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FRA *today*

The magazine of the Fleet Reserve Association

MAY 2022 / \$3.75

THE HONOR FLIGHT NETWORK



INSIDE:

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May 2022 Volume 101 Number 5



Cover: Navy Vietnam War veterans Walt Frazier (L) and Gary Ely (R) stand beside a Bell UH-1 helicopter displayed on the flight deck of the USS Midway, now a museum ship in San Diego. The Huey they are pictured with is the same type in which they flew as gunners during operations in Vietnam. Frazier and Ely were at the USS Midway Museum Feb. 25 to attend the Honor Flight San Diego announcement that the hub will begin taking Vietnam Veterans on Honor Flight trips this fall. Photo by Jessica Brodtkin Webb. Above: A farewell water salute is given by the Boise Airport fire station as an aircraft prepares to leave for the nation's capital with veterans of World War II on board. The veterans spent several days touring memorials and sites to honor their service and sacrifices as part of an Honor Flight of Idaho trip. Photo by Tech. Sgt. John Winn.

Features

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The Honor Flight Network's mission is simple: "To celebrate America's veterans by inviting them to share in a day of honor at our nation's memorials." However, the program is more complex than the mission implies.

26 The National U.S. Coast Guard Museum

The full story of the Coast Guard's 232 years of service has not yet been pulled together and presented to the public in a comprehensive modern facility. All that is scheduled to change.



LOYALTY, PROTECTION AND SERVICE

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

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When Things Seem out of Control, Control the Things You Can

Why Mother's Day Is Celebrated Twice.

May is the month in which we celebrate Mother's Day! But did you know Mother's Day is celebrated twice a year? Even though moms are very special and amazing people, the real reason is that people celebrate their moms on different days in the United Kingdom than we do here in the States.

Mother's Day was traditionally called Mothering Sunday in the U.K. — the fourth Sunday of Lent — because Christians were encouraged to visit their "mother church." Now the day is associated with family reunions and children come home to pay a visit to their mum and celebrate her role in their lives.

Why the U.S. Celebrates Mother's Day in May

The American Mother's Day is not a religious holiday. It was established by President Woodrow Wilson in 1914 after a campaign was launched by an American woman from West Virginia named Anna Jarvis, whose own mother died in May. It has since been held every year on the second Sunday of May in the U.S. and several other countries, including Australia.

Why Mothers Deserve To Be Celebrated

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds and the influence of mothers in society. The day is specifically set aside for people to honor the mothers who have made a great contribution to their lives.

So many of us have incredible mothers to whom we owe so much. This is a special day for moms who can sometimes be overlooked or taken for granted, but just think about all the sacrifices your mother made for you.

For some, Mother's Day is a day that you send flowers, a card or take your mom to lunch or dinner. For others, like me, it is a day of reflection or remembrance. Everyone has their own way to celebrate Mother's Day, but however you choose to celebrate or reflect, it is a good thing to do.

Happy Mother's Day!

FRA

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



My mother having fun on a swing.

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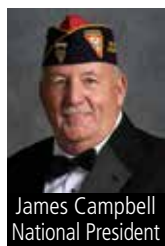
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Memorial Day: A Special Day of Remembrance



James Campbell
National President

As we move further into 2022, we see that COVID restrictions are becoming less and less of a demand on us. We as a country, within our states and communities, are getting out and traveling more. It is a wonderful feeling to see friends and family and to be able to gather and visit. I recently attended the Southeast Midyear Meeting in Crossville, Tennessee, and visited the hotel in Birmingham, Alabama, where the 2022 National Convention is going to be held. It was so nice to be able to see everyone in person, but this doesn't mean that we still do not have to be careful and smart about what we do.

Again, it is that time of the year when our regions are planning their midyear meetings and annual regional conventions. The sooner you let national headquarters know about the dates and places, the better they can disseminate the details on the website, in newsletters and on social media. I am planning to visit as many of these regional events as possible.

With that being said, the East Coast Region is in the process of reinstituting Del Herman Branch 299 in Wilmington, North Carolina, and the Northwest Region is in the process of instituting a new branch in Hawaii. Bravo Zulu to RPEC Chris Murray and RPNW Michelle Davis for your hard work.

Memorial Day is May 30 this year and will be the unofficial beginning of summer with picnics, cookouts and time at the lake — I really enjoy spending time with my family and friends. Have you ever stopped and wondered why and how this is possible? To me, the “why?” is the true meaning of Memorial Day. It is the day of remembrance to those active-duty men and women who made the ultimate sacrifice for our country. We,

as a country, owe it to them to take time out of our day to remember and honor the fallen and their families.

In the beginning, Memorial Day was called Decoration Day, due to the fact that freed slaves went out and decorated the graves of the fallen soldiers of the Civil War. Sometime around 1868, Memorial Day became a tradition throughout the small towns of America. Memorial Day as we now know it did not become a national holiday until 1971. So, before you head out to enjoy your weekend of picnics and cookouts with family and friends, stop for a few minutes to remember, honor and say a prayer for the fallen and their families because it was their sacrifices that allowed us to all be free to enjoy our lives.

In conclusion, I want to thank all of our Shipmates for all their hard work, dedication and efforts to get the word out about the Fleet Reserve Association — who we are, what we do and why we do it. So, when you are out traveling, be sure to have fun, enjoy yourself and most of all, stay safe. **FRA**

In Loyalty, Protection and Service,

Jim Campbell

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



Each year the FRA attends the National Memorial Day Observance at Arlington National Cemetery and presents a wreath at the Tomb of the Unknown Soldier each year it has been held. This image is from 2011, when Don Larson was National President. Staff photo.

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Suez Canal Story

The article on the first U.S. Naval ship to go through the Suez Canal that ran in the January issue of *FRAtoday* was interesting.

I was on board the *USS HANK* (DD-702), in the middle 50s when the Egyptians took over control of the canal from the Brits and French. Egyptian soldiers rode on an American Jeep, with a 20mm gun pointed on the ship, and followed us through the northern half of the canal to the Mediterranean (Sea).

I am under the impression that the *HANK* was the last U.S. Naval ship to go through the canal right before the Egyptians closed the canal to all traffic. That would have been 1957, I believe.

Something to check on and then maybe write a future article on the canal.

My wife sure enjoys those types of Naval stories. She has been collecting the articles. I do also.

*Have a blessed day,
BU1, RNMCB Jerry Moran, USN (Ret.)*

like the Proud Boys and the Oath Keepers. The book basically encourages the overthrow of our government and many of its institutions.

I know that the FRA doesn't endorse this book and its viewpoints. I also know there is a fine print disclaimer on Page 2 stating that. However, I doubt many of our shipmates have read the disclaimer. As such, shipmates reading the ad think that the FRA has vetted the advertiser and would not allow false statements to be printed in its magazine.

The FRA has done wonderful things over the years. My hope is it will continue to do so. That said, *FRAtoday* should never allow advertisements like the one mentioned above to ever appear. Vetting of all advertisements should be mandatory before they appear. Vetting is necessary to ensure that the advertiser promotes what the FRA stands for and stands against.

*Respectfully submitted,
FTCS Stewart Margolis, USN (Ret.) MAL*

Vetting Advertisement

There have been some excellent responses in regard to the issue of VSO's (veteran service organization) being "apolitical." There are some situations where VSO's should speak out and some where they should not. However, there is one area that I believe all shipmates can agree.

VSO's should not openly endorse one political party, one political candidate or any political ideology. Nor should they support lies and half-truths that add to the divisiveness in our country.

I believe *FRAtoday* crossed that line in its February issue. On Page 13 an advertisement appears for a "Free" book. Excerpts from the book are listed. These excerpts denote a definite political viewpoint. A few seconds of research online and you discover that the book isn't "Free" and that there is an attempt to get people to subscribe to a magazine.

Further research shows that the book is supported by a cable news network with a definite political position. The book itself is filled with outright lies, half-truths and multiple unfounded or already debunked conspiracy theories. Many of its statements correspond to the rhetoric of extremist groups

Lt. Gen. Chesty Puller Story

What a nice article on Chesty Puller in the February edition. I was a young Hospital Corpsman stationed at Naval Hospital Portsmouth Virginia in late 1967 into 1968. Gen Puller was a patient during this time. We had many Marines who were recovering from injuries sustained in Viet Nam. When word got out that Gen Puller was a patient, any Marine who could get out of bed made a point to walk past his room. In addition, those who could walk would help any other Marine either in a wheelchair or any other way to help them go past his room. It was an amazing sight to witness.

HMC Paul Buchholtz, USNR (Ret.)

USS INTREPID

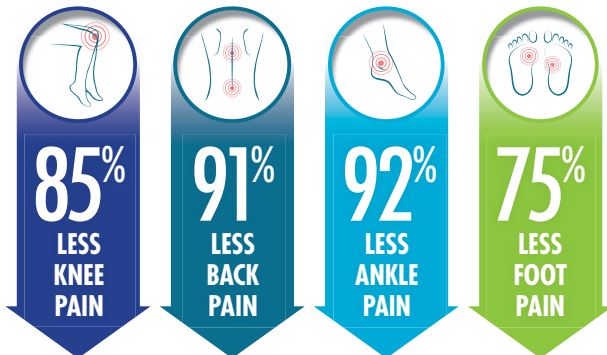
I read with interest the article about *USS INTREPID* in the March issue. But I must correct one historical mistake made by the author. The *INTREPID* was NOT involved in the sinking of the Japanese battleship *YAMATO* during the Battle of Leyte Gulf in October 1944. *YAMATO* was actually sunk



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on April 7, 1945, during the Battle of the East China Sea by aircraft from 8 different American carriers, *INTREPID* included. This last Japanese naval action of the war was known as Operation Ten-Go, essentially a suicide mission designed to support Japanese forces resisting the American landing on Okinawa.

INTREPID WAS a major player in the sinking of the Japanese battleship *MUSASHI* on October 24, 1944, during the Battle of the Sibuyan Sea, part of the larger Battle of Leyte Gulf. *MUSASHI* and her twin *YAMATO*, thought to be unsinkable, both absorbed heavy air attacks from Task Force 58 aircraft flown from five fleet carriers and one light carrier, including *Intrepid*. *MUSASHI* sank after absorbing 19 torpedo and 17 bomb hits!

YAMATO survived the attacks, continuing on to lead the large Japanese surface force in the famous Battle off Samar on October 25, the largest surface battle engagement in history. After retiring from that ignominious defeat, *YAMATO* retreated to Brunei and later homeland Japan, never operating again until her demise during Operation Ten-Go.

As with the Titanic, ships may be proclaimed as unsinkable, but the nature of warfare and basic physics will always prove this premise false.

Capt. William Jenkins, USN (Ret.)

Lt. General Burwell

I read the article about LT. General Burwell in the February 2022 issue of the *FRAtoday* with great interest. It was amazing to read about the courage and the respect this man had with his men. Now I am sure that the LT. General had his faults, after all he had feet of clay, however I was impressed with his respect and devotion to his men and family even 50 years after his death. However, when I finished reading the article, I asked myself, would today's leaders, be they military or civilian, engender the same type of respect from the men and women or even their families they lead?

