy, nursing care, companion services, home health and homemaker services.



Learn more about FRA-endorsed Hospital Indemnity And Short Term Recovery Insurance Plan. Visit **www.frainsure.com** or call **1-800-424-1120**.

Underwritten by Hartford Life and Accident Insurance Company, Hartford, CT 06155

All benefits are subject to the terms and conditions of the policy. Policies underwritten by Hartford Life and Accident Insurance Company detail exclusions, limitations, and terms under which the policies may be continued in force or discontinued.

THIS IS A HOSPITAL CONFINEMENT INDEMNITY POLICY. THE POLICY PROVIDES LIMITED BENEFITS. This limited benefit plan (1) does not constitute major medical coverage, and (2) does not satisfy the individual mandate of the Affordable Care Act (ACA) because the coverage does not meet the requirements of minimum essential coverage.

This policy provides limited benefits health insurance only. It does NOT provide basic hospital, basic medical or major medical insurance as defined by the New York State Department of Financial Services.

Coverage may not be issued in some states. Home Recovery Benefits reduce at age 80.

"The appearance of U.S. Department of Defense (DoD) visual information does not imply or constitute DoD endorsement."


Program Administered by Mercer
Health & Benefits Administration LLC

AR Insurance License #100102691
CA Insurance License #0G39709
In CA d/b/a Mercer Health & Benefits
Insurance Services LLC

Hospital Indemnity Form Series includes GBD-2800, GBD-2900, or state equivalent.

96523 (2/22), 97105 (7/22), 97120 (9/22), 96527 (12/22)
Copyright 2022 Mercer LLC. All rights reserved.





Janet and Tony pose in front of a mural at the New Jersey Motorsports Park in Millville, New Jersey. Photo taken by Jeff Heiser of Epic Beard Photography.

FEATURE

The Blackall Racing Team

In It For the Mission

By Jessica Brodtkin Webb

Janet Blackall's eyes light up when she describes the camaraderie inside the paddock where motorcycles wait to race. She is president of Blackall Racing, a veteran-owned business that subtly weaves emotional support in with winning motorcycle races across the nation.

"Racing is my husband's passion," she said.

Her husband Tony Blackall raced as an amateur from 2010 through 2013 before going professional. After a few years on the pro circuit, he joined the Navy.

"He had a special warfare contract with the Navy but was unexpectedly medically

separated," Janet recalled. "When he came home, he was drinking and in a really dark place. I realized we had to do something."

That something turned out to be a motorcycle.

The Starting Line

Tony had put racing behind him before meeting Janet. In fact, although he purchased a new motorcycle after his Navy service, he didn't ride it at all to begin with.

"He'd shine it in the garage like a Harley guy, didn't take it on the road at all," Janet said, chuckling at the memory.

Other riders encouraged him to test it



A group photo of the Blackall race team members, who all happen to be veterans, at the New Jersey Motorsports Park in Millville, New Jersey. Photo provided by Blackall Racing.

out on the track and he began riding again. As he progressed out on the track, Janet noticed he became “a better husband” at home, and it wasn’t long before he set a goal to get his professional racing license reinstated. Their company still didn’t exist at this point, but the wheels were in motion.

Janet, a Marine Corps veteran with her own post-traumatic stress disorder symptoms to contend with, happened to be at a professional crossroads in 2019 when she and her husband traveled to Road America, a 640-acre motorsports facility with a winding course that twists and turns for over 4 fast miles. After that first experience, she cashed out her retirement and the couple founded Blackall Racing.

“Now when we go to a professional event, it’s like a four-day process. We stay track-side, basically set up a mobile showroom, eat in our paddock with the vets on our team, [and] we all sleep in the rig — the

camaraderie is awesome,” Janet said, beaming.

On Mission, Track-side

A race weekend can effectively happen with just a couple of crew members, up to eight at a larger event, budget permitting. Interested veterans are encouraged to participate in a way that plays to their personal skill sets and interests while simultaneously benefiting Blackall Racing. The familiarity of being on mission and having a team-oriented goal — wanting to win that race — is what works so well for veterans, Janet said.

“I can honestly say now, motorcycles saved my life,” Tony Blackall told the Milwaukee Journal Sentinel in May.

“There’s a mental escape from being tied to a mission-driven goal,” Janet said. “It moves fast: if you don’t get the tires changed before the right session, for



Janet Blackall is pictured in the ancient ruins of Ur, today in Tall al-Muqayyar, Iraq, believed to be the birthplace of Abraham. She visited the site in fall 2004 while stationed at Tallil Air Base in Iraq with Marine Tactical Electronic Warfare Squadron 2.

example, you're not going to be able to go out. There's personal accountability involved. That accountability and sense of timing feed into a military mindset," creating a safe and familiar place for veterans.

Janet described the couple's leadership in the paddock as having a sense of mentorship, of walking a path together.

"When I ask someone to do something, it's nothing I wouldn't do myself. I work beside people, talk very plainly, and if someone doesn't understand, then I expect them to ask questions," she said.

Come evening, the team sits and chats together at races around a large table. The conversation leans toward racing as team members sit around over tacos or another easy meal debriefing the day. However, they also inevitably land on "the things you can't talk about with civilians," Janet said. She described it as "super therapeutic" for veterans to share a meal and

freely share whatever is on their minds.

"I got out in 2005 and didn't get anything about mental health care," she said. "The VA and DOD are working hard at improving transitional programs, but unless you know someone or are aware of what's out there, it can be an obstacle."

Gearing Up: How It All Comes Together

All the volunteers have added a piece to the team's puzzle. One who works as a schoolteacher saw how the team was manually recording data and suggested an easier spreadsheet format ... then went home, created the sheet and sent it to the Blackalls to implement.

"We put veterans to work and let them decide how much initiative they want to take and how much responsibility they want," Janet said. "We've shown some people who enjoy being behind the lens where



Tony showing for the 9/11 Never Forget event held in 2021 at the New Jersey Motorsports Park in Millville, New Jersey. Photo by Nelson Velasquez of Tillett Studios.

they can stand to capture good photos. We've had people who worked as note keepers and tracked race data. There's a job for any type of person, but you have to ask them what they want to do, let them take the lead. We've learned to trust, as well."

Marriage isn't always easy track-side. The Blackalls have had to learn their roles and respect what they each bring to the company. Before each event, Janet said, she worries about details, but once on-site, she goes into manager mode and everything flows freely. Focusing on merchandise and talking with people works well; when she delves too far into asking Tony about the bike, roles get strained.

"I've learned the hard way we need to stay in our lanes," she said. "We had one three-week journey where we started in Washington state, stopped in Michigan and grabbed bodywork, went to New Jersey, then Alabama. Sometime between New Jersey

and Alabama, I got out at a truck stop and said I was going to stay there. That was the end of the first season we did together."

Since then, the couple has learned to compartmentalize and approach a situation like co-workers when they're dealing with a race. Establishing those lines was "a hard learn," Janet said, but past challenges make their present success all the more rewarding.

"You don't get the sunshine without rain," Janet said.

The Long Race

Just down the road, the Blackalls are looking forward to adding a Junior Cup rider to the team, something they wanted to do during the full season but weren't able to solidify. The goal is to filter in newer riders and "put more people near the bike" so Tony can



Janet and Tony take a minute to pose under an umbrella while waiting to start a race in 2022 at the Michelin Raceway Road Atlanta track in Braselton, Georgia. Photo by Chris Smith of Smith Shot Photography.

eventually progress to a crew chief position.

