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FRA *today*

The magazine of the Fleet Reserve Association

SEPTEMBER 2022 / \$3.75

OPERATION DEEP FREEZE



INSIDE:

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Cover: Sailors from Navy Cargo Handling Battalion ONE practice using a crane at a training simulator at Naval Weapon Station Yorktown in the Hampton Roads region of Virginia. Navy Photo by Mass Communication Specialist 2nd Class Benjamin Woody. Above: Military Sealift Command charter ship *SLNC MAGOTHY* heads for the Antarctica outpost of McMurdo Station in January of 2020, in support of Operation Deep Freeze Program. Photo by Sarah Burford.

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Operation Deep Freeze: Antarctic Discoveries

Beyond the furthest reaches of what humankind had studied up to the 1950's, several countries collectively uncover what was to be learned from the only country in the world that had no native human populations; Antarctica.

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Hank Bauer, A Natural Leader

The same determination and fearlessness that informed his young street life made Hank Bauer a dedicated fighting Marine. In the Pacific, he began his service with a Raider regiment. He was willing to face whatever was in front of him.



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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Shipmate Letter

Shipmate NED,

I was just looking for some clarification about the award amounts for the 2022-2023 Essay contest. In the *FRAtoday* posting, July issue, on the contest lists the grand prize at \$5,000, but the latest posting on national mailing list has the grand prize at \$1,500. When and how did the change come about? Which is correct?

In Loyalty, Protection, and Service

RVPNW Rex Faubion

Mt. Rainier Branch 104 Secretary/Treasurer

FRA Reply

Good afternoon, Shipmate RVPNW Rex,

Thank you for your question. During the June 14th NBOD Zoom meeting, a discussion, and a unanimous vote by the board (NBR 27-22) was made to change the amount of the awards for the annual Americanism-Patriotism Essay contest. This is the first change in these awards in more than 10 years.

The publication of the July issue of the *FRAtoday* was completed prior to the action of the NBOD. The poster published in July has been corrected in the August issue. Also, the recently updated information on the FRA website for student participants provides the correct award amounts.

The rationale for the change, was the FRA's dwindling financial resources. The students winning these awards are also receiving monies at the branch, and regional levels. The previous essay awards were greater than what the FRA is able to provide to Shipmates who are in distress through our Disaster and Welfare Relief programs. Additionally, 12th graders can also apply to the FRA Education Foundation for one of their many scholarships to help further their education.

These revised award amounts also align the FRA with the prize amounts given to students by other VSO's, such as the American Legion and the VFW, which both have larger endowments than the FRA.

FRA

Thank you again for your question.
In Loyalty, Protection and Service,
Chris Slawinski

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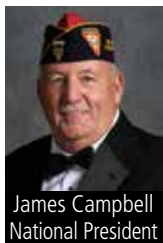
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Regional and National Conventions Season



James Campbell
National President

I hope that all you Shipmates are doing well and had an enjoyable 4th of July celebration. I have had the pleasure of attending the East Coast Regional Convention that was recently held in Colonial Williamsburg, Virginia. My next visit will be to National Headquarters to attend the Budget & Finance meeting in Alexandria, Virginia. Toward the later part of summer, I will be attending the North Central, Southeast as well as the North East/New England regional conventions in August and September.

I am really looking forward to the national convention being held in Birmingham, Alabama from October 16 through October 22. Unfortunately, I was not able to attend the 93rd FRA and 88th LA FRA National Convention that was held in Spokane, Washington due to a positive COVID test. RVPSE Jerry Anger and his convention committee are doing an outstanding job getting everything ready for the national convention. I have visited the convention site and I know that everyone will have a wonderful time.

If your branch is not able to have a branch member attend the convention in Birmingham and you have a proxy, I would ask that you send your proxy instructed. In addition, I would urge each branch to read over the resolutions (see pages 31-36) with your branch so that your branch has input into the future of the FRA.

Congratulations to RPEC Chris Murray and RPNW Michelle Davis on their success with setting up two new branches. Del Herman Branch 299 Wilmington, North Carolina and Branch 50 Pearl Harbor, Hawaii. Thank you both for your hard work and dedication.