*Respectfully Submitted,
SKCM M.R. Jakway USCG (Ret.)*

FRA As Apolitical

Just received my latest issue of *FRAtoday* and read the letter from Master Chief GW Smith. I totally agree with his elegant remarks and the fact that us veterans have never given up the thought "to protect and defend the Constitution against all enemies, foreign and domestic." Their words did not retire with my active-duty service. Thank you, Master Chief for articulating this so clearly.

AEC Steven M. DeRusha, USN (Ret.)

Medicare

I'm sure others have pointed this out, but in case not, I will comment on the Medicare article in the January 2022 *FRAtoday*. It is important to explain how Tricare, particularly Tricare for Life work with Medicare. Typically a military retiree does not (should not) need to purchase any Medicare supplement. I also see no benefit for us in Part C.

*Respectfully,
LCDR Charles Gray, USN (Ret.)*

SPARs

I finished reading the February issue of the *FRAtoday* magazine and the article written by Elise Howard about Coast Guard SPARs was very informative. I learned a lot from that article about the women who stood up the program so that men could be freed up to serve at sea during WWII. Just like today, the SPARs did not get everything that their DOD sisters got after the war. They had to fight for it.

SK1 Philip Stone, USCG (Ret.)

FRA

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

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ON & OFF *capitol hill*

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



John Davis
Director, Legislative Programs

Contacting Your Legislators Is a Cornerstone of Democracy

Throughout this session of Congress, FRA members have used the FRA Action Center to contact their legislators on issues of importance to them. This user-friendly website has generated almost 55,000 messages to Capitol Hill during the 117th Congress. Shipmates will need to be aware of important legislative activity as the FY2023 National Defense Authorization Act and other key bills impacting member benefits move through the legislative process. Many of these legislative proposals could have a significant impact on Shipmates' pocketbooks.

Also, the Fleet Reserve Association 100th Anniversary Act (H.R.6663), which would create 100th anniversary commemorative coins for the FRA, has been introduced. This bipartisan legislation would direct the Department of the Treasury to mint \$5, \$1 and half-dollar coins to commemorate the centennial of the foundation and charter of the Fleet Reserve Association in 1924, at no cost to American taxpayers. FRA Shipmates are urged to use the FRA Action Center located on the website (www.fra.org) to ask their representatives to co-sponsor this bill.

SVAC Holds Oversight Hearing on VA Caregiver Program

The Senate Veterans' Affairs Committee held an oversight hearing on the Department of Veterans Affairs' Program of Comprehensive Assistance for Family Caregivers. Legislation was approved in a previous Congress to expand the program to veterans of all eras, successfully including this language in the bipartisan VA MISSION Act that was signed into law in June 2018 (P.L.115-182). Since the law's implementation, the SVAC has continuously raised concerns, and last year the committee called on Department of Veterans Affairs Secretary Denis McDonough to reconsider the department's

tightened eligibility and delayed rollout of the expansion. According to testimony from Disabled American Veterans, less than 15% of new applications have been accepted during the Phase One expansion, which began in October 2021. Additionally, about 6,700 current caregivers have become ineligible under the VA's new requirements, according to VA representatives. In response, the VA announced a pause and "reassessment" of the caregiver support program. The FRA's concern about the tightened eligibility was noted in a statement provided to the SVAC and the House Veterans Affairs Committee earlier.

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.

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

"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. It weighs only 47.2 lbs but can handle a passenger that's up to 275 lbs! It features one-touch folding and unfolding – when folded it can be wheeled



Available in Green,
Black (shown) and Blue



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DOD Starts Military Suicide Prevention Review Committee

In compliance with the requirements of the FY2022 National Defense Authorization Act, Secretary of Defense Lloyd Austin recently announced that the Suicide Prevention and Response Independent Review Committee has been established. The SPRIRC will review the military's suicide prevention and response activities to identify strategies working well and areas for improvement. The SPRIRC will also take into account the recent directives given by Austin based on the recommendations of the Independent Review Commission on Sexual Assault in the Military so that any changes suggested by the SPRIRC work in harmony with prevention efforts currently being rolled out.

Austin provided the undersecretary of defense for personnel and readiness with a strict timeline to ensure timely progress on this issue, giving him 60 days to issue a memorandum that identifies the members of the SPRIRC, lays out a schedule of installation visits, and outlines the approach to the department's comprehensive and collective

efforts. Austin directed the SPRIRC to begin work no later than May 14 and begin installation visits by Aug. 1. The committee has until Dec. 20, to submit an initial report to Austin for review, with the final report of findings and recommendations due to Congress by Feb. 18, 2023.

Although the SPRIRC will select additional military installations to review, in his memorandum announcing the committee's establishment, Austin listed nine bases in Kentucky, North Carolina, California, Nevada, South Korea and Alaska that the committee will be required to include.

"These installations were selected in coordination with the Military Departments to increase DoD's understanding of the needs of various geographies, to include geographically-isolated areas and installations outside of the contiguous United States," Austin wrote. "It is imperative that we take care of all our teammates and continue to reinforce that mental health and suicide prevention remain a key priority. One death by suicide is one too many."

VA Announces Plan to Reorganize



Photo from the Department of Veterans Affairs.

The Department of Veterans Affairs has released a reorganization plan called the Asset and Infrastructure Review report, which would close three major medical centers located in Northampton, Massachusetts; Brooklyn, New York; and Chillicothe, Ohio, as well as several other VA facilities. The VA reported that the reorganization is needed

to reflect the changing needs of modern health care and to close aging offices and centers that are no longer near where large numbers of veterans live. The plan also provides for the construction of dozens of new health care and community living facilities. The VA has also stated the reorganization will put nearly 200,000 more veterans within a 30-minute drive of mental health care.

Overall, the plan calls for 35 VA medical centers in 21 states to be closed or completely rebuilt, while 14 new VA hospitals and 140 new multi-specialty outpatient clinics would be added to the system. Seven of the 17 sites listed for closure are in the Northeast. VA officials have stated that this reflects the fact that more of the veteran population has moved out of that region to resettle in the Midwest and Southwest. Many lawmakers in areas with facilities slated to be closed are resisting the move. The FRA will closely monitor the impact of closures and support the retention of VA facilities that have sizable veteran populations.

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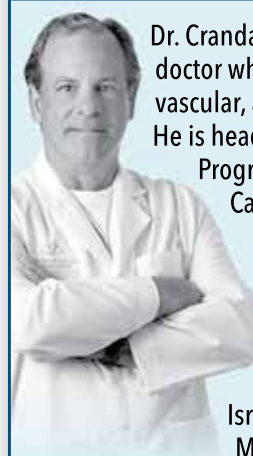
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- Little-known conditions that impact heart health
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Meet Chauncey Crandall, M.D., author of the bestselling *The Simple Heart Cure*



Dr. Crandall is a world-renowned medical doctor who practices interventional, vascular, and transplant cardiology. He is head of the Cardiac Transplant Program at Florida's Palm Beach Cardiovascular Clinic.

He received his post-graduate medical training at Yale University School of Medicine, and did a cardiology fellowship at Beth Israel Hospital and Mount Sinai Medical Center in New York City.

He is also medical editor of the popular monthly newsletter **Dr. Chauncey Crandall's Heart Health Report**.

Go to: SimpleHeartTest.com/FRA

VHA and VBA Director Nominees Announced

President Joe Biden has nominated Dr. Shereef Elnahal to serve as undersecretary for health at the Veterans Health Administration, which has gone without a Senate-confirmed director for five years. Elnahal served as assistant deputy undersecretary for health for quality, safety and value at the VA from 2016 through 2018, during which time he co-founded the VHA Innovation Ecosystem, a program that continues to foster the spread of innovation and best practices that improve veteran health.

Elnahal is a physician-leader who has served as president and chief executive officer of University Hospital in Newark, New Jersey, since 2019. Prior to this role, he served as New Jersey's 21st health commissioner, appointed by Governor Phil Murphy and confirmed unanimously by the New Jersey Senate. He was the first Muslim member of New Jersey's Cabinet in state history.

Ray Jefferson was also nominated by



Dr. Shereef Elnahal

Photo by Patti Sapone, NJ Advance Media.

the president for undersecretary for benefits at the VA's Veterans Benefits Administration. He is a graduate of West Point and in 2009 served as assistant secretary for veterans' employment and training at the Department of Labor. More recently, Jefferson has led the Jefferson Group, which is a leadership development consultancy company.

Both Jefferson and Elnahal will require Senate confirmation to begin the positions for which they have been nominated.

VA Proposes No Mental Health Care Copay

The Department of Veterans Affairs has proposed a new regulation to help veterans who are seeking mental health care. The draft regulation would eliminate copay fees for veterans at high risk of suicide who are seeking outpatient mental health care. These veterans would also have reduced copayments for prescription medications. Once a veteran is no longer determined to be at high risk for suicide, he or she would be responsible for paying the VA's regular copays again. The VA states that this regulation would reduce the financial burden on veterans who sometimes must pay multiple copays.

Navy Will Permanently Close the Red Hill Bulk Fuel Storage Facility in Hawaii

Secretary of Defense Lloyd Austin announced that, after close consultation with senior civilian and military leaders, he has decided to defuel and permanently close the Red Hill Bulk Fuel Storage Facility in Hawaii. As Shipmates were first informed about in the March 2022 "On & Off Capitol Hill," more than 9,000 military families in Hawaii were affected when jet fuel from underground storage tanks at the Red Hill Bulk Fuel Storage Facility leaked into a well that supplied water to their on-base homes.

Austin signed a directive memorandum that outlined immediate actions for the secretary of the Navy to take, in coordination with the commander of U.S. Pacific Command, to carry out his decision. By no later than May 31, the secretary of the Navy and the director of the Defense Logistics Agency will provide Austin with a plan of action that includes milestones for defueling the facility. The plan of action must require that

defueling operations commence as soon as practicable after the facility is deemed safe for defueling and must set a target date for completing the defueling that is within 12 months.



Photo by the commander of Navy Region Hawaii.

Scientific Discovery Stuns Doctors

Biblical Bush Shuts Down Joint Discomfort in 5 Days

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

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

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

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

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

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

Deactivate 400 Agony-Causing Genes

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

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

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

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

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

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

Yet in a study published in the *International Journal of Medical Sciences*, 60 patients with stiff



knees took 100 mg of Indian Frankincense or a placebo daily for 30 days. Remarkably, Indian Frankincense “significantly improved joint function and relieved discomfort in as early as five days.” That’s relief that is 10 times faster than glucosamine.

78% Better Relief Than the Most Popular Joint Solution

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

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

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

In addition, BMJ (formerly the British Medical Journal) reports that Indian Frankincense is safe for joint relief — so safe and natural you can take it every day.

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

Great Results for Knees, Hips, Shoulders and Joints

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

How to Get Mobilify

Right now, the only way to get this powerful, unique formula that clobbers creaking joints in five days without clobbering you is with Dr. Sears’ breakthrough Mobilify formula. It is not available in stores.