The team also successfully landed their nonprofit status earlier this year. They plan to grow out the company, and hope to eventually purchase some property large enough to build several tiny homes for struggling veterans.

In addition, the Blackall track-side setup has ongoing care package construction, which volunteers and anyone walking by can contribute to by assembling items. Janet says she borrowed the idea from the first big business convention she attended. Business owners from all walks of life were talking and socializing side by side, and she recognized that this interaction could easily be duplicated track-side as a way to build relationships while doing good. Trinkets and gedunk, such as chewing gum, Skittles and jerky — fun items to receive on a long deployment — are all packed up to be shipped overseas.

The care packages assembled at racing events are also a way for the Blackalls to drop a breadcrumb that active-duty personnel can pick up when they transition out of the service. Each person who chooses to join the Blackall team is another veteran the duo can support.

“With every package, we include information on ‘When you get out, reach out to us,’” Janet said. “Hopefully they’ll get in touch, say ‘Hey, I heard about this thing when I was on active duty,’ and get involved before they become a statistic.”

When children come into the paddock, they sometimes ask if they can have some of the items, but Janet explains they’re being sent to people who protect them, who are overseas and far from home. She tells the children two other things: dream big and be thankful there are others who guard us.

“You know, freedom’s not free,” Janet said. **FRA**

The International Ice Patrol

The *USCGC ESCANABA* (WMEC-907) sails by an iceberg in the Labrador Sea. The *ESCANABA* is a 270-foot Famous-class medium endurance cutter with a crew of around 100 conducting a broad variety of the service's missions, but focusing primarily on law enforcement and security. U.S. Coast Guard photo by Petty Officer 3rd Class Dyxan Williams.



100 Years of Coast Guard Protection off the Grand Banks

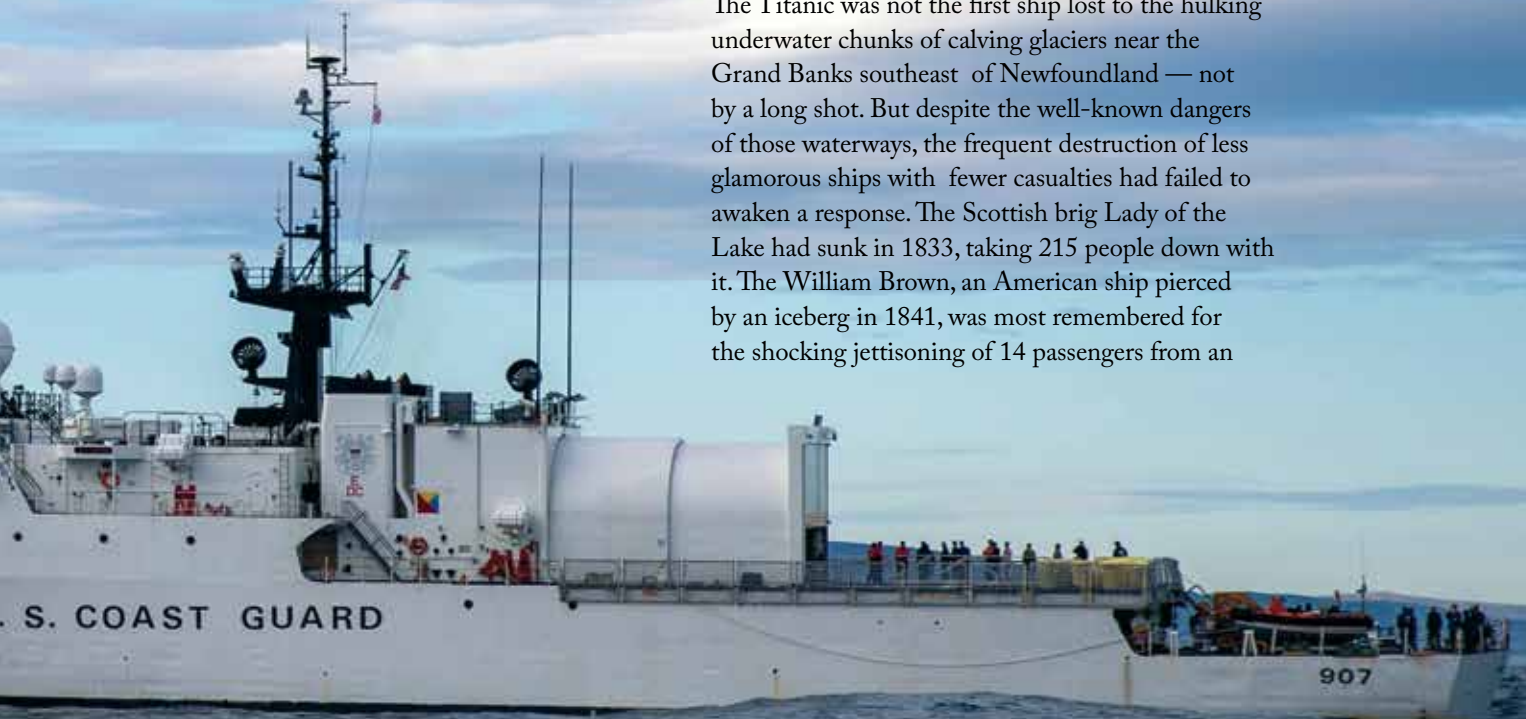
By Ann Norvell Gray

One hundred-ten years ago last April, the largest and newest ocean liner operated by the British White Star Line set sail on its maiden voyage from Southampton in England, bound for New York. Its first-class passengers included British aristocrats, industrial magnates, high-ranking politicians and prominent members of the American social elite, along with their personal staffs, their children, their governesses, and in some cases, their pets. Some have speculated that it was

the overweening pride of naming a ship Titanic that doomed it to disaster. Others swore that, because it was never actually christened, bad luck was bound to bring it down. But the unalterable fact is that, 20 minutes before midnight on its fourth night at sea, the magnificent ship struck an iceberg, and with terrifying speed, sank in a freezing cataclysm of destruction and loss of life.

Ending the Tragedies

The Titanic was not the first ship lost to the hulking underwater chunks of calving glaciers near the Grand Banks southeast of Newfoundland — not by a long shot. But despite the well-known dangers of those waterways, the frequent destruction of less glamorous ships with fewer casualties had failed to awaken a response. The Scottish brig Lady of the Lake had sunk in 1833, taking 215 people down with it. The William Brown, an American ship pierced by an iceberg in 1841, was most remembered for the shocking jettisoning of 14 passengers from an





Crewmen from U.S. Coast Guard Air Station Elizabeth City, North Carolina, perform maintenance on the engines of a Coast Guard HC-130J while deployed to St. John's, Newfoundland, in support of the International Ice Patrol. The headquarters of the International Ice Patrol is in New London, Connecticut Coast Guard photo by Chief Petty Officer Bob Laura.

overcrowded lifeboat. The French brig Valiant took 78 passengers with it as it sank in 1897 after colliding with an iceberg, leaving only four survivors. In addition, uncounted fishing and whaling boats had been crippled by or lost to the ice. Nothing had been established to protect the sailors and passengers of humbler vessels such as these. But Titanic was so big, so heavily promoted, so luxurious, and so full of the rich and powerful from both sides of the Atlantic that its disastrous loss prompted an outcry demanding that something be done.