In closing, I hope that I will see all of you at the national convention in Birmingham, Alabama. Stay safe and keep your Shipmates in your thoughts and prayers. Please check in on our aging Shipmates with a visit or a telephone call. **FRA**

I remain always in Loyalty, Protection & Service.

Jim Campbell

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



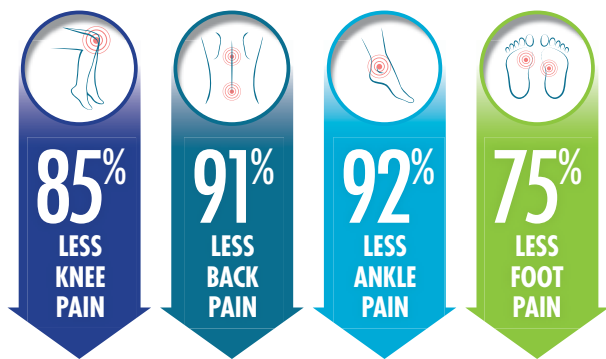
Shipmates gather in the Tamarack/Spruce Room of the Mirabeau Hotel in Spokane Valley, Washington Oct. 5, 2021 for the first convention held since the pandemic began. Staff photo.



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Advertisements

Here we go again, on page 17 a highly political ad for a book on the second amendment. You say that you review all advertisements, if this is true, I would suggest you check the qualifications of the individual doing the checking. On a more positive note. The letters section had a suggestion for a future article. I note that you did not take long to take advantage of this information. The article on Mike Marino was very interesting.

HMCN Don Callaway, USN (Ret.)

Extremist Ads

The latest issue of *FRAtoday* included an AD on page 17 by the extremist organization NEWSMAX. The views on these Ads it one of the main drivers of mass shootings.

This AD makes you and me partners in the shootings of innocent people and school shootings. These views are the main drivers of gun violence.

If you further contribute to spreading this vile messages. I will need to sue for my membership fees back.

ENC(SW) William Heilig, USN (Ret.)

WWII VET

I was reading the letters in the June edition of the FRA magazine. In it a Chief Delmonico said his friend Mike Marino whom is a WWII VET AND IS 99 years old had stories to tell of his time during the war. That Chief would like you to contact his friend to give you stories about his past. While this would be great for FRA readers this Chief is missing out on giving that vet the chance to keep his exploits for generations to come. What that Chief really needs to do, and I hope you will tell him, is to get in touch with people from the WWII Museum in New Orleans. They have specialists that have been doing the very same thing for years now. What he tells them will be used so that others that aren't with the FRA can learn of his experiences and others who were in the war as well. This museum used to be one bldg. years ago when I went but now has half a dozen buildings located in a single block that tells the whole story of the war.

*PO1 Roy Hutchens, USN (Ret.)
Chula Vista Branch 61*

Yet Another Federal Holiday

The June 2022 issue of *FRAtoday* noted the introduction by Sen. Elizabeth Warren and others of S.3735, the Gold Star Families Day Act, which would designate yet another federal holiday. The article further invited members to

weigh in on this "issue" via the FRA Action Center. With great respect and gratitude to Gold Star families, I question whether this country can afford to keep designating ever more federal holidays — days for which multitudes of federal employees (including those at DOD and VA) are paid but no government work is accomplished. As well, the FRA needs to concentrate its valued efforts and credibility on particular issues of importance; not in tilting at political windmills.

Ted Mudge, USN (Ret.) MAL

March FRA "Hot Talk; Cold Science" Ad

In the opinion authored by Dan Davey, in the "Shipmate Forum," June 2022. "Climate Change" alluded in the author's opinion as propaganda should be a topic for First Amendment discussion since we agreed to defend against "foreign or domestic" intrusion on our respective careers and since the Navy now has an Undersecretary for Climate Change, Ms. Meredith Berger.

The FRA is negligent to publish personal ridicule and defamation by innuendo as Mr. Davey does to Ph.D S. Fred Singer.