To secure a bottle of this breakthrough natural joint discomfort reliever, buyers should call the Sears Health Hotline at **1-800-299-1542** within the next 48 hours. “The Hotline allows us to ship the product directly to customers.”

Dr. Sears believes in this product so much, he offers a 100% money-back guarantee on every order. “Just send me back the bottle and any unused product within 90 days, and I’ll send you your money back,” he says.

The Hotline will be open for the next 48 hours. After that, the phone number will be shut down to allow them to restock. Call **1-800-299-1542** to secure your limited supply of Mobilify. You don’t need a prescription, and those who call in the first 24 hours qualify for a significant discount. Use promo code **FRAMB0522** when you call.

Airborne Hazards and Open Burn Pit Registry

The FRA wants to encourage all veterans who served in eligible areas to complete the Airborne Hazards and Open Burn Pits Registry questionnaire, located on the VA website. Veterans and active-duty service members who served in Iraq, Afghanistan, Kuwait, Saudi Arabia, Bahrain, Djibouti, the Gulf of Aden, the Gulf of Oman, Oman, Qatar, the United Arab Emirates, and the waters of the Persian Gulf, Arabian Sea, and Red Sea are eligible and can find step-by-step directions at: www.publichealth.va.gov/docs/exposures/Registry-Steps.pdf.

Participation in the registry is very important as it will allow the Department of Veterans Affairs to track burn pit exposure and gather data regarding associated adverse health effects. Exposure to burn pits may be linked to respiratory conditions such as asthma, emphysema, chronic bronchitis and chronic obstructive pulmonary disease. The VA recently added asthma, rhinitis and sinusitis as presumptive conditions related to particulate matter exposure.

House and Senate Veterans' Affairs Committees Hold Joint Hearings

The House and Senate Veterans' Affairs committees held their annual joint hearings on veterans' issues. This year's hearings were set against the backdrop of competing bills that would expand care and benefits from the Department of Veterans Affairs for veterans who were exposed to airborne contaminants and other toxins during their military service. The Senate has already passed the Health Care for Burn Pit Veterans Act (S.3541), which would extend the period of veterans' eligibility to apply for benefits.

The Honoring Our Promise to Address Comprehensive Toxins (PACT) Act (H.R.3967) goes much farther. It would create new service-connection presumptions for more than 20 health conditions, expand research and allow more veterans to receive coverage for treating the effects of toxic exposure. The House passed the bill, which is estimated to cost \$300 billion over 10 years.

The FRA submitted a statement for the joint hearing that supports both toxic exposure bills. The statement also raises alarm over the VA family caregiver program's expansion not being properly implemented. The VA's revised regulation has tightened the eligibility criteria for the Program of Comprehensive Assistance for Family Caregivers substantially beyond what is required by law. The VA's regulation significantly changes the program's eligibility criteria, the process for determining a veteran's need for assistance, and the entire methodology for calculating the stipend paid to the caregiver. The FRA is concerned that many caregivers will be unable to obtain assistance, the opposite of the intent of the 2018 VA MISSION Act. The FRA statement also includes commentary on other key veterans' issues, including other health care issues, mental health challenges, veteran homelessness and veteran suicide. Members can weigh in on the toxic exposure issue by using the FRA Action Center at www.fra.org.

President Biden Gives State of the Union Address to Congress

President Joe Biden gave his first State of the Union address to Congress. The 62-minute speech came as inflation dramatically increased, raising the consumer price index 7.5% annually by the end of January, the fastest rise since 1982, according to the Bureau of Labor Statistics. In addition, there is the international crisis created by the Russian invasion of Ukraine.

The first item addressed in his speech was the Russian invasion of Ukraine. He then discussed the problem of inflation and noted economic gains over the past year. He proposed initiatives to reduce ocean shipping costs and spiraling nursing care costs for the elderly.

The FRA is thankful that among these other issues, the president also addressed the toxic exposure of veterans, calling on Congress to pass legislation. He noted his deceased

son Beau, an Army veteran, was exposed to burn pit pollutants and said many veterans, like his son, suffer from lifelong injuries after serving in combat, including cancer. He said Beau may have developed his brain cancer as a result of exposure to toxins from burn pits in Iraq. He called on the Department of Veterans Affairs to expand presumptive conditions for these types of disability claims (see story at the top of Page 18).

Additionally, the president pledged to address what he called a mental health crisis in America. Biden promoted a new three-digit crisis line that is already available in many parts of the country and is expected to go nationwide in July. He also proposed \$700 million in funding for local crisis centers. He thanked Congress for progress made against the COVID-19 pandemic.

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

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

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

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

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

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

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

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

Surprising Truth About Hair Loss

It is commonly believed that hair loss is hereditary.

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

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

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

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

Now, at his world-famous clinic, the Sears Institute for Anti-Aging

Medicine in Palm Beach, Florida, Dr. Sears and his team have used this game-changing discovery to develop a brand-new hair restoration formula that is taking the country by storm.

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

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

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

Regrows Hair In Just 30 Days

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

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

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

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

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



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



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

age you prematurely.”

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

Reawakens Dead Hair Follicles

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

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

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

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

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

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

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

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

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

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

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

Try Re-Nourish 100% Risk-Free

For the next 48-hours, Dr. Sears is offering readers a risk-free trial of Re-Nourish.

Dr. Sears feels so strongly about this product that he is backing every order with a risk-free, 100% money-back guarantee. To take advantage of this special offer, simply call the Sears Toll-Free Health Hotline at 1-800-607-8796 now. Use Promo Code **FRAREN0522** when you call in.

[EDITOR'S NOTE]: Due to recent media exposure for Re-Nourish, the Sears Institute for Anti-Aging Medicine is experiencing unprecedented demand. If the phone line is busy when you call, please try again to avoid missing this special one-time-only offer.

VA Plans to Add Rare Cancers to Presumptive Conditions List

The Department of Veterans Affairs is drafting a proposal that would add certain rare respiratory cancers to the list of disabilities presumed to be connected to environmental exposure to particulate matter during veterans' military service.

After a careful review of existing scientific and medical evidence, the VA concluded that there is biologic plausibility — the medical term for a possible cause-and-effect relationship — between airborne hazards, specifically particulate matter, and the development of cancer in the respiratory tract. Although further research is necessary to clearly establish causality, the VA determined that the unique circumstances of these rare cancers warranted a presumption of service connection on the basis of the current evidence.

VA Secretary Denis McDonough is proposing a new rule that would add presumptive service connection for the following cancers for certain veterans:

- Squamous cell carcinoma of the larynx or trachea.
- Adenocarcinoma of the trachea.
- Salivary gland-type tumors of the trachea.

- Adenosquamous carcinoma of the lung.
- Large cell carcinoma of the lung.
- Salivary gland-type tumors of the lung.
- Sarcomatoid carcinoma of the lung.
- Typical and atypical carcinoid of the lung.

"This is the right decision. The rarity and severity of these illnesses, and the reality that these conditions present a situation where it may not be possible to develop additional evidence prompted us to take this critical action," said McDonough in a press release. "We'll continue to hold ourselves accountable to veterans to provide more care, more benefits and more services to more veterans than ever before."

The VA plans to focus its rule on veterans who served for any amount of time in select locations, including the Southwest Asia theater of operations. After the proposed rule has been drafted, the VA will invite and consider public comments for a specified period as part of the process. The VA has stated that once rule-making is complete, it will reach out to impacted veterans and survivors to inform them about the change and their potential eligibility for additional benefits.

James Honea Selected as New MCPON

Photo courtesy of DVIDS.



Chief of Naval Operations Adm. Mike Gilday has selected Fleet Master Chief James Honea to become the 16th master chief petty officer of the Navy. Honea, who currently serves as the command senior enlisted leader for U.S. Indo-Pacific Command, will take on the new job Sept. 8. Honea enlisted in the Navy in 1987 and advanced through the ranks as a boatswain's mate. Honea will replace MCPON Russell Smith, who took on the job in Aug. 2018.

Honea has served as the command master chief of Naval Support Activity South Potomac, and U.S. Naval Forces Korea, as well as of U.S. Navy Embedded Training Teams during an individual augmentee assignment to Combined Joint Task Force Phoenix, which was deployed to Afghanistan. He has been awarded the Legion of Merit Medal, five Meritorious Service medals, three Navy and Marine Corps Commendation medals, and four Navy and Marine Corps Achievement medals, as well as numerous additional personal, unit and campaign awards. He has graduated from the U.S. Air Force Senior Noncommissioned Officer Academy, the Command Master Chief Course and National Defense University's Senior Enlisted Joint Professional Military Education Keystone Course.

Ukrainian President Addresses Joint Session of Congress

Ukrainian President Volodymyr Zelenskyy spoke through Zoom to a joint session of Congress for 15 minutes. He pressed senators and representatives for help as his country battles Russia, which launched an invasion of Ukraine in February. He reminded Congress of the Dec. 7, 1941, Pearl Harbor attack and the Sept. 11, 2001, attacks on the United States in making a comparison to the bombing of Ukrainian cities. Zelenskyy asked lawmakers for several things that would help Ukraine, including blocking the purchase of Russian oil, providing planes to Ukraine and implementing a no-fly zone.

His speech came after Congress approved and President Biden signed into law the FY2022 government funding package, which included \$13.6 billion in aid to Ukraine. Within hours after the Zelenskyy speech, President Biden announced \$800 million in additional new assistance for Ukraine.