In November of 1913, the first International Conference on the Safety of Life at Sea convened in London. It was the beginning of years of conversations among representatives of the world's military and merchant maritime powers. The U.S. Navy had deployed two cruisers in 1912 to patrol the Grand Banks temporarily, and in 1913 that responsibility was passed along to the Revenue Cutter Service, the forerunner of the U.S. Coast Guard. Because of this experience gained, management of the operations to monitor and communicate information about the safety of those treacherous stretches of the

North Atlantic was assigned to the United States with funding from the 13 most affected nations. Thus the International Ice Patrol, or IIP, was born. By 1929, 18 nations had signed on to the agreement.

The Coast Guard has managed the job ever since, with increasing sophistication in detection, measurement and communication. A 2012 Coast Guard brochure published for the IIP says this about their success: "The mission of the International Ice Patrol is to monitor iceberg danger near the Grand Banks of Newfoundland and provide the iceberg limit to the maritime community. ... Except for the years of the two World Wars, the Ice Patrol has been active each ice season since 1913. During this period, the Ice Patrol has amassed an enviable safety record - no vessel heeding the published iceberg limit has collided with an iceberg."

These icebergs, offspring of the vast Greenland ice sheet, break free in huge numbers every year. Of the estimated 40,000 that "calve" into the ocean, only 1-2% of them survive the drift south as far as St. John's, Newfoundland's easternmost point. According to the Canadian government, the 1,800-nautical mile



Coast Guard Lt. Cmdr. Monty Nijjar looks out over an ice pack that stretches to the coast of Labrador as he pilots an HC-130J of the Coast Guard International Ice Patrol. Data gathered by the Ice Patrol will be made available to ships traveling the North Atlantic shipping lanes. U.S. Coast Guard photo by Chief Petty Officer Bob Laura.

journey along the currents of the Baffin Bay and the Labrador Sea takes icebergs an average of two to three years. The Ice Patrol keeps track of where those impossibly massive hunks of snow-packed ice are, how big they are, and where the currents are most likely to take them. As of 2011, the International Ice Patrol contributing nations other than the U.S. include Belgium, Canada, Denmark, Finland, France, Germany, Greece, Italy, Japan, the Netherlands, Norway, Panama, Poland, Spain, Sweden and the United Kingdom.

Tracking With Limited Technology

A 21-minute black-and-white film purposefully titled “International Ice Patrol” is a charming and interesting introduction to the midcentury techniques and technologies that served the IIP in the years just after the Second World War.¹ Produced in 1949 for the U.S. State Department by the United States Information Service with the cooperation of the Coast Guard, it opens in dramatic style. Its narration is easily recognized as typical of the newsreels that those of us old enough to remember saw regularly

before the feature films in our neighborhood theaters. We hear a foghorn and a whistle, and as the fog clears, we see the observers on a ship’s deck.

“Our ship was carrying out the routine duties of the International Ice Patrol,” says the narrator. “Locating and reporting icebergs is our main job.” Through the fog, we see a rough, almost mountainlike iceberg on the starboard side. “One like this,” he says, “if you don’t see it in time, can do plenty of damage.”²

At the time of the 1949 film, this patrol was carried out by Coast Guard cutters and by planes (weather permitting) using the tools and techniques available at the time. The addition of aerial surveillance had become possible after WWII. Once a significant berg was spotted, its location and an estimation of its size was recorded and then transmitted by radio to any ships approaching the spot. It was observed until it was no longer large enough to pose a significant hazard. The currents were sometimes recorded from the ships by tossing messages in bottles into the sea, which sounds surprising to modern ears. Weather reporting was assisted by recorders about twice the size of a



Petty Officer 2nd Class John Tchorz and Petty Officer 2nd Class Austin Krohne, stationed at U.S. Coast Guard Air Station Elizabeth City, North Carolina, deploy a Surface Velocity Program Drifting Buoy over the North Atlantic Ocean on April 22. The buoy will enable the International Ice Patrol to monitor currents and determine the extent of iceberg distribution for vessels transiting the area. U.S. Coast Guard photo by Petty Officer 3rd Class Kimberly Reaves.

shoebox sent aloft on lines from helium balloons.

A room-sized chart covered one wall in the Operations Room of the 1949 patrol's Newfoundland base, with markers for ships, planes and icebergs that were moved as their positions shifted.

"It's kind of a quiet place," says the narrator, "but a lot goes on there."

The propeller planes monitoring the icebergs farther north could cover 25,000 square miles in a day, and calculated the probable paths of the ones that were likely to migrate into the shipping lanes. The IIP was also dispatched to the aid of mariners in trouble in those hazardous waters.

Modernizing the Patrol

With few exceptions, the IIP's job of patrolling ice conditions is now conducted from the air. The International Ice Patrol's first aerial reconnaissance was conducted in February of 1946 from a PBY-5A Catalina seaplane, itself a veteran of WWII. Today, the headquarters of the International Ice Patrol shares a facility with the Coast Guard Research and

Development Center in New London, Connecticut, where the communications capabilities of satellites and the internet have changed the game forever. The International Ice Patrol also collaborates with U.S. and Canadian federal agencies as part of the North American Ice Service. However, the 11 aircrewmen and four ice observers of the Ice Reconnaissance Detachment are still flying out of Newfoundland.

A Coast Guard bulletin posted in May of this year describes the modern operation this way:

"The periodic searching of nearly 500,000 square miles of ocean is just one part of a much larger monitoring apparatus requiring an in-depth understanding of the dynamic weather and ocean currents on the Grand Banks; monitoring and predicting the movements of thousands of icebergs; continuous operation of a sophisticated computer model known as the Berg Analysis and Prediction System (BAPS); transmission of warnings and ice charts to ships at sea in a host of different formats; and nearly daily cooperation with over 30 organizations and agencies in the United States,



A CENTURY OF TRAILBLAZING

One hundred years ago, a group of soldiers couldn't get auto insurance, so they insured each other, creating USAA.

Thousands of patents, inventions and solutions later, that spirit of innovation still drives us to find new ways to support the military community.

**As long as there are those who serve,
USAA will be there to serve them.**



CELEBRATING 100 YEARS
OF SERVICE

usaa.com/100 | [#usaa100](https://twitter.com/usaa100)



Crew members of a Coast Guard HC-130J from U.S. Coast Guard Air Station Elizabeth City, North Carolina, conduct routine safety checks on the aircraft in preparation for a mission supporting the International Ice Patrol as they search the North Atlantic for icebergs. U.S. Coast Guard photo by Chief Petty Officer Bob Laura.

Canada, and Europe.