According to Plato, Socrates was the "gadfly" of ancient Athens. Dr. S. Fred Singer, Physicist and Princeton author, right or wrong, was among the first and most-prominent scientist speaking out against global warming alarmism. Dr. Singer has been an effective gadfly for the scientific establishment in our generation.

Fortunately, Dr. singer objects to new climate 'sacred dogma' based on 'models' which lack proofs based on standard "Scientific Method" requirements we all learned in 8th grade science classes.

Temperature change rates in the atmosphere are altitude sensitive, a particularly awkward area for climate models. Climate models, some 122 in IPCC and/or East Anglica University possession, are inconsistent producers of climate prediction since they are models, not direct scientific observation.

31,000 scientists, signature verified, authored "The Oregon Petition" against climate alarmism.

Perhaps the FRA should also investigate prior to publication rather than buy into denigrating words hiding behind political talking points.

R/SKCM(SS) Gary W. Smith, USN (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

Put Concurrent Receipt Reform in Senate NDAA

As you receive this issue of *FRAtoday*, Congress will have just returned from their August recess to face an approaching deadline, the start of the new fiscal year, (Sept. 30) to finish the FY2023 National Defense Authorization Act (NDAA-H.R.7900, S.4543). The House has approved its version of the NDAA and Senate Armed Services Committees has approved its version of the annual National Defense Authorization Act (NDAA-S.4543). The Senate bill will go to the Senate floor for approval. Senators Jon Tester (Mont.) and Michael Crapo (Idaho) have filed a Senate floor amendment to add a provision to this "must-pass" bill to expand concurrent receipt. Members can use the FRA Action Center to weigh in on this issue (www.fra.org).

Congress will also be working on spending bills to fund the day-to-day operation of government. The current fiscal year appropriations package (FY2022) was signed into law March 15. FY2022 started on Oct. 1, 2021. This nearly 6-month delay resulted in flat-line funding for many current government programs. Too frequently Congress fails to pass spending bills on time. The federal government has partially closed



Stock image from Depositphotos.

18 times since 1976 because one or more appropriations bills were not signed into law on time. In 2018-19, the shutdown lasted 35 days.

Members can urge their legislators to get their work done on time by going to the FRA Action Center on the website (www.fra.org). The FRA Legislative Team is working to ensure military benefits are not sacrificed as part of any last-minute budget deal.

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.

"Tub accidents" cause serious injuries for seniors and people with limited mobility.



Did you know...?

The CDC has documented the risk of a serious fall in the bathroom: "Falls cause 80% of all bathroom injuries, and older adults (65 & older) experience the highest injury rates."¹

Another CDC Study provides even more details: "Among older adults, falls are the leading cause of injury death. Every 20 minutes, an older adult dies from a fall in the United States."²

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How to help avoid slips and falls while enjoying a bath.

The bathroom continues to be a major source of serious accidents. According to the CDC, all age groups are affected. However, seniors and people with limited mobility due to arthritis or muscle weakness are more vulnerable to broken hips, concussions, and other critical injuries caused by slips, loss of balance, or tripping.

One effective solution: replace your old, dangerous tub.

With its high sides, awkwardly placed faucets, slick bottom, and hard surfaces, the standard bathtub can be a prime cause of bathroom injuries. Seeking a safer alternative, many concerned families are replacing their old tub with a new Safe Step Walk-In Tub.

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¹ "Nonfatal Bathroom Injuries Among Persons Aged ≥15 Years—United States, 2008." Centers for Disease Control and Prevention. 10 June 2011. Web. 26 Apr. 2012. <http://tinyurl.com/6gbcap> ² Center for Disease Control and Prevention. National Center for Injury Prevention and Control. <https://www.cdc.gov/steady/patient.html>

FRA Meets with The Speaker

Director of Legislative Programs John Davis participated in a VSO/MSO roundtable with Speaker of the House Nancy Pelosi (Calif.) and Rep. Mark Takano (Calif.), Chairman of the House Veterans Affairs Committee. Other legislators that attended the off-the-record meeting include Reps Debbie Wasserman Schultz (Fla.), Raul Ruiz (Calif.), Chris Pappas (N.H.), Matt Cartwright (Pa.), Mike Levin (Calif.), Julia Brownley (Calif.) Ed Case (Hawaii), Frank Mrvan (Ind.) and Collin Allred (Texas).