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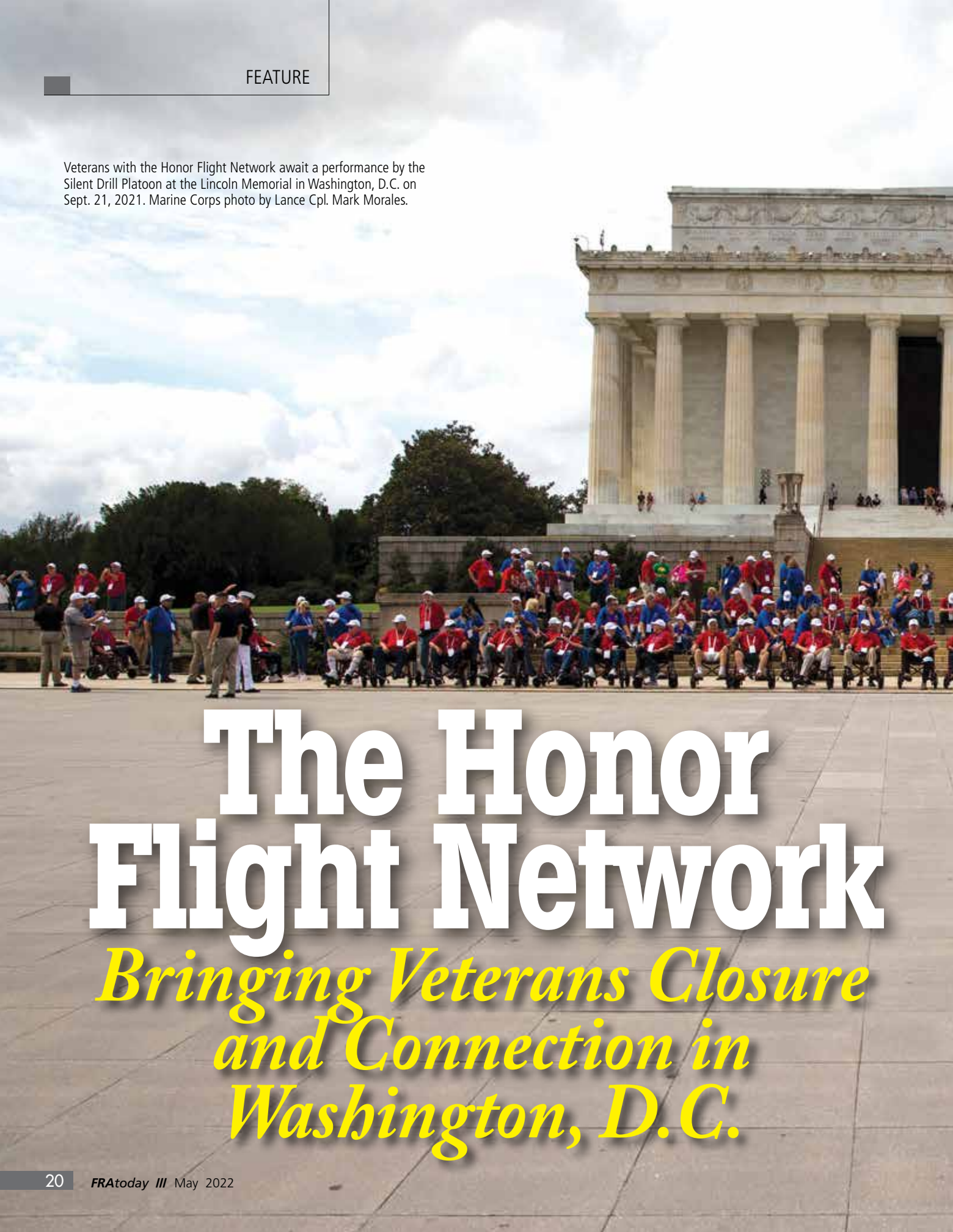
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Veterans with the Honor Flight Network await a performance by the Silent Drill Platoon at the Lincoln Memorial in Washington, D.C. on Sept. 21, 2021. Marine Corps photo by Lance Cpl. Mark Morales.



The Honor Flight Network

Bringing Veterans Closure and Connection in Washington, D.C.



By Jessica Brodtkin Webb

The Honor Flight Network's mission is deceptively simple: "To celebrate America's veterans by inviting them to share in a day of honor at our nation's memorials." However, the program is significantly more complex than this simple mission statement on its website implies and requires hours of work by dedicated volunteers. Over 130 different Honor Flight hubs fall under the nonprofit umbrella organization, all self-funded and dedicated to taking WWII and Korean War veterans on an all-expenses-paid trip to Washington, D.C., to visit several memorials on the National Mall.

Getting to D.C.

Veterans who live west of St. Louis are typically sent on a three-day trip, while veterans east of St. Louis can cover the same visit in just one day; there are also

a handful of hubs that utilize buses for local veterans to experience the trip. Upon returning home, there is often a crowd waiting to welcome back the travelers with posters, happy greetings and an air of celebration.

World War II Army veteran Clayton Baum, who participated in the Omaha Beach landing and was later awarded Battle Stars for Normandy, Northern France, Rhineland and Central Europe, said he had never experienced anything like the trip before in his life.

"I felt so unworthy of the crowd when we landed; I just didn't know what to say," Baum told *The Star-News* after his trip last year. "I'd forgotten all about the war until that flight. I happened to be a substitute who got the chance to go and I don't know how I got that lucky."

If a veteran happens to live over 120 miles from



Marines with the Silent Drill Platoon speak with Honor Flight veterans following a performance at the Lincoln Memorial in Washington, D.C. on Sept. 21, 2021. The Honor Flight Network is dedicated to transporting veterans to the memorials in D.C. at no cost to the veterans. Marine Corps photo by Lance Cpl. Mark Morales.

a flight hub, Honor Flight Network Chief Development and Communications Officer Carol Lindamood Harlow said, he or she is welcome to make the trip on a “Lone Eagle” flight through the national office.

Serving Veterans as a Guardian

Regardless of their exact itinerary, each veteran is accompanied by a volunteer guardian for the duration of the trip. These volunteers, who pay part of their own way, are often family members. After they have returned home and had time to think about the experience, many volunteers say it is one of the most significant activities they have ever participated in, Harlow said, and most sign up to volunteer again.

Guardian and retired school administrator Corinne Lewis said she had the honor of observing the guards at Arlington National Cemetery scuff the heels of their polished shoes on the sidewalk as they walked past the veterans

in her Honor Flight group. In all her years of bringing schoolchildren for an annual D.C. trip, this was the first she had ever heard of the subtle salute rendered to veterans by otherwise silently precise guards.

Honor Flight San Diego Director of Public Relations Holly Shaffner said that by volunteering, guardians often learn details they never knew about their parents, “these humble heroes who came home from the war and didn’t tell their story,” but instead just went about their lives.

“When sons and daughters are guardians on the flight, they say, ‘Oh my goodness, I never knew that Dad was in Pearl Harbor’ or ‘I never knew that Dad was there on D-Day’ because they went away to war, did their job then came back to work in construction, as milkmen, as postmen. They came back and had families and never even talked about their experience,” Shaffner said.



Airmen from Buckley Air Force Base (now Buckley Space Force Base) joined the local community to celebrate U.S. veterans from World War II, the Vietnam War and the Korean War prior to the veterans' Honor Flight May 6, 2018, at the Denver International Airport in Denver. Honor Flight Northern Colorado sent the veterans to Washington, D.C., to visit monuments and memorials. Air Force photo by Airman 1st Class Holden S. Faul.

How Honor Flight Took Off

The Honor Flight Network was born from two separate programs: a 2005 iteration of Honor Flight conceived by retired Air Force Capt. Earl Morse and the HonorAir program founded by a charter member of the World War II Memorial Society, Jeff Miller. Whereas Morse enlisted the help of fellow pilots to bring World War II veterans who would not otherwise be able to travel to the newly completed WW II memorial and serve as their personal escorts, Miller was inspired to charter full jets so many veterans and volunteers could take a similar trip all at once.

Miller and Morse met in 2007, and subsequently merged their respective organizations into what has become the Honor Flight Network, which has taken thousands of WWII and Korean War veterans to the memorials that were erected in their honor.

"That is a generation which went to war, came home and just got back to life," Harlow

said. "When they're on an Honor Flight, it's the first time for many of them to share their war experience with their family. For many, it's a time for reflection, for talking to family about how it impacted their life. Many people tell us it's one of the most impactful experiences of their life."

Without the initial work of Miller and Morse, some older veterans, many living on a fixed income and far from Washington, D.C., would not otherwise get to visit the capital.

Since then, the organization has grown exponentially, and sprouted a few special branches created for niche groups, including all-female veterans trips and flights for veterans who have been diagnosed with a terminal illness. For the latter group, a TLC flight, arranged as "Their Last Chance" to visit the nation's capital, requires some extra coordination — organizers try to accommodate veterans traveling in this capacity on the next possible trip.

"It is important to remember that everyone



Navy Petty Officer 2nd Class Talisha Williams shakes hands with a Pearl Harbor survivor arriving at the Daniel K. Inouye International Airport in Honolulu on Dec. 3, 2016, as part of a special Honor Flight to Hawaii to mark the 75th anniversary of the attack on Pearl Harbor. Photo by Petty Officer 1st Class Nardel Gervacio.

is welcome to be on an Honor Flight,” Harlow said. She noted that although they do sometimes coordinate all-women’s trips, they are infrequent because organizers would rather veterans not wait for a specific trip.

“Honor Flight is for everyone. I encourage everyone who has served to see themselves as a veteran, as eligible, and participate,” Harlow said.

Now Departing

Before the COVID-19 pandemic outbreak, about 245,200 veterans had taken the flight since 2005 — about 23,000 made the trip in 2019 before flights were temporarily suspended.

“This year, we’ll be celebrating the 250,000th veteran to take the trip, recognized as a group on May 3 at the World War II memorial. Harlow said. “We’ve invited special guests like the president, members of Congress and administration to join us.”

The event is being chaired by former Sen. Elizabeth Dole, wife to former Sen. Bob Dole, who passed away in 2021. In 2008, Bob Dole nominated

both Morse and Miller for the Presidential Citizens Medal; it was awarded later that year by then-President George W. Bush to the men who conceptualized Honor Flight.

Army veteran Bob Dole, who was severely wounded during WWII, was co-chairman of the World War II Memorial Society and was known to greet Honor Flight travelers with a smile and a handshake as they arrived at the site.

As the Greatest Generation dwindles daily with the passing of time, the Honor Flight Network has begun taking groups of Vietnam veterans to the National Mall. For many, Harlow said, the trip represents closure.

“An Honor Flight guardian had a Vietnam veteran with him who said ahead of time he was going on the trip but could not go over to the memorial,” Harlow recalled. “They talked it through and ... it took a lot for that veteran to get there; he’d lost a lot of friends in that war. The volunteer later heard from one of the veteran’s family members who called him and said the man came back a little



Above: Master Sgt. Peggie Larkin talks with a female World War II veteran before she boards a plane May 3, 2015, at Denver International Airport in Denver. The overnight trip was hosted by Honor Flight Northern Colorado and is offered every year free of charge for the veterans through donations from the public. Photo by Airman 1st Class Samantha Meadors.

Below: While at the USS Midway Museum in February for Honor Flight San Diego's announcement that the hub would begin taking Vietnam War veterans to D.C., Walt Frazier spent some time with the museum's Bell UH-1 helicopter. Frazier served in Vietnam as a "Seawolf," manning the Huey's guns and also performing basic maintenance on the aircraft. Photo by Jessica Brodtkin Webb.

different. It can be a little tough for our Vietnam veterans to go on the trip, but we really encourage all those able to please sign up for an Honor Flight."

It is also important to note that there are many younger veterans who participate as guardians on flights, Shaffner said, providing an intergenerational connection between service members that is significant.

Sometimes, Harlow said, she listens to the travelers talking and hears them realize they were stationed "a week apart in the same place" or have something else in common.

"It can be closure; it can also be a way to connect," Harlow said.

This year's flights began on March 12 and flights have been organized through November, with more still to be added throughout the year. Visit www.honorflight.org for more information on participating in an upcoming flight as a veteran or a guardian.

FRA



The National Coast Guard



Coming Soon to the Connecticut Waterfront Museum

By Ann Norvell Gray



A rendering of the immersive Hurricane Katrina rescue exhibit planned for the Lifesavers Around the Globe wing of the museum. Art by Gallagher & Associates, courtesy of the National Coast Guard Museum Association.



A rendering of the planned design for the five-story museum and the new dock for the *USCGC EAGLE*. Art by Payette, courtesy of the National Coast Guard Museum Association.