“... As technology continues to advance, the program is being modernized. The Department of Homeland Security (DHS) Science and Technology Directorate (S&T) is partnering with Service and the IIP to augment the U.S. Coast Guard’s ability to protect infrastructure and improve maritime safety and navigation in the Arctic region by fusing satellite-based radar imagery and commercial Synthetic Aperture Radar (SAR) imagery with ship reporting systems to enable analysts to identify significant ice throughout the North Atlantic Ocean in real-time.”²

Facing the Elements

There is an enormously effective short video made by Joshua Holko, a photographer whose lifework is taking pictures of icebergs in all their variety, that can be seen online at this link: https://youtu.be/i1Uq_Kpd9s8. If you have never been in close proximity to these natural phenomena, it is hard to imagine how immense and how beautiful they are. Seeing them

as the background to a small vessel with perhaps 40 people aboard delivers an immediate appreciation for their scale. Imagine driving a small bus down a city street past a whole city block occupied by a 15-story apartment building made entirely of glistening ice.

And there’s another short midcentury film that mostly describes the ice-breaking function of the Coast Guard rather than the IIP, but nevertheless has an irresistible description of glaciers and icebergs in the frigid sea. The camera pans across the monochromatic world, vaguely spooky music plays, and the narrator intones: “Ice: ... Nature’s ermine mantle that cloaks an entire continent. [Icebergs:] Blue-white mountains of it, nomads of the polar seas. Ice: Nature’s gauntlet of challenge to man’s progress.” The U.S. Coast Guard International Ice Patrol took up that challenge more than 100 years ago, and has met it without fail. **FRA**

1. https://www.youtube.com/watch?v=lg3N_K32gd4

2. <https://content.govdelivery.com/accounts/USDHSCG/bulletins/31722ad?reqfrom=share>

OCTOBER 16-22
2022



INFORMATION
IS AVAILABLE
ONLINE
WWW.FRA.ORG

Alabama
BIRMINGHAM

94th FRA AND 89th LAFRA
NATIONAL CONVENTION

Why I am Proud to be an American

By Lauren Mathews, Branch 316, North Central Region

As I ponder, "Why I am proud to be an American", many thoughts come to mind.

Many immigrants come to America each year for the freedom America offers. For many, this journey can be lengthy and challenging. Being born in America, I am extremely fortunate that these rights and freedoms were given to me at birth.

Our Constitution and Bill of Rights have stood the test of time. I am thankful our founding fathers had the foresight to safeguard the freedoms we enjoy. I am proud to live in a country where we have freedom of speech and religion, the right to bear arms, and the opportunity to participate in our government through our right to vote. I will never take these freedoms for granted.

We, the people, make America great. Our families, friends and neighbors look out for one another. Coaches and teachers help and encourage us to be our best. Police officers, firefighters and first responders are always on guard, keeping us safe. We have opportunities to serve and give back to our communities. I am proud to live in a country where people work together for the betterment of all.

America is known as the land of opportunity. Success is achieved by hard work and the determination to reach our goals, not by social class, race, ethnicity, or gender. I am proud to live in a nation where, regardless of who you are, there is no limit to what you can accomplish.

We live in a country of breathtaking beauty that is valued and protected for everyone to enjoy. The National Parks System was created in 1906 to protect and preserve our land and natural resources for future generations. America now has over 400 national parks.

Countless soldiers have given their lives to defend America's freedoms. I am grateful for those who have fought for me and for this country. Because of their bravery and sacrifice, I enjoy America's freedoms. I will always stand tall and face the flag to show my respect for this great nation. I am proud to be an American.

Congratulations to the 2021–2022 FRA Americanism Essay Contest Winners!

The overall winner was Lauren Mathews, Branch 316, North Central Region.

Grade 7 Winners

- 1st Place: Zachary Krivis, Branch 17, North Central Region
- 2nd Place: Katelyn “Camille” Avery, Branch 89, Southeast Region
- 3rd Place: Bradyn Bowers, Branch 275, West Coast Region

Grade 8 Winners

- 1st Place: Sonia Veldhuis, Branch 13, Northeast/New England Region
- 2nd Place: Ethan Copeland, Branch 293, East Coast Region
- 3rd Place: Silas Stephens, Branch 364, North Central Region

Grade 9 Winners

- 1st Place: Lauren Mathews, Branch 316, North Central Region
- 2nd Place: Gabrielle Miranda, Branch 70, Southwest Region
- 3rd Place: Lilly Winslow, Branch 293, East Coast Region

Grade 10 Winners

- 1st Place: David Allen, Branch 32, North Central Region
- 2nd Place: Seth Guzman, Branch 294, Southeast Region
- 3rd Place: Bayleigh S. Guidry, Branch 251, South Central Region

Grade 11 Winners

- 1st Place: Malik Bossert-Haverland, Branch 293, East Coast Region
- 2nd Place: Zachary Miranda, Branch 70, Southwest Region
- 3rd Place: Natalie Nicole Fibelkorn, Branch 44, Southeast Region

Grade 12 Winners

- 1st Place: J. D. Bowman, Branch 185, West Coast Region
- 2nd Place: Jacob Agresta, Branch 55, Northwest Region
- 3rd Place: Callie Johnston, Branch 294, Southeast Region



Photo by DepositPhoto.

AMERICANISM ESSAY CONTEST RULES

1. All entrants shall be students in grades seven through twelve (or equivalent).
2. Entrants must be sponsored by a branch of the Fleet Reserve Association, a unit of the Ladies Auxiliary or an FRA Member-at-Large.
3. The essay shall be on the theme designated and shall not exceed 350 words.
4. The essay shall be legibly written or typed on one side and one page only.
5. The title of the essay shall be written or typed at the top of the paper.
6. A student may submit only one entry each year.
7. Each entry must be accompanied by a separate sheet stating: the entrant's name; address; zip code; telephone number; school grade (or equivalent); name of school or the word "home-schooled;" number of words in essay; and the sponsoring branch/unit or sponsor's name.
8. Entries submitted to branches shall be submitted to the branch Americanism-patriotism committee and postmarked not later than Dec. 1, for judging at the branch level.
9. Entries sponsored by membership at large members shall be submitted to the national chairman and forwarded to an appropriate branch for judging in their respective grade group. All entries shall be postmarked not later than Dec. 1.
10. The Internal Revenue Service requires that any participant who receives \$600 or more will be issued a Form 1099 identifying the proceeds as taxable. Winners must provide their social security numbers to the FRA upon request.



FRA AMERICANISM ESSAY CONTEST RULES

- All entrants shall be students in grades seven through twelve (or equivalent).
- Entrants must be sponsored by a branch of the Fleet Reserve Association or a unit of the Ladies Auxiliary, or by an FRA Member-at-Large.
- The essay shall be on the theme designated and shall not exceed 350 words.
- **The essay shall be legibly written or typed on one side and one page only.**
- The title of the essay shall be written or typed at the top of the paper.
- A student may submit only one entry each year.
- Each entry must be accompanied by a separate sheet stating: the entrant's name; address; zip code; telephone number; school grade (or equivalent); name of school or the words "home schooled;" number of words in essay; and the sponsoring branch/unit or sponsor's name.
- Entries submitted to branches shall be submitted to the Branch Americanism-Patriotism Committee and postmarked not later than December 1, for judging at the branch level.
- Entries sponsored by membership at large members shall be submitted to the national chairman and forwarded to an appropriate branch for judging in their respective grade group. All entries shall be postmarked not later than December 1.
- **The Internal Revenue Service requires that any participant who receives \$600 or more will be issued a Form 1099 identifying the proceeds as taxable. Winners must provide their social security numbers to the FRA upon request.**