The meeting focused on the pending veteran's toxic exposure bill (H.R.3373). The bill would allow for the first time all veterans who were at risk of toxic exposure, including 3.5 million Iraq and Afghanistan veterans, to obtain immediate and lifelong access to health care from the Department of Veterans Affairs — one of the largest expansions of health care eligibility in the VA's history. (See following story).

DLP Davis told the Speaker about the need for concurrent receipt reform. The FRA supports comprehensive concurrent receipt legislation (H.R.333) and the Major Richard Star Act (H.R.1282, S.344). The FRA argues that retired pay is for years of arduous military service paid by the Department of Defense while disability pay is for lifelong injury paid by the Department of Veterans Affairs. To reduce retirement pay because of a disability is an injustice.

During the meeting, concern was expressed about eligibility standards for the VA Caregiver Act, and that the VA needs more funding for mental health. There was some discussion about cost overruns with implementing the MISSION Act. There was some discussion about veteran suicide and the new 988 Crisis Line (see page 18). The Speaker announced that the Veterans Women Taskforce will be extended another six months.

Following the meeting, Davis provided the Speaker's staff with point papers on concurrent receipt and the Military Retiree Survivor Comfort Act (H.R.2214) and information on the military postal system ending privileges for overseas military retirees.

Members can weigh in on these and other issues through the FRA Action Center (www.fra.org).

President Signs Veterans Toxic Exposure Bill into Law



President Joe Biden signs the Toxic Exposure Bill into law on August 10 at the White House, NED Slawinski was in attendance. Staff photo.

The FRA National Executive Director Christopher J. Slawinski attended the bill signing ceremony at the White House where President Joe Biden signed into law the comprehensive veteran's toxic exposure bill (S.3373). The bill would establish a presumption of service connection for 23 respiratory illnesses and cancers related to the smoke from burn pits. Further, the bill also provides new benefits for veterans who faced radiation exposure during deployments throughout the Cold War, adds hypertension and monoclonal gammopathy to the list of illnesses linked to Agent Orange exposure in the Vietnam War, expands the timeline for Gulf War medical claims and requires new medical exams for all veterans with toxic exposure claims. Veterans who served in Thailand, Laos, Cambodia and Guam during the Vietnam War era would be covered under the same Agent Orange presumptive policies as those who served in Vietnam itself.

The VA staff would be granted "The authority to determine that a veteran participated in a toxic exposure risk activity when an exposure tracking record system does not contain the appropriate data," a stark distinction from the science-only system in use at the VA currently. The measure is estimated to cost \$270 billion over 10 years and would potentially affect as many as one in five veterans living today. The bill would authorize the setup of 31 major medical clinics across America and hire thousands more claims processors and health care staff.

Slawinski testified before the Senate Veterans Affairs Committee on March 29, in support of the veterans' toxic exposure legislation. He noted in his testimony that military service for our nation can require servicemembers to go places that may expose them to toxins that cause illness and diseases that may not be diagnosed for years or even decades after their service. That is why the FRA is a member of the Toxic Exposures in the American Military (TEAM) Coalition to ensure that no veteran who suffered exposure to burn pits or other environmental toxins goes without access to VA health care benefits. FRA wants to thank the thousands of members that weighed in on this issue. Your efforts helped pass this important legislation.

The Invention of the Year

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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 so it weighs only 47.2 lbs. It features one-touch folding and unfolding – when folded it can be wheeled around like a suitcase and fits easily into a backseat or trunk. Then, there are the steering levers. They enable the ***Zinger*** to move forward, backward, turn on a dime and even pull right up to a table or desk. With its compact yet powerful motor



Available in Green, Black and Blue (shown)



it can go up to 6 miles an hour and its rechargeable battery can go up to 8 miles on a single charge. With its low center of gravity and inflatable tires it can handle rugged terrain and is virtually tip-proof. Think about it, you can take your ***Zinger*** almost anywhere, so you don't have to let mobility issues rule your life.