The history of the United States Coast Guard reveals the organization's fundamental contribution to the foundation of a stable American economy. It was first established by Congress on the recommendation of Alexander Hamilton in the summer of 1790 as the Revenue Marine — later the Revenue Cutter Service — to enforce customs regulations. Given the realities of life on the high seas, the utilization of rivers as the original interstate highways, and the dependence of the American population on trade, neither piracy nor smuggling could be tolerated. Consequently, from its first days, this force was always considered part of the military services, and armed accordingly. For its first eight years, until the Department of the Navy was established, it was the only military service afloat. An act of Congress in 1915 combined rescue and lifesaving duties into the service and renamed it the U.S. Coast Guard. In 1939, lighthouse operation responsibilities were added.

A Story Waiting To Be Told

Despite this exemplary track record, the full story of the Coast Guard's 232 years of service has not yet been pulled together and presented to the public in a comprehensive modern facility. The Coast Guard's collections of artifacts are managed by the curatorial staff of its Historian's Office,

which is tucked into a late 19th-century building in the southeast quadrant of Washington, D.C. Many of those collections are in storage, and are most often seen by the public when lent to museums and other exhibitors across the country. The Coast Guard Academy in New London, Connecticut, has a small museum on its campus with curatorial support from the Historian's Office, which serves as the public exhibition space for the Coast Guard Heritage Asset Collection. The Coast Guard Museum Northwest is a modest installation on the grounds of Coast Guard Base Seattle focused on the roles of the Coast Guard in the maritime history of the Pacific Northwest. *FRA* today featured Cape Cod's Coast Guard Heritage Museum, which is housed in a renovated customs house, in the August 2019 issue. But so far, no ambitious project celebrating the full breadth and importance of this small but storied branch of the American armed forces has been established.

All that is scheduled to change. On a site in New London, Connecticut, on the banks of the Thames River about a mile and a half downriver from the U.S. Coast Guard Academy, an ambitious and striking modern glass building will be erected for just that purpose. The National Coast Guard Museum Association, a group of donors and advocates formed nearly 10 years ago, has worked to put together the official support, the funds, the exhibit design concepts



An architectural rendering of the future National Coast Guard Museum, which will sit on the New London, Connecticut, waterfront near the city's historic Union Station, shown on the left. Art by Payette, courtesy of the National Coast Guard Museum Association.

and the architectural plan for this 80,000-square-foot, comprehensive National Coast Guard Museum.

The determination of the impressive list of people involved in the association was well expressed by retired Adm. Robert Papp Jr., 24th commandant of the U.S. Coast Guard and former member of the association's board of directors. In a video for the association's website, Papp said:

"The museum is important to our country and to our Coast Guard ... because this service has not had the entire story brought together in one place where the public can appreciate the breadth, the impact and the contributions that the Coast Guard has made to our country. ... We protect America from threats coming from the sea, we protect people who use the sea and we protect the sea itself. ...

"[Respecting our past] helps us to understand who we are, and to prepare us for the future. The museum will provide us with that place of focus. It's going to be a magnificent monument to our Coast Guard, but it's also going to be an educational facility that will ... educate and inspire generations of people yet to come. ... I believe in the great enlisted people of the Coast Guard. I believe in our chief petty officers. I believe in our civilians, our auxiliaries, and our reservists. I believe in the families that support them and that nourish them and that love them. And I believe we need a museum."

Planning the Visitor Experience

The process has not been easy. The first estimated completion date was 2016. Later estimates pushed the opening into 2020. More time and more support was added to the process and the current target has moved into 2022. While we wait, the museum association's expansive website allows for a thorough examination of the current exhibit design process and plans for a focus on public education at all levels throughout the facility.

The museum's offerings are structured around the three familiar themes of safety, security and stewardship. Within these three organizing concepts are five storylines representing the Coast Guard's responsibilities: "Defenders of the Nation," "Enforcers of the Seas," "Lifesavers Around the Globe," "Champions of Commerce" and "Protectors of the Environment." The combinations of art, artifacts and interactive experiences are designed to walk visitors through the history and perhaps the future of the many roles demanded of the U.S. Coast Guard.

Integral to the museum complex will be a berth for the 295-foot, three-masted barque *USCGC EAGLE*, the flagship and essential training vessel of the U.S. Coast Guard. Familiarly known as "America's Tall Ship," it is the largest tall ship flying the American flag, and the only active square-rigger in U.S. government service. It was built in Germany



A depiction of an exhibit in the planned Champions of Commerce wing of the museum. Rendering by Gallagher & Associates, courtesy of the National Coast Guard Museum Association.

in 1936, and was initially commissioned *HORST WESSEL* as part of the German Navy before WWII. After the war, it was among the assets claimed as war reparations, was recommissioned and was sailed to the Coast Guard Academy in New London. It currently serves as an ambassador for the Coast Guard, sailing into ports around the world.

A Glimpse of the Stories to Come

The museum association's website is a preview for armchair travelers to the planned museum, describing the plans for some 200 galleries and exhibits, and offering a variety of impressive renderings and film clips related to its supporting vision and to the Coast Guard itself. Perhaps the most compelling of these are the trailers for two films, one the 2016 Disney film "The Finest Hours" about the dramatic rescue of the *SS FORT MERCER* and the *SS PENDLETON*, and the other a 2015 documentary about the Guardsmen responders who arrived from all over the country to participate in the rescue and cleanup operations in New Orleans after Hurricane Katrina. Both give viewers a taste of the raw courage required for the Coast Guard's rescue mission, to which the museum will dedicate a full wing.

Many Shipmates already know the *PENDLETON* story quite well, but for the others among you, here is what happened. In the winter of 1952, pummeled by a huge

nor'easter, two WWII T2 tanker ships split apart. Although the *PENDLETON* broke first, it couldn't get out an SOS. When the *FORT MERCER* succeeded in calling for help, all the available Coast Guard cutters and air support from the Chatham Lifeboat Station sped to the rescue, leaving only small boats at the station when the broken *PENDLETON* was spotted. Modern technology makes it possible to experience the terrifying power of the sea firsthand in watching "The Finest Hours." If there was ever any doubt about the courage and determination of coxswain Bernard Webber and his three volunteers aboard the 36-foot CG-36500 that put out into blinding snow and 60-foot seas, crossed the treacherous Chatham Bar, and brought back 32 survivors in a vessel designed for 12, this gripping story consigns that doubt to the rubbish heap once and for all.

The second of these film clips previews "Paratus 14:50," a documentary released in the summer of 2015 for broadcast on PBS covering the spectacularly courageous, determined, tireless and creative Coast Guard response to the devastating effects of Hurricane Katrina on the city of New Orleans. In seven days of sustained response, the Coast Guard teams rescued 33,000 of the estimated 60,000 people stranded in attics, on rooftops, on window ledges, and in the deep seawater coursing through what were supposed to be city streets. The film leads with a quote from retired Coast Guard



A rendering of an exhibit in the planned Protectors of the Environment wing of the museum. Art by Gallagher & Associates, courtesy of the National Coast Guard Museum Association.

Capt. Bruce Jones, who said: “What matters the most in a crisis is not the plan, it is leadership. It is not process, it is people. And it is not organizational charts, it is organizational culture.” A subsequent governmental report examining the factors that made this response possible summarized the story this way:

“[Three] days into the response, approximately 43 aircraft and over 2,000 personnel had arrived at the Aviation Training Center in Mobile, Alabama, from other parts of the United States to join the Hurricane Katrina response. Rescue swimmers — 80 of whom were operating out of Air Station New Orleans at the peak of air operations — worked among power lines, flying debris, and other obstacles not routine to maritime rescues to hoist individuals from rooftops. Helicopter crews also conducted search and rescue operations. ... [Other teams reacted to vast oil spills, during which] responders faced heat stress and dehydration as well as a profusion of insects, poisonous snakes, and alligators as they conducted clean up operations in remote locations.”¹

It is possible to watch the documentary in its entirety at the Alabama PBS station’s website: www.pbs.org/video/alabama-public-television-presents-paratus-1450/. For a civilian, it was a revelation, inspiring a new understanding of what we ask of this branch of our armed services, and how spectacularly they can perform.

Closer Than Ever

It is clear that, since its early role in protecting the revenue stream of an emerging nation, the Coast Guard has exercised the exceptional skills and courage of its members to protect all of America’s coastlines from enemies foreign and domestic, and to intervene when the nation’s citizens are overwhelmed by the power of the sea. Intrepid and always prepared, Coast Guardsmen have rounded up lawbreakers, watched over the law-abiding, and rescued the crews and passengers of any vessel in distress, whether it be a fishing boat, rumrunner, pleasure cruiser or cargo ship, even a boat full of hijackers, drug smugglers or human traffickers. Those kinds of operations are well and widely known, but there has been so much more.

As we prepared to go to press, The Associated Press reported that the U.S. House of Representatives had passed an omnibus bill including \$50 million for the new museum, which would push the purse nearly halfway to the expected budget and open the way to the possibility that site work could actually begin this summer. When the audacious task of telling the whole story reaches its goal in this museum, the full impact of the United States Coast Guard can finally get the attention and respect it so richly deserves. **FRA**

1. <https://www.gao.gov/assets/gao-06-903.pdf>



Master Chief Petty Officer William Edward Starkey

U.S. Navy (Retired)

Oct. 19, 1943 – March 2, 2022

FRA National President 2017-2018

William E. Starkey of Glassboro, New Jersey, joined the staff of the Supreme Commander on March 2, 2022, at the age of 78. Although predeceased by his beloved wife, Lucille, Shipmate Starkey was surrounded by his children and is survived by his daughter, Laurie Ann Starkey; his sons, Christopher and Kenneth Starkey; and his grandchildren, Robert, Anderson, Gabriella and Audra Starkey. Bill is also survived by his sister and brother-in-law, Lydia and Edward Wagus; his brothers, David and Thomas Starkey; his sister-in-law, Mary Ann Pillo; his brother-in-law, Dominic Balsama; and many nieces and nephews.

PNP Starkey was predeceased by his beloved bride, Lucille Starkey; his parents, William and Marie Starkey; his grandparents, William Harry

and Lydia Troutman; his parents-in-law, Michael and Edith Pillo; his aunt and uncle, Margaret and George Nixon; his sister Catherine Troutman; his sisters-in-law Teresa Procacci and Joan Balsama; and his brothers-in-law Michael Pillo, Ronald Pillo and Joseph Procacci.

Shipmate Starkey was raised in Cumberland, Maryland, and graduated from Fort Hill High School. He enlisted in the United States Navy in June 1962, and married Lucille in 1965. He was honorably discharged in December 1967 as a utilitiesman (water and sanitation) petty officer second class. In 1975, he returned to the Navy Reserve to continue his service while also working as a pipe fitter and raising his family in Glassboro, New Jersey.