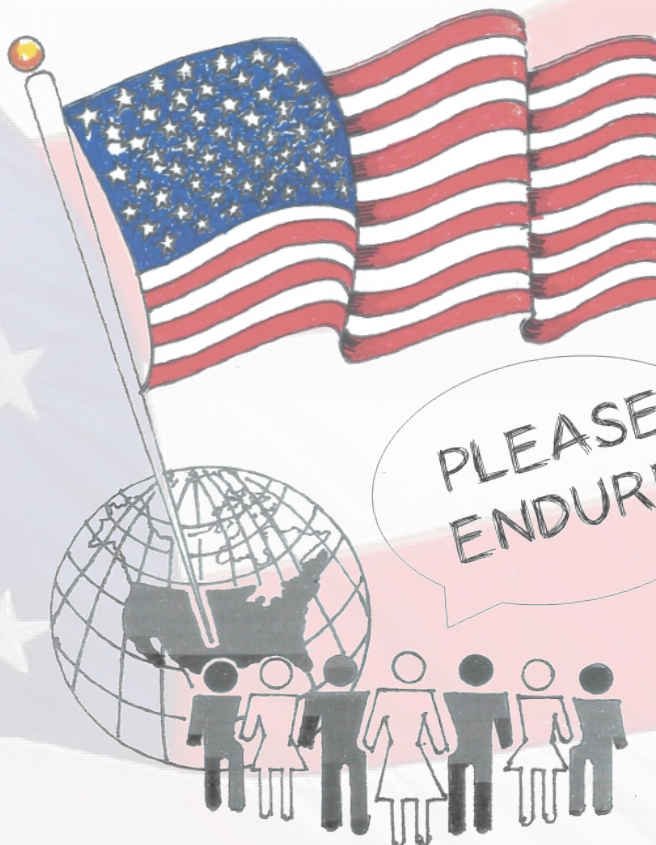


FLEET RESERVE ASSOCIATION

2022-2023

★★ *Americanism Essay Contest* ★★

“WHAT THE
UNITED STATES
FLAG
STANDS FOR”



ELIGIBILITY	Students, grades 7 through 12
DEADLINE	December 1, 2022
REQUIREMENTS	350 words or less about “What the United States Flag Stands For”
WEBSITE	www.fra.org/essay

For information about the contest, contact:

School Counselor: _____

FRA Essay Chairman: _____

FRA Branch: _____

Telephone: _____

GRAND PRIZE
\$5,000

18
National Awards
and
Regional / Local Prizes

MEMBERSHIP APPLICATION

Membership is open to all current and former enlisted sea service (USN, USMC, USCG) personnel.



Member benefits include:

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

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

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

I certify I meet the FRA eligibility requirements of being a current or former enlisted member of the Navy, Marine Corps or Coast Guard.

Service: ☐ USN ☐ USMC ☐ USCG

Status: ☐ Active ☐ Reserve ☐ Retired ☐ Veteran

NAME

EMAIL ADDRESS

RATE / RANK

TELEPHONE / MOBILE TELEPHONE

STREET ADDRESS

DATE OF BIRTH (MM/DD/YY) SSN (optional)

SUITE / SPACE / LOT

SPOUSE'S NAME

CITY

☐ Branch # ☐ Closest Branch ☐ Member-at-Large

STATE ZIP CODE

Are you a previous FRA member?

☐ No ☐ Yes, previous member #

MEMBERSHIP OPTIONS

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

☐ 1 Year / \$40.00

☐ 2 Years / \$64.00 SPECIAL OFFER FIRST TIME MEMBERS!

☐ 2 Years / \$75.00 (for renewing or reinstating FRA members)

☐ 5 Years / \$180.00

☐ Life Member (see table for price)

PAYMENT OPTIONS

Join online at: www.FRA.org/JOIN

☐ Master Card

☐ Visa

☐ Discover

☐ American Express

☐ Check-enclosed

CREDIT CARD NO.

EXP. DATE

SIGNATURE

DATE

SPONSORED BY

NAME

MEMBER NO.

BRANCH NO.

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

LIFE MEMBERSHIP RATES

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

JULY 2022

The Benefits of Membership

The Fleet Reserve Association represents and serves all current and prior enlisted U.S. Navy, Marine Corps and Coast Guard service members and their families. Here are just a few of the benefits our members enjoy.



Christina Hitchcock

Advocacy

The FRA's highly respected legislative team ensures that your voice is heard and understood on Capitol Hill. We fight for the pay and benefits of active duty, reserve, veteran and retired members of the Navy, Marine Corps and Coast Guard. Check out www.fra.org/ActionCenter to review the current issues and lend your voice to our shared mission. The FRA also has veteran service officers who assist veterans with filing their claims and appeals to the U.S. Department of Veterans Affairs.

Branch Affiliation

Almost every state in the U.S. has at least one FRA branch, and several branches are located overseas. The FRA branches foster camaraderie among fellow sea service members and strive to keep Shipmates informed about changes in local policy as well as to support local veteran and youth activities.

FRA Publications

The FRA produces a monthly magazine, *FRAtoday*; a weekly email newsletter, NewsBytes; call-to-action emails, Making Waves; and quarterly e-newsletters for active-duty members, OnWatch.

Education Scholarships

The FRA Education Foundation provides more than \$90,000 in scholarship funds each year to sea service personnel, FRA members and their dependents. The funds are applicable toward tuition at trade schools, community colleges and four-year universities.

Disaster Relief

The FRA facilitates relief to fellow Shipmates during times of need. Shipmates who have suffered losses due to natural disasters, such as Hurricane Katrina, have received more than \$100,000 in aid.

FRA Life and Health Insurance Programs

As an FRA member, you are eligible for excellent coverage at affordable group rates by participating in the FRA-endorsed insurance programs. You can request information by calling 800-424-1120, or by following the links on the Membership Benefits page online at www.fra.org/benefits.

Savings Marketplace

The FRA has partnered with Working Advantage (formerly Sparkfly) to offer unique discounts on things like travel, restaurants, electronics, movie and event tickets, shopping, and more! Discounts are accessible through your myFRA membership profile on www.fra.org or by calling Working Advantage Customer Care at 1-800-683-2886 and providing your FRA member ID number.

VA Volunteer Service

FRA members volunteer thousands of hours at Veterans Affairs hospitals through the VA Center for Development and Civic Engagement, bringing assistance and companionship to veterans and service members who are in VA medical centers. For more information, call 800-FRA-1924.

USAA Visa Rewards Program

Members can apply for the only credit card that supports the FRA. With a low APR, no annual fees and some great rewards programs, you will see why a credit card from a bank built on military values is better. Apply today at www.usaa.com/fra or call 877-372-8722.

USAA Financial Services

The United Services Automobile Association (USAA) provides competitive products, award-winning service and the convenience of banking and investments to active-duty military, veterans and their families. The FRA endorses USAA and its preferred financial services. Best of all, joining USAA is free and you can pass the benefits along to your children. Find out more information at www.usaa.com/fra or call 877-372-8722.

Take advantage of some of these benefits and your membership will pay for itself! **FRA**

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

1. BRANCH 302, CARSON, CALIF.

Branch President Ed Labao (gold cover) presented first place Americanism Essay Contest awards to 10th grader Ariana Perez on April 10. She won at both the branch and Southwest regional levels.