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House Passes NDAA

The House considered 650 of the 1230 floor amendments filed with the House version of the FY2023 National Defense Authorization Act (NDAA-H.R.7900). Two FRA-supported amendments that would expand concurrent receipt were not called for a vote. The measure would authorize \$37 billion more than the amount requested by the administration. The House approved the bill. Other provisions in the bill include:

- No TRICARE fee increases.
- Prohibiting the DOD from realigning or reducing military medical end strength until additional analysis can be made on the impact.
- Providing a 4.6% annual pay increase for active duty and an inflation bonus of 2.4% for those troops making less than \$45,000 a year.
- Adding \$750 million to military commissaries to reduce prices for food and other necessities.
- Mandating the DOD to report on an improved

calculation of BAH rates.

- Extending DOD authority to provide a temporary increase in BAH until 2024.
- Excluding the Reserve Component from paying premiums and co-pays for TRICARE dental coverage.
- Allowing the DOD to increase incentive payments to retain behavioral health providers.
- Prohibiting Chinese products in commissaries and exchanges.

The Senate version of the FY2023 NDAA is pending on the Senate floor and is expected to be considered in September. Once the Senate approves its version of the NDAA, a conference committee will be appointed to resolve any differences between the two bills. That final bill will be submitted to the House and Senate for approval. If approved, the bill will be sent to the president to be signed into law or vetoed.

House Passes Veterans Comprehensive Mental Health Bill

The House passed the Support the Resilience of Our Nation's Great Veterans Act (H.R.6411), which is a comprehensive mental health bill that would improve the mental health programs that are provided by the Department of Veterans Affairs. The provisions of the bill include:

- Strengthening the VA's mental health care workforce, expand care options, and support mental health research.
- Improving the Veterans Crisis Line's staff training, management, and response to veteran callers who are at risk of suicide.
- Enhancing the Solid Start program, which was created by the VA in 2019, to contact every veteran three times by telephone during the first year after they leave active-duty service to check-in and help connect them to VA programs and benefits.
- Directing the VA to designate one week per year as Buddy Check Week and to organize outreach events that educate veterans about

how to conduct peer wellness checks.

- Improving the VA's peer specialist support program, established through the MISSION Act, to all VA medical centers.
- Expanding Vet Center eligibility for counseling and related mental health services to family members of servicemembers or veterans who died by suicide.
- Requiring the VA to report to Congress on its Veterans Integration to Academic Leadership program and assess the number of VA medical centers, institutions of higher learning, non-college degree programs, and student veterans supported by the program.

The FRA strongly supports this legislation to combat veteran suicide by strengthening the VA's mental healthcare workforce, bolstering the Veterans Crisis Line, and expanding life-saving resources to those veterans who need it. Members can use the FRA Action Center (www.fra.org) to urge their senators to support this important bill.

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It's shocking, but true. Seven out of ten Americans are missing out on their full Social Security benefits.

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- **Dodge the 5 Social Security "Gotchas" that Trap Millions of Retirees into Lower Benefits than They Deserve**
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How to Boost Your Social Security in Retirement by at Least \$100,000



by Matthew Allen
CEO, Social Security Advisors

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ABOUT THE AUTHOR

Matthew Allen is CEO and co-founder of Social Security Advisors. Since 2008, he has helped thousands of seniors maximize their Social Security benefits and avoid costly mistakes when filing.

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New 988 Suicide and Crisis Lifeline

Logo from Wikipedia.



The nationwide 988 Suicide and Crisis Line is now operational. This means that, theoretically, a person can be connected to local suicide prevention resources anywhere in the country by dialing only three digits, rather than the current 10-digit, toll-free hotlines in use. It has been referred to as the 911 emergency system for

mental health help. The 988 crisis line is not aimed specifically at veterans, but advocates