Starkey was a dedicated man who saw his



Left: Bill Starkey with his daughter Laurie during Veterans Day ceremonies at Arlington national Cemetery in 2017.
 Above: Bill is sworn in as national president during the 2017 FRA National Convention in Hunt Valley, Maryland. His daughter is holding the Bible.
 Right: Junior PNP Bill Starkey in his uniform of the day. All staff photos.



commitments through to the end. He ultimately served the Navy for 24 years, retiring in 1994 as a utilities constructionman master chief petty officer. He worked as a pipe fitter through Steamfitters Local 420 in Philadelphia until his retirement, and remained lovingly married to Lucille for 47 years, until her death in 2012. The Navy recognized his dedicated service to his nation with personal decorations including the Navy Achievement Medal, Good Conduct Medal, National Defense Service Medal, Armed Forces Reserve Medal with a Bronze Hourglass, and marksmanship ribbons for both rifles and pistols. He also earned the Antarctica Service Medal with a Bronze Device for wintering over on the Antarctic continent.

Starkey was also a man deeply involved in his community. As a member of the Knights of Columbus, he was a Fourth Degree Sir Knight with Saint John Neumann Council #7032 and Archbishop C.J. Damiano Assembly #1626. He was also a Eucharistic minister and proud parishioner at Mary, Mother of Mercy Parish. He joined the FRA in February 1994, became a Life Member in 2003 and remained an active member for more than 23 continuous years.

Starkey was quick to get involved in FRA leadership,

taking on positions as branch treasurer and chairman of a special audit committee the year after he joined. He went on to serve his Shipmates in South Jersey Branch 57, "The Friendly Branch," as branch treasurer for many more years (1995-1997, 2000-2006, 2010-2016), and also as branch vice president (1997-1998), branch president (1998-1999) and editor of the branch newsletter (2004-2010). He also served as branch parliamentarian for 13 continuous years, and had sat on the board of directors continuously since 1995. Beyond these obligations, he dedicated even more time to the FRA as chairman (1996-1999) of the 72nd FRA National Convention, held in Cherry Hill, New Jersey, in 1999.

On the regional level, Starkey served his Shipmates in the Northeast Region as their vice president (1999-2000 and in 2001 for six months), president (2000-2001, 2002-2003), junior past president (in 2001 for six months, and in 2003-2004) and treasurer (2003-2007).

During the merger of the Northeast and New England regions, he filled the challenging role of parliamentarian, writing the bylaws for the new Northeast/New England Region. He later served three terms as the Northeast/New England regional parliamentarian and three terms as the Northeast/New



Above: Bill Starkey and his daughter Laurie attended the 2016 National Convention in Jacksonville, Florida, in 2017 where Bill received his gray hat.

Top right: Bill Starkey's daughter Laurie presented him with his red hat as national president during the 2017 FRA National Convention in Hunt Valley, Maryland.

Right: Bill Starkey just before his congressional testimony on Capitol Hill in 2018. All staff photos.

England regional treasurer.

During his tenure as president of the Northeast Region, Starkey served two terms on the FRA National Board of Directors (2000-2001, 2002-2003) and served on the National Committee on Time and Place (2000). He also put his branch and regional parliamentary experience to work as the national parliamentarian (2011-2012) and in his work on the National Committee on Constitution, Bylaws and Resolutions (2004, 2005, 2006, 2014, 2015), ultimately serving as the committee's chairman (2015-2016).

Shipmate Starkey was elected as the FRA national vice president for the 2016-2017 association year at the 89th FRA National Convention held in Jacksonville, Florida. The following year at the 90th FRA National Convention in Hunt Valley, Maryland, he was elected as the FRA national president for the 2017-2018 association year.

Fair winds and following seas, Shipmate Starkey. Your energy, enthusiasm and dedication to the FRA will be missed.

FRA



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

January					
Behm, Maria A.	32	Nixon Jr., Bill	275	Holdsworth, Richard L.	MAL
Bennett, Michael	MAL	Nunes, Nicole M.	72	Hundley, Brent	97
Billings, Charles E.	29	Odom, Dale L.	382	Jaros, Martin J.	24
Blair, John J.	42	Phillips, Ronald R.	MAL	Jeason, Richard L.	MAL
Bowers, Bobby L.	MAL	Plant, Gayle A.	91	Johnson, James C.	MAL
Brown, Joel J.	170	Powden, Michael D.	61	Johnson, James F.	24
Brown, Samuel	126	Rapp, Elwin R.	293	Kielpinski, Jan C.	MAL
Cates, Noble R.	24	Reed, Larry D.	MAL	Kramer, Larry	29
Cherinka, Andrew	290	Roaldson, Quentin J.	MAL	Lange, Danny J.	MAL
Clever, Reva	MAL	Rohs, Penny W.	23	Lechelt, Rockne	MAL
Cordero, Francisco J.	117	Schaefer, James H.	269	Leivestad, Kenneth M.	MAL
Courtney, Kelly A.	93	Sherman, Robert	74	Lewis, Raymond F.	117
Creasey, Harold G.	MAL	Slavik, Richard P.	93	Liffick, Jerry T.	MAL
Dandurand, Bradley A.	29	Soto, Frank J.	MAL	Mann, John P.	60
Devine, Larry A.	MAL	Stanfield, Clyde R.	178	Marsh, Garrad	197
Duer, Jeffrey L.	MAL	Stiles, Stephen L.	93	Martin, Donald E.	MAL
Frehlich, Justin D.	14	Strelka, Ronald T.	14	Martin Jr., Emory L.	22
Gacad, Aurino P.	MAL	Thompson Jr., Joseph G.	MAL	McDonald, John T.	24
German, Mary M.	311	Volk, Steven A.	MAL	McElwee, Mannan R.	259
Gupton, Stuart E.	40	Welch, Douglas	63	McHugh, Paul J.	269
Hancock, Ron	268	West, Milton E.	MAL	Miller, Tim L.	261
Heifner, Thomas E.	346	Wunderlin Jr., Edwin K.	MAL	Murray, John	91
Henry, Robert J.	269			Ogden, F. B.	24
Hernberger, Noel T.	MAL			Olsen, Wendell V.	185
Hill, Larry A.	32	February		Pfingsten, Jon C.	162
Hofbauer, John B.	289	Ball, Billy R.	281	Reid, Gary R.	289
Hondo, Lynn P.	136	Banaszewski, James M.	MAL	Renken, James	289
Hovind, Paul A.	289	Beecher, Mark K.	MAL	Sollenberger, Terry	MAL
Hudnell, James M.	161	Bell, Michael	24	Spoor, Michael L.	287
Hughes, James R.	161	Bowers, Thomas L.	289	Srodulski, Robert	177
Jacobson, Roger O.	136	Brillhart, David L.	MAL	Stone, James L.	MAL
Kramer, Brenda L.	MAL	Broskovich, Michael R.	24	Stuard, George E.	MAL
Lean, Richard	24	Butler, Steven R.	298	Szymonik, Michael S.	29
Leise, Edward F.	60	Canen, Paul E.	94	Thompson, William C.	93
Lint, Paul W.	MAL	Colvin, Curtis D.	18	Tirado, Travis W.	94
Llanes, Ramon	127	Crabtree, Edwin B.	MAL	Underwood, Charles G.	MAL
Lucas, Russell D.	MAL	Dean Jr., Clifford M.	24	Walls, Glendell A.	91
Lutkus, John R.	188	Dodd, Glenn L.	41	Webb, Alonso R.	24
Malcom, Charles E.	MAL	Duncan, James H.	264	Yancey, Douglas E.	244
Mallon, John A.	MAL	Dunn Jr., Louis C.	93		
Marsland, Hugh D.	29	Eaker, Arthur R.	172	March	
Martin, Gerald T.	186	Eash, William J.	99	Aldridge, James A.	MAL
Marvin, Charles W.	MAL	Garrabrant, Bruce G.	269	Bagby, John R.	91
Mason, Sheila	MAL	Green, Perry L.	53	Baliukas, Jerome	MAL
McMichael, John D.	57	Gregory, Jerry W.	261	Benavides, Jose	261
Middleswarth, Lanny N.	MAL	Hamann, Gary	276	Bentley, William P.	24
Miller, Andrew S.	99	Hansen, Cam	290	Borgmann, Frederick W.	29
Miller, Samuel T.	01	Harvery, Dianne L.	98	Britton, Danny L.	261
Morales, Daniel	24	Haskett, Sam	130	Cardinal, Raymond F.	137
Moreno, Jose	11	Haslop, Gary A.	MAL	Carey, Thomas J.	130
Nair, Sunjay	24	Hawthorne, George D.	MAL	Carnahan, James W.	182
		Heiler, Douglas K.	57	Cook, Terry L.	MAL
		Hixson, Ronald	22		

LIFE MEMBERS

Cox, Allen N.	MAL	Hutchison, Kenneth M.	269	O'Brien Jr., William J.	MAL
Dage, Ernest J.	166	Johnson, Robert M.	MAL	Ocock, Robert	MAL
DiMiceli, John A.	24	Johnstone, Robert J.	289	Owen, William V.	MAL
Downs, William K.	238	Kallio, Thomas	136	Pedersen, Frank V.	47
Eastman, Byron W.	178	Kenney, John J.	186	Schliecker, Andrew G.	MAL
Edwards, Robert	MAL	Kingston, Roger L.	MAL	Schuler, Thomas L.	MAL
Eovacious, Paul D.	20	Kirchhof, Kenneth	289	Shannon, William J.	01
Evans, Willie E.	24	Lakin, William P.	MAL	Shober, Robert L.	269
Fann, Russell E.	261	Libby, Russell	MAL	Silva, Baldamar	MAL
Felton, Alfred J.	70	Lickteig, Leon	161	Stavarakakis, Mike G.	197
Festejo, Carlos F.	127	Lindler, William M.	269	Stiles, Kenneth L.	MAL
Fields, Roger	60	Lodwick, Stephen J.	105	Taylor, James G.	309
Frederick, Raymond F.	24	Martin, Ronald D.	MAL	Tinch, Sarah	294
Geddes, Richard S.	20	Martineau, David M.	290	Van Hauter, Kurt M.	57
Gilbert, Milton	261	Martinelli, Lawrence A.	MAL	Watkins, Terri T.	MAL
Goodwin, Steven J.	MAL	Matthews, Daniel P.	MAL	Wells, Jerry L.	MAL
Grunstad, Kiley	47	McCamman, David R.	93	Wetter, Eugene S.	MAL
Harwood, Paul E.	MAL	McCarroll, Fred M.	MAL	Wilson, Samuel	MAL
Hester, John L.	MAL	Meyer, Ronald D.	299	Windham, Emmett L.	334
Hughes, Robert E.	MAL	Moyer, Robert P.	MAL	Wintgens, Bettysue	269
Hutchinson, Keith	70	North, Robert E.	93	Woods, Edward W.	50

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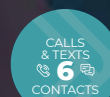
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MEMBERSHIP APPLICATION

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



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- 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

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☐ Visa

☐ Discover

☐ American Express

☐ Check-enclosed

CREDIT CARD NO.

EXP. DATE

SIGNATURE

DATE

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MEMBER NO.

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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

MAY 2022

Opportunities to Get Involved: Branch, Regional and National



Christina
Hitchcock

This is the second article in a series about FRA leadership opportunities. Between branch, regional and even national leadership positions, there is no shortage of opportunities to step into leadership roles. We encourage Shipmates to find their own path into those positions because every new voice adds to the richness of the dialogue we want to foster. That mentality which, in turn, keeps us in touch with the sea services, and drives our ability to retain and expand our membership.