2. BRANCH 146, JOHNSVILLE, PA.

Branch Americanism Essay Contest awards were presented to winners from Saint Isidore School in Quakertown, Pennsylvania. (L to R) Rev. Ken Brabazon; Principal Dr. Robin Convoys; Brynn Gillin, seventh grade 2nd place winner; Joseph Maigur, seventh grade first place winner; Joe Millman; Dick Murphy; Tom Concannon; Amy McHale, eighth grade second place winner; Annie Malack, eighth grade first place winner; teacher Mary Finnegan; and Pennsylvania State Rep. Craig Staats.



3. BRANCH 201, AUSTIN, TEXAS

NJROTC Cadet Jose Rivera (R) from John Marshall High School in San Antonio, Texas, was presented with his Americanism Essay Contest Award by RPSC C. Ursula Gruetzner (L) on April 12.



4. BRANCH 55, PORTLAND, ORE.

City of Roses Branch President Roger Harr (L) presented a certificate to 12th grader Jacob Agesta (R), who won first place at the Northwest regional level of the Americanism Essay Contest, on April 8. Agesta is planning on pursuing a degree in mechanical engineering after high school.



5. BRANCH 299, WILMINGTON, N.C.

Yeoman Master Chief Rainey Scrocco (center) is a new Master Chief in the Coast Guard and is responsible for bringing back the charter to Wilmington, North Carolina. U.S. Coast Guard Sector North Carolina Commander Capt. Matt Baer (L) is swearing in Scrocco. Senior Reserve Officer for USCG Sector North Carolina Cmdr. Mike Toth (R) attended.



6. BRANCH 261, LEMOORE CALIF.

Gordon Depuy was presented with his 50-Year Continuous Membership Certificate and Pin. (L to R) Don Corder, John Heger, Ray Fratus, Branch President Doug McCann, Gordon Depuy, Bob Craig, Dennis Desjarlais and Rob Waleki.

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

Camp Lejeune Branch 208 presented Americanism Essay Contest awards on April 12. (L to R) Graham Luby, Paul Levesque, Vincent Gonzalez, John Caskey, Ben Sheegog, Branch President Raymond Applewhite, Alicia Moulton, Jerry Gray Jr., Sofia Lovewell, Reuben Alexander, Hiyori Wong Varga, Zander Riley, Michelle McNicholl, Logan Smith, Cecilia Nunemacher, Paul Miethker and Alexander J. Nevgloski Sr.

8. BRANCH 162, NEW ORLEANS, LA.

Branch Vice President Kevin Doucette (L) presented Shipmate Frank Seymour (R) with his 30-Year Continuous Membership Pin and Certificate during the March branch meeting.

9. BRANCH 302, CARSON, CALIF.

Branch President Ed Labao presented an Americanism Essay Contest Award April 19 to Maya Gaeon, who is the eighth grade first place winner at the branch level and the third place winner at the Southwest regional level.

10. BRANCH 242, DAVENPORT, IOWA

Michel Meng is shown holding his regional trophy and check. Meng won the Americanism Essay Contest for ninth grade at the branch level as well as third place at the regional level.

11. BRANCH 182, BETHESDA, MD.

Americanism Essay Contest branch winners Eniola Sanni (10th grade), Diya Jha (11th grade) and Madison Johnson (12th grade) display their certificates. Sanni also placed second at the East Coast regional level. (L to R) Branch Americanism and Patriotism Chairman PNC Paul Gunther, Eniola Sanni, Diya Jha, Madison Johnson, and Branch President Keith Kaider.

12. BRANCH 382, NAMPA, IDAHO

The Boise VA Medical Center's veterans food bank contacted Branch and Unit 382 for assistance in restocking their shelves. With the assistance of Walmart's Ten Mile Road store in Meridian, Idaho, they were able to help. PRPNW Bill Hall and Unit President Rose Hall (blue coat) stand between the Walmart managers.





**More Perks.
More Savings.**
More of what makes you happy

Enjoy Savings On

Electronics - Appliances - Apparel - Cars - Fitness Memberships
Gift Cards - Groceries - Hotels - Movie Tickets - Rental Cars
Special Events - Theme Parks - And More!

Sign up at: fra.savings.workingadvantage.com



Sparkfly Perks is now Working Advantage
Use your phone camera or QR code scanning
app to access the site



In Memoriam

Name	Rating	Branch	Name	Rating	Branch	Name	Rating	Branch
Aiton, Bruce A.	HMC, USN	136	Linehan, John	PN2, USN	24	Rider, Charles W.	HTC, USNR	269
Anderson, Michael J.	AS1, USN	290	Machado, Frank H.	SKCS, USN	197	Roe, David	USN	382
Baker, James A.	CMC, USN	MAL	Maldonado, Conrad T.	MM1, USN	70	Rosson, Ronnie E.	ATCS, USN	MAL
Beck, Clem M.	ATN1, USN	182	Mann, Darrell L.	ENCs, USN	MAL	Sanders, Ronald	YNCS, USN	MAL
Bellflower, Robert J.	CDR, USN	182	Markee, Charles J.	CTOCS, USN	242	Sarinas, Richard A.	SCPO, USN	MAL
Birch, David A.	PO3, USN	60	Michaelson, John D.	CWO2, USN	145	Simpson, Danny L.	1STLT, USMC	94
Boswell, William E.	SKCM, USN	MAL	Miller, C.B.	PO2, USN	MAL	Soos, Donald S.	YNCM, USN	91
Cerney, Robert L.	FTM2, USN	263	Misertino, John J.	SSGT, USMC	MAL	Spence, John M.	BTCM, USN	MAL
Cons, Henry G.	MS1, USN	MAL	Moran, James J.	QMCS(SS), USN	316	Spencer, Robert F.	LCDR, USN	MAL
Cook, John F.	CAPT, USN	24	Mower, Ferrell R.	MMC, USN	MAL	Stevens, Jerry B.	TMC(DV), USN	97
Craddock, Gerald B.	ATC, USN	MAL	Nash, Randall F.	CPL, USMC	24	Vincent, Richard M.	SKCM(SW), USN	22
Crawford, Leonard S.	BMC, USN	MAL	Onken, Charles R.	LCDR, USN	261	Walker, Joe W.	AMSC, USN	11
Dewater, James E.	JOCS, USN	MAL	Payne, Darrell D.	GMCS, USN	MAL	Wilcox, Russell A.	CPO, USN	106
Dewey, Duane E.	CPL, USMC	298	Plattner, Raymond L.	AGCM, USN	104	Wright, Richard L.	YNCM, USN	106
Dominguez, Pat B.	USN	08	Prevatte, Jack L.	HMC, USN	208	Zaleski, Henryk B.	CWO4/SC, USN	MAL
Edgerton, Charles W.	EOD, USN	166	Richter, Rick	AE1, USN	210	Zarich, Victor	AZ1, USNR	MAL
Ferrell, Eldon E.	MRC, USN	MAL						
Forkan, Joseph T.	SF1, USN	MAL						
Gallegos, Jose M.	BTCM, USN	162						
Ganitch, Michael M.	QMCS, USN	MAL						
Grahn, Gary R.	CWO, USN	293						
Hall, Clarence C.	CAPT, USN	104						
Harper, William F.	RM1, USN	60						
Henry, Randall G.	MUC, USN	MAL						
Hewgley, Jimmie D.	ADJC, USN	94						
Hill, John	SGT, USMC	24						
Hoffman, Robert E.	HM1, USN	MAL						
Hurley, Charles G.	AFCM, USN	MAL						
Jackson, Carl H.	CWO4, USN	22						
Kemmerer, John R.	CPO, USN	24						

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.

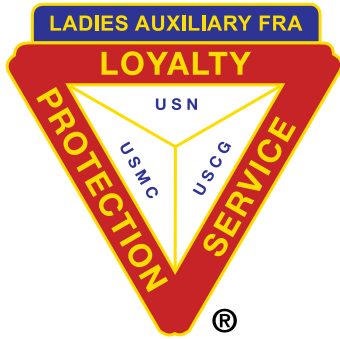


Your involvement in the Fleet Reserve Association demonstrates extraordinary commitment to improving the quality of life for your shipmates and their families. Please consider joining other shipmates who've chosen to leave a legacy of Loyalty, Protection and Service by remembering FRA or the FRA Education Foundation in your will, living trust or estate plan.

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

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

LA FRA MEMBERSHIP APPLICATION



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

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

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

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

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

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

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

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

Telephone: _____ Date of Birth: _____

Email: _____



The following service member information validates this application:

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

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

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

Unit Preference _____ Applicant's Signature _____ Date _____

Recruiter _____ Member # _____ Unit/Branch # _____

Verified by _____ Title _____ Unit/Branch _____ Date _____



I am the:

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

Annual Membersip Dues:	
	\$25.00 for 1 Year
	\$50.00 for 2 Year
	\$75.00 for 3 Years
	\$100.00 for 4 Years
	\$125.00 for 5 Years

Make all checks or money orders payable to LA FRA.

Along with signed application and payment, mail to:

National Financial Secretary
PO Box 3037, Carson City, NV 89702

REUNIONS

USS SAUFLEY (DD-465)

9/12/2022 - 9/16/2022
Location: Branson, Mo.
Contact: Dean Agee
Telephone: 301-674-0181
Email: rdmlagee@gmail.com

USS MARS (AFS-1)

9/28/2022 - 10/2/2022
Location: San Diego, Calif.
Contact: Ed Biddle
Telephone: 713-899-5035
Email: edbid@yahoo.com
Website: www.usstidewater.org

USS ORISKANY (CV/CVA-34)

10/9/2022 - 10/12/2022
Location: Kansas City, Mo.
Contact: Dennis Young
Telephone: 816-686-0197
Email: denny802@comcast.net

USS WALLER (DD/DDE-466)

10/9/2022 - 10/13/2022
Location: Nashville, Tenn.
Contact: Keith Lemons
Telephone: 606-365-2902
Email: schulerlemons98@gmail.com

VP-4 All Hands Reunion

10/12/2022 - 10/16/2022
Location: San Antonio, Texas
Contact: Larry Hames
Telephone: 503-688-9804
Email: Larry.Hames@VP4
Association.com

Guantanamo Bay Association

10/12/2022 - 10/16/2022
Location: Washington, D.C.
Contact: Mike Warman
Telephone: 407-323-3632
Email: mwarmanfl@gmail.com
Website: www.gitmobay.org

Mine Division 113 Vietnam

10/17/2022 - 10/20/2022
Location: New Orleans, La.
Contact: Don Heche
Telephone: 501-620-0593
Email: don9329@hotmail.com

USS SEA CAT (SS-399)

10/17/2022 - 10/20/2022
Location: Little Rock, Ark.
Contact: Edwin Hymer
Telephone: 515-981-3006
Email: ednmeg@mchsi.com

U.S. LST Association

(Saginaw, Sutter County,
Park County, Litchfield County,
Wexford County)
10/17/2022 - 10/20/2022
Location: Jacksonville, Fla.
Contact: Angela D'Angela
Telephone: 803-865-5665
Email: support@nehemiahcom
munications.com

LOOKING FOR

Lt. Stockspill, J.A.G. Corp. His
last known duty station was
Subic Bay, the Philippines, May
of 1979.

Please contact AMHC Roy D.
La Barrer, USN (Ret.), P.O. Box
245, Arlee, MT. 59821. Email at
LABARRER@blackfoot.net, or
call 406-726-4284.

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.

SHIP AND AIRCRAFT PHOTOS FOR SALE

Thousands of photos available pre-WWII to present.

Color: 8" x 10" - \$25.00 11" x 14" - \$40.00

Color Mode (made from B&W) Same Price As Color

(863) 712-1401

Inquire about our Wooden Mounted "Plakits"

Send payment with order.... Check or Money Order. Credit card orders accepted.

ELSILRAC ENTERPRISES

PO Box 7109

Winter Haven, Florida 33883


*Shipping & Handling
included in price.*

elsilracoi240@msn.com

Get Your FRA Challenge Coins for \$15.00



**There are 2 versions,
the Fleet Reserve
Association and the
Ladies Auxiliary
of the FRA version**

FRA Branch 192

Silver Dollar Branch

4130 Raven Dr
Fallon, NV 89406
www.frabranch192.com
frabranch192@yahoo.com



A Message from the East Coast Regional President



Greetings! The East Coast Region is fired up with boots on the ground. We are so excited about opportunities to be of service to others, beginning with our community outreach tasks. During the entire month of May, we fed homeless people in communities throughout the East Coast.

After communicating with several people who currently are living on the streets, we discovered that many of those folks don't feel good about themselves and heartbreakingly, there are people who think that feeling good about themselves is somehow inappropriate, bad or beyond what they deserve.

We could all make a difference in our regions. Everyone can be of service and meet the needs of others. Our job is not to explain why people are homeless or to judge their situations. Our job is to simply meet the need.

Feeding Those in Need

We are all proud members of the Auxiliary of the FRA, and we welcome the challenge to do all that we can to be the providers of good service to others. Our region has partnered with several local churches, Cub Scout troops and neighbors to assist with caring for homeless individuals throughout the East Coast. FRA RPEC Chris Murray from Branch 40, along with RVPEC Gabriel Fulu from Branch 99, joined us and helped create ditty bags for homeless people.

We have been campaigning at units throughout the region, asking them to join us in making ditty bags full of toiletries, hair products and personal hygiene items, such as washcloths, T-shirts and socks. The bags have also contained sandwiches, fruit, homemade chicken noodle soup and snacks. So far, we have provided these bags to homeless individuals living in Washington, D.C.; North Carolina; Norfolk, Virginia; and Hampton, Virginia.

I have noticed that people naturally want to be of service and enjoy meeting the needs of others. Units throughout the East Coast are visiting nursing



RPEC Dorothy Smiley helps members of Unit and Branch 24 prepare and load ditty bags of hygiene items for the homeless.

homes, aiding older adults, doing volunteer work at the Navy-Marine Corps Relief Society and visiting the sick.

Members also like getting youth organizations involved in these service projects, which can teach young people about the value of all people and provide examples of rewarding ways to spend their time.

In Memorium

As you may know by now, our good friend PRPEC Karen Brobst passed away on April 26. Karen had been an active member since 1980 and was a member of Unit 93 before later transferring to Unit 24. We were blessed to have her as a member for 42 years. May she rest in the arms of the Lord. Unit 24 was well represented at and took part in the services.