This month, I will highlight another three of the nine national committees. Any Shipmate, whether affiliated with a branch or a Member-at-Large, can be appointed to any of these committees. Some start their leadership journey there, while others work at the local branch level to be close to their branch members. Just as you could have served your nation in any branch of the U.S. military when you enlisted, there is no wrong answer to the question of where to begin serving as a leader in the FRA. There are so many different paths you can take once you make that decision to help.

If you are interested in a committee, please reach out to the points of contact. You can find their contact information by logging into your FRA account on our website or by contacting a regional officer. Committee descriptions are also updated on the website at www.fra.org/committees. Here are three committees to consider:

Committee on Hospitals, Welfare and Rehabilitation

The primary duties of this committee are to foster and maintain good relations between the Fleet Reserve Association and various hospitals, to extend praise and commendation to those units that have rendered outstanding service, and to investigate allegations that Shipmates or dependents are not receiving the full benefits of existing laws and regulations. The committee requests the cooperation of the branch chairmen of this committee and reminds them of the

importance of this committee at the branch level. When the need for welfare assistance comes to the attention of the chairman, he or she shall immediately notify the respective regional president for referral to the Disaster Relief and Rehabilitation chairman for action in accordance with the applicable standing rule, Fleet Reserve Association Disaster Relief Fund. The chairman for 2021-2022 is Past National Chaplain Paul R. Gunther.

Committee on Youth Activities

The primary duty of this committee is to study the various methods by which branches and Shipmates may best serve the youth in their communities so that these young people may be properly guided in their endeavors to become better and more useful citizens. The committee encourages the full cooperation of all branches and members to assist it in carrying out this duty. The chairman of this committee for 2021-2022 is Kempsville Branch 99 Secretary Paula Falu.

Committee on Veterans Service

This committee oversees the FRA Veteran Service Officer program, reporting on the number and activities of FRA-accredited veteran service officers. The committee also oversees and reports on member involvement with the VA Center for Development and Civic Engagement, formerly the Veterans Affairs Voluntary Service, or VAVS, program. The committee provides education and outreach to the membership about the policies and regulations of these programs and encourages branches and Shipmates to become involved in VA services at the state, local or national level, including at VA regional offices, medical facilities, state or national veterans cemeteries, and veterans homes. Each year, the committee recognizes a Shipmate who has rendered outstanding service to veterans. The chairman for 2021-2022 is Shipmate and Veteran Service Officer Noelle Huffer. **FRA** Christina is the director of membership development and may be reached at ChristinaH@FRA.org

1. BRANCH 207, DALE CITY, VA.

Branch President Bill Ashton (L) presented to PNP Jeff Gilmartin (R) his 40-Year Continuous Membership Certificate during the branch's monthly meeting that was held at Denny's in November.

2. BRANCH 124, LAKEHURST, N.J.

PRPNE David Munday (L) and Branch Secretary Sharon A. Munday presented a Special Award Certificate to WWII veteran Irving Hurwitz (R) on his 100th birthday.

3. BRANCH 126, JACKSONVILLE, FLA.

The Fort White High School winners at the branch level of the Americanism Essay Contest gathered for a photo. (L to R) First place winner Alexandra Padin, Branch President J.J. Thomas, second place winner Leslie Garcia-Aguirre, 10th grade teacher Martha Robinson and third place winner Jade Kirkland.

4. BRANCH 212, FORT MEADE, MD.

Shipmate and retired Navy Chief Warren "Red" Bergere from the Meade Branch received his 65-Year Continuous Membership Certificate and Pin from Branch 212 on Jan. 8.

5. BRANCH 13, ATLANTIC CITY, N.J.

On Sept. 19, 2021, Branch 13 donated \$200 to the local Hamilton Historical Society. (L to R) Kim Yoder-Notaro, Frank Williams, Al Davenport, the Rev. John Ash and HHS President Bob Campbell.

6. BRANCH 126, JACKSONVILLE, FLA.

NVP Robbie Robbins met the Consul Woohyung Cho from the Consulate General of the Republic of Korea in Atlanta on Feb. 5 at the Jacksonville National Cemetery in Florida. (L to R) NVP James Robbins, Consul Woohyung Cho and PRPSE J.J. Thomas. Cho's three daughters are in the front row.

7. BRANCH 24, ANNAPOLIS, MD.

During the East Coast Midyear Meeting on Feb. 19, the Charles E. Lofgren Award for excellence in FRA recruiting was presented to Branch 24. (L to R) NP James Campbell, FRA Director of Membership Development Christina Hitchcock and Branch 24 2nd Vice President Patrick J. Guibao.





8. BRANCH 89, ATLANTA, GA.

Branch President Ernie Rose (L) introduced guest speaker Pam Younker, an Air Force and Space Force civic leader who, along with others, advises the Chief of Staff and the Secretary of the Air Force. Her presentation included a discussion of relations between service members and local civilians worldwide.

9. BRANCH 15, WALHALLA, S.C.

On Feb. 19, Branch President Clyde Albertson (L) accepted banners on behalf of his branch from Southeast Regional President Jack M. Fogel (R) including Americanism/Patriotism, second place, Group 5 and 100% Membership.

10. BRANCH 23, BUFFALO, N.Y.

RPNE/NEng. Neil Ross (L) received two award letters for his recruiting efforts from Shipmate and Branch President Wayne Sorrentino (R).

11. BRANCH 294, CROSSVILLE, TENN.

Branch 294 hosted the 2022 TN/AL Midyear Council Meeting to grade first place essay submissions in the Southeast Region for the Americanism Essay Contest and to discuss other business. (Front table, R to L) Wayne Odell, FRA PRPSE Jerry Brice, LA FRA PRPSE Millie Brice, FRA PRPSE Laurie Bailey and Tim Bailey. (second table, R to L) FRA NVP James "Robbie" Robbins, FRA PRPSE Bobbie Smith, LA FRA PNP Sandy Robbins and LA FRA PNP Jean Smith. (third table, not shown) Helen Northcutt.

12. BRANCH 382, NAMPA, IDAHO

Branch President Ted Olson presented the first place award for the branch's Americanism Essay Contest to Madelyn Clemenson, who lives in Bellingham, Washington, on Feb. 21.

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

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In Memoriam

Name	Rating	Branch	
Adams, Leslie H.	MR1, USN	MAL	
Alsbury, Raymond E.	BTCS, USN	MAL	
Apodaca, Paul F.	GYSGT, USMC	MAL	
Banky, Charles A.	BMC, USN	MAL	
Beckner, Roy	LT, USN	MAL	
Black, Donald W.	MAC(SW), USN	61	
Blake, Leon G.	HMCS, USN	MAL	
Blavier, Otto G.	CWO4, USN	146	
Boehm, Gerald	BMC, USN	298	
Brant, Ronald H.	RMC, USN	MAL	
Bright, Chester V.	EMCS, USN	MAL	
Broome, Warren W.	LCDR, USN	MAL	
Bundy, Donald S.	PHC, USN	29	
Cahill, David F.	MMC(SS), USN	MAL	
Camp, John B.	CPL, USMC	382	
Campanale, Nicholas J.	YNCS(SS), USN	90	
Carey, Larry F.	POCM, USN	106	
Carico, James R.	SKC, USN	47	
Christenson, George L.	BM1, USN	24	
Clark, Floyd M.	HMCS, USN	MAL	
Converse, Lee E.	SHC, USN	MAL	
Curtis, Barbara	USCG	364	
Demel, Larry	CPO, USN	MAL	
Diaz, Peter	ETCM, USN	61	
Diggs, Clayton H.	BUC, USN	92	
Dumas, Gary W.	HMC, USN	70	
Eicholtz, Frederick C.	STGCS, USN	103	
Elliott, Larry W.	AE2, USN	93	
Errington, Harry R.	LCDR, USN	93	
Fallen, David	USN	24	
Ford, Joseph S.	SGTMAJ, USMC	316	
French, Neal D.	USN	289	
French, Ralph E.	PRC, USN	126	
Graham, Ronald B.	LT, USN	106	
Graybeal, William J.	ENC (SS), USN	49	
Greene, John H.	AEC, USN	22	
Gullickson, John	MSCS, USN	289	
Hansen, Sherm	CWO, USN	22	
Hauffe, Robert C.	MUC, USN	22	
Hildreth, Daniel C.	AQCS, USN	MAL	
Hoekstra, Donald R.	CUCM, USN	MAL	
Hughes, Gregory A.	AMS2, USNR	91	
Iverson, Dale C.	AT1, USN	97	
Jaeger, Gary T.	MMCS, USN	MAL	
Kedrowski, Joseph F.	AMCS, USN	MAL	
Keleti, Stephen	LT, USN	24	
Kelly, John W.	ASC, USN	MAL	
Lawson, Albert C.	MACS, USN	159	
Lawson, Lowell W.	ENC, USN	MAL	
Lazo, Juan L.	MS1, USN	99	
Leano, Epifanio T.	YNCS, USN	84	
Lucas, William R.	LCOL, USMC	302	
Marshall, Elwin	EMCS, USN	MAL	
Marshall, Larry	OSC, USN	87	
Martinez, Issac	CPO, USN	42	
Massie, David H.	MN1, USN	MAL	
Mathis, Louis R.	PHCS, USN	22	
Menzie, Larry D.	1STSGT, USMC	MAL	
Mercado, Ruben	SH1, USN	38	
Mickesh, Joseph D.	AGC, USN	91	
Mongalo, Juan J.	DKC, USN	91	
Moye, Larry D.	USN	91	
Mullens, Troy V.	FTC, USN	MAL	
Myers, Jerald W.	YNCS, USN	201	
Neaton, William	SKCS, USN	MAL	
O'Brien, John L.	POCM, USN	MAL	

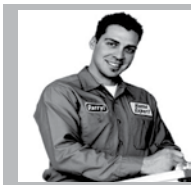
Pace, Guy E.	ADC, USN	MAL	Shelton, William W.	ATCS, USN	MAL	Wheat Delbert R.	RMCM, USN	MAL
Peick, Richard L.	GMMC, USN	216	Spangler, Floyd M.	ENCM(SS), USN	MAL	White, James F.	STCS(SS), USN	MAL
Peterson, Klaus R.	LT, USN	MAL	PRPNE/NEng. Starkey, William E.			White, Charles E.	ACC, USN	22
Price, John	IMCS, USN	MAL	UCCM, USNR	57		Whitty, Neldon V.	CDR, USN	105
Quinn, Michael L.	ETCM, USN	99	Stewart, William K.	ADC, USN	MAL	Williams, Richard F.	HMC, USN	MAL
Reddy, Robert J.	AMCS, USN	72	Stone, Bryan	BUC, USN	MAL	Witt, Roe E.	DCC, USN	172
Rhyne, Keith	OSC, USN	MAL	Swihart, Jack	ATC, USN	91	Wixson, Gail A.	AVCM, USN	MAL
Richardson, John H.	GMCM, USN	89	Teefy, Ronald D.	PNCM/TAR, USNR	89	Woods, Clifford J.	ABCM, USN	MAL
Ronnow, Richard W.	EN1, USN	MAL	Teeple, Edward J.	HTCS, USN	316	Zerby, Reynold C.	AMHC, USN	166
Russell, Robert R.	MAC, USN	MAL	Upton, Pat J.	MS1, USN	268	Zikeli, George A.	RMC, USN	290
Scheidler, Terry L.	EMC, USN	298	Villarreal, Jesus	YNC, USN	117			
Schmidt, Howard F.	SKC, USNR	11	PRPWC, Washington, Louis V.					
Self, Lewie F.	CSC, USN	290	ENC, USN	08				
Selvage, Carl	GMCS, USN	MAL						

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.