As always, remember: Alone you are phenomenal, but together we are a force. **FRA**

In Loyalty, Protection and Service,
RPEC Dorothy Smiley

Dorothy is the East Coast regional president of the LA FRA.

Financial Wellness Check: Are You Staying Fiscally Fit?



Carl M. Trevisan, CFP®



Stephen M. Bearce

Understanding the current health of your finances starts with having a solid plan in place, but it depends on following the plan so you stay on track and continue working toward your financial goals. That's where a financial wellness check can be useful. It can help you make sure you're hitting the right milestones in your plan — and also help you check that your plan is working for you.

Where to start? Here, John Knowles, lead strategy consultant of Retirement Solutions at Wells Fargo Advisors, shares six questions that can set up your financial wellness check.

Are You Adding to Your Investment Accounts on a Regular Schedule?

Saving often and early is rule No. 1 because of the power of compounding. When you leave any investment gains in your account rather than taking them out, those gains have the opportunity to start earning returns as well.

Taking full advantage of your employer's retirement plan — typically a 401(k) — is a good place to start. That includes contributing enough to qualify for any potential company match, something Knowles stressed to his daughter when she entered the workforce.

"If the company is going to match you up to 5%, put 5% in at least," he says.

Those nearing retirement may want to explore "catch-up" contributions that allow them to add more to certain retirement accounts.

Are Your Estate Planning Documents Up to Date?

Estate planning documents should include a will; health care power of attorney, or POA; durable POA for financial matters; and a list of your accounts and their respective contacts and account access information. You might also consider including a net worth statement, life insurance policies, property deeds, and a list of assets for your children, such as a 529 account, a

trust or a Roth IRA for kids.

Knowles says talking to loved ones is an essential part of estate planning.

"Having those discussions, writing down your wishes and then formalizing that through official documents is key," he says.

Do You Have an Emergency Fund?

A good rule of thumb is to have six months' worth of expenses in an emergency fund.

You might need your emergency fund even when an event is covered by an insurance policy.

"If a natural disaster such as a hurricane does significant property damage, it takes a while for the insurance money to kick in," he says. "And it could take a while for your employer to reopen so you can resume working."

Do You Have a Plan for Paying for Your Child's College Education?

If you're thinking about paying for your child's or grandchild's college education, consider starting to save as early as the day they're born, Knowles says.

"Make college savings a part of your monthly budget just like your retirement savings," he advises.

529 plans and other college savings vehicles are worth considering.

Are You Being Smart About Taxes?

With accounts such as 401(k)s and IRAs, the money has the potential to grow tax-deferred. That means you pay taxes on the funds only when you withdraw during retirement. But with choices such as Roth IRAs or Roth 401(k)s, you pay taxes on the money at the start, but then don't pay taxes when you take qualified withdrawals. Other specialized accounts, such as Health Savings Accounts and Flexible Spending Accounts, may also provide tax advantages.

"It really boils down to not putting all your eggs in one tax basket," Knowles says. "Putting

most of your wealth in tax-deferred savings accounts means when you withdraw your money, you may potentially incur a large tax bill. Diversification with taxes in mind may help reduce it.”

Are You Getting Advice From a Professional Advisor on a Regular Basis?

Having a financial wellness checkup with a financial adviser and other professionals on topics such as taxes, estate planning and insurance is like getting health input from a doctor, Knowles says.

A financial adviser can evaluate your situation by taking measurements on a regular basis or whenever a significant life event happens, such as a job change, marriage, or divorce. This can help determine where you stand and what actions to consider.

“Doctors don’t ask you what your blood pressure is, they find out,” Knowles says. “Once they have all the data they need, they make a recommendation. In this case, it’s

your financial adviser prescribing what can help improve your financial well-being after taking all the necessary measurements.” **FRA**

Please consider the investment objectives, risks, charges and expenses carefully before investing in a 529 savings plan. The official statement, which contains this and other information, can be obtained by calling your financial advisor. Read it carefully before you invest.

Trust services available through banking and trust affiliates in addition to non-affiliated companies of Wells Fargo Advisors. Wells Fargo Advisors and its affiliates do not provide legal or tax advice. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state. Insurance products are offered through nonbank insurance agency affiliates of Wells Fargo & Company and underwritten by non-affiliated insurance companies. Not available in all states.

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

Investment and Insurance Products are:

- Not Insured by the FDIC or Any Federal Government Agency
- Not a Deposit or Other Obligation of, or Guaranteed by, the Bank or Any Bank Affiliate
- Subject to Investment Risks, Including Possible Loss of the Principal Amount Invested

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company.

©2022 Wells Fargo Clearing Services, LLC. All rights reserved.

Finally, an emergency alert that works **anywhere!**



Why should you be satisfied with an emergency alert that only works at home? You deserve to be protected everywhere with ‘Latitude Mobile Alert’.

The ‘Latitude Mobile Alert’, **with auto fall detection**, provides safety and independence no matter where you are located when you need urgent help.

Our Smart Talk feature guides you through your personal emergency by voice announcements from the alarm.

The alarm is programmable to call and text 6 contacts and emergency services when urgent help is needed.

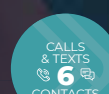
‘Latitude Mobile Alert’ has **no monthly monitoring fees** and is available and **paid for by VA for veterans**.

Using 4G LTE cellular networks, it works when you’re at home and on the go, doing what you love.



For more details call: **1-866-205-4872**
golatitude.com/veterans

Available
and paid
for by VA
for veterans



GSA Contract Holder
 Contract 47QSWA20D0006
 Contractor Part number: LMA EV-04G

NORTH AMERICA'S

#1 Selling Walk-In Tub

SPECIAL OFFER

Featuring our Free Shower Package

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

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

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

Call today and receive a
FREE SHOWER PACKAGE

PLUS \$1600 OFF

FOR A LIMITED TIME ONLY

Call Toll-Free 1-800-996-1244

SAFE STEP
WALK-IN TUB
www.BuySafeStep.com

With purchase of a new Safe Step Walk-In Tub.
Not applicable with any previous walk-in tub purchase.
Offer available while supplies last. No cash value.
Must present offer at time of purchase.



Call Today for Your Free Shower Package

1-800-996-1244

FINANCING
AVAILABLE
WITH APPROVED
CREDIT



Postmaster: Send address changes to:
Member services
FRA
125 N. West Street
Alexandria, VA 22314-2754

Everything You Need and Nothing That You Don't.

Cellular Service on the Nation's Most Dependable Network.

Members Save Big!

- ✓ **FREE Flip Phone or Smartphone****
- ✓ **FREE Activation**
- ✓ **FREE Shipping**

Flip Phone BUNDLE SPECIAL!

5 MONTHS FREE SERVICE
With: 500 Minutes, 500 Text Messages per month
Includes: FREE Activation, Shipping
and USB Car Adapter.

ONLY **\$34⁹⁹**

**Talk
and
Text**

Starting At **\$10^{*}**
per month

**Talk, Text
and Data**

Starting At **\$20^{*}**
per month

**It doesn't get any better than that,
start saving on your cell phone service today!**

See Website for Other Plan
and Phone Options.

*\$10 first 3 months then \$12.99 thereafter.

877-810-7461 Affinity
AffinityCellular.com **CELLULAR**