A D V E R T I S E M E N T

Clogged, Backed—up Septic System...Can anything Restore It?

DEAR DARRYL: My home is about 10 years old, and so is my septic system. I have always taken pride in keeping my home and property in top shape. In fact, my neighbors and I are always kidding each other about who keeps their home and yard nicest. Lately, however, I have had a horrible smell in my yard, and also in one of my bathrooms, coming from the shower drain. My grass is muddy and all the drains in my home are very slow.



Dear
Darryl

My wife is on my back to make the bathroom stop smelling and as you can imagine, my neighbors are having a field day, kidding me about the mud pit and sewage stench in my yard. It's humiliating. I called a plumber buddy of mine, who recommended pumping (and maybe even replacing) my septic system. But at the potential cost of thousands of dollars, I hate to explore that option.

I tried the store bought, so called, Septic treatments out there, and they did Nothing to clear up my problem. Is there anything on the market I can pour or flush into my system that will restore it to normal, and keep it maintained?

Clogged and Smelly – Tucson, AZ

DEAR CLOGGED AND SMELLY: As a reader of my column, I am sure you are aware that I have a great deal of experience in this particular field. You will be glad to know that there IS a septic solution that will solve your back-up and effectively restore your entire system from interior piping throughout the septic system and even unclog the drain field as well. **SeptiCleanse® Shock and Maintenance Programs** deliver your system the fast active bacteria and enzymes needed to liquefy solid waste and free the clogs causing your back-up.

This fast-acting bacteria multiplies within minutes of application and is specifically designed to withstand many of today's anti-bacterial cleaners, soaps and detergents. It comes in dissolvable plastic packs, that you just flush down your toilets. It's so cool. Plus, they actually Guarantee that it restores ANY system, no matter how bad the problem is.

SeptiCleanse® Shock and Maintenance Programs are designed to work on any septic system regardless of design or age. From modern day systems to sand mounds, and systems installed generations ago, I have personally seen SeptiCleanse unclog and restore these systems in a matter of weeks. I highly recommend that you try it before spending any money on repairs. SeptiCleanse products are available online at www.septicleanse.com or you can order or learn more by calling toll free at 1-888-899-8345. If you use the promo code "FRAS2", you can get a free shock treatment, added to your order, which normally costs \$169. So, make sure you use that code when you call or buy online.

OCTOBER 16-22
2022



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Alabama
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94th FRA AND 89th LAFRA
NATIONAL CONVENTION



REUNIONS

USS MISSOURI (BB-63)

9/8/2022 - 9/11/2022
Charleston, S.C.
Contact: John McKinney
Telephone: 207-799-8513
Email: jmckinney1maine@yahoo.com

USS GRENADIER (SS-525)

9/11/2022 - 9/14/2022
The Villages, Fla.
Contact: Reggie Thurlow
Telephone: 352-464-2453
Email: reggiethurlow100@gmail.com

USS PRICHETT (DD-561)

9/12/2022 - 9/16/2022
Omaha, Neb.
Contact: Terry Crawford
Telephone: 618-259-3007
Email: prichett@charter.net

USS TRUCKEE (AO-147)

9/13/2022 - 9/18/2022
Buffalo, N.Y.
Contact: Mike Landers
Telephone: 770-926-6965
Email: mlanders52@yahoo.com

USS STEINAKER (DD/DDR-863)

9/15/2022 - 9/18/2022
Norfolk, Va.
Contact: Russ Noble
Telephone: 231-944-2148
Email: rvnoble19@gmail.com

USS BAINBRIDGE (DLGN/CGN-25)

9/18/2022 - 9/22/2022
Las Vegas, Nev.
Contact: Charles Gilbert
Telephone: 412-609-1035
Email: charlesgilbert63@gmail.com

USS AMERICA Carrier Veterans Association

9/20/2022 - 9/24/2022
Warwick, R.I.
Contact: Tom Tramantano
Telephone: 888-391-2866
Email: tomato46@aol.com

USS WILTSIE (DD-716)

9/25/2022 - 9/29/2022
Houston, Texas
Contact: Ted Laurila
Telephone: 360-736-3853
Email: DD716ted@comcast.net

USS CORRY (DD-817)

9/29/2022 - 10/1/2022
Nashville, Tenn.
Contact: William Shugars
Telephone: 410-360-2186
Email: shugars@verizon.net

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

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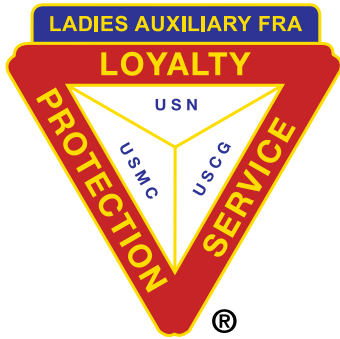


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LA FRA MEMBERSHIP APPLICATION



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

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

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

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

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

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

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

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

Telephone: _____ Date of Birth: _____

Email: _____



The following service member information validates this application:

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

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

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

Unit Preference _____ Applicant's Signature _____ Date _____

Recruiter _____ Member # _____ Unit/Branch # _____

Verified by _____ Title _____ Unit/Branch _____ Date _____



I am the:

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

Annual Membership Dues:	
	\$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

A Message from the South Central Regional President



Gini C. Larson
LA FRA SC
Regional President

It is truly an honor to be the president of the South Central Region for another year.

I traveled to Unit 94 this past February and in March visited four units in Louisiana: Unit 222 in Slidell, Unit 92 and Unit 162 in New Orleans, and Unit 371 in Baton Rouge. I also attended the Annual Pilgrimage that was held in Washington, D.C. in April.

This year has been rather challenging due to the fact that LA FRA members are not willing to step up and hold positions as unit officers and board members. Unit 11 in Fort Worth, Texas, was sent all the information they need to transfer their members as they so direct. I have also stayed in touch with the units in the South Central Region by telephone. Unit 371 in Baton Rouge, Louisiana, is running strong and yet the Shipmates are having trouble getting people to step up and take branch officer positions. They are currently working to get new officers elected and in place.

Despite this, our units are still collecting items to donate to nursing and veterans homes. We have members making face masks for hospitals and for veterans who are in nursing homes. Some members are volunteering at soup kitchens to help feed the needy. Baton Rouge Branch and Unit 371, have donated soda, water and snacks to veterans homes.

Navy Exam Breakfasts

There are Navy-wide chief, E-6 and E-5 advancement examinations that are held at Naval Air Station Corpus Christi, Texas. Both



Sailors sitting for their E-5 and E-6 advancement exams enjoy a breakfast provided by Corpus Christi Unit and Branch 94. PNP Don Larson is manning the table. Photo by Gini Larson.

FRA Branch and LA FRA Unit 94, along with the Corpus Christi Navy League, regularly provide a breakfast for all the active-duty sailors who are sitting for the exam. Normally, members enjoy providing a good meal for these men and women over the course of what is usually seven exam sessions. This year, due to the 6-foot social distancing practice, members went the extra mile to serve seven breakfasts and four lunches over 11 exam sessions.

South Central Meeting Schedule

The South Central Regional Midyear Meeting was held via ZOOM conference call on March 19. The South Central Regional Convention will be held in person from Aug. 18 to 20, at the LeBossier Event Center, located at 4000 Industrial Dr., Bossier City, LA, 71112. The hotel room rates are \$69 per night plus tax. The telephone number for making your reservation is 318-747-0711. In order to get the reduced room rate, please say that you are with the Fleet Reserve Association. **FRA**

Yours in Loyalty, Protection and Service,

PNP Gini C. Larson, RPSC

Gini is the South Central regional president.

When Things Seem out of Control, Control the Things You Can

During times of heightened stress, such as when there's extreme market volatility, a person can quickly become overwhelmed and struggle to do things that might be considered simple or obvious. It can be helpful to focus on the things you can control, identifying actions that you can take and completing those action steps.

Here are four action items for you to consider:



Review Your Investment Plan

Before you start making changes to your investment portfolio, consider your goals. Are you saving for retirement? Do you need to build a college fund for your children? Did a recent event create a need to adjust your plan? If your goals have changed or if you haven't updated your plan in a while, review and, if necessary, update your investment strategy to support reaching your goals.

Understand Your Risk Tolerance

Risk is a key principle in investing. Some investments are riskier than others, but every financial decision involves risk. Since risk is inescapable, the key is to understand your risk tolerance and manage how much you are taking, which should be based on your long-term financial goals. If your tolerance for risk has changed, review your strategy and make sure you are still comfortable with the amount of risk you're taking.

Stick to Your Plan

When the market gets volatile, investors often react emotionally and may want to pull out of the

market to try to avoid loss. However, remember that moving or selling investments during a market decline will likely lock in losses; staying invested may allow you to benefit if the market comes back. Before reacting, take time to step back and try to respond using logic rather than emotion.

Organize and Update Important Documents

Are your important documents up to date and accessible to those who may need them?

Create a reference list of your documents and consider making a digital version for easy storage and accessibility. Also ensure that your beneficiary designations for investment accounts, life insurance and other accounts are up to date to reflect any new circumstances, such as a marriage, birth, death, or divorce. Beneficiary designations typically supersede your will or trust, so you'll want to confirm that they are current and accurate. **FRA**

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Wells Fargo Advisors does not provide legal or tax advice. Be sure to consult with your tax and legal advisors before taking any action that could have tax consequences. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.

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

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SACRED STONE OF THE SOUTHWEST IS ON THE BRINK OF EXTINCTION



Centuries ago, Persians, Tibetans and Mayans considered turquoise a gemstone of the heavens, believing the striking blue stones were sacred pieces of sky. Today, the rarest and most valuable turquoise is found in the American Southwest—but the future of the blue beauty is unclear.

On a recent trip to Tucson, we spoke with fourth generation turquoise traders who explained that less than five percent of turquoise mined worldwide can be set into jewelry and only about twenty mines in the Southwest supply gem-quality turquoise. Once a thriving industry, many Southwest mines have run dry and are now closed.

We found a limited supply of turquoise from Arizona and purchased it for our *Sedona Turquoise Collection*. Inspired by the work of those ancient craftsmen and designed to showcase the exceptional blue stone, each stabilized vibrant cabochon features a unique, one-of-a-kind matrix surrounded in Bali metalwork. You could drop over \$1,200 on a turquoise pendant, or you could secure 26 carats of genuine Arizona turquoise for just \$99.

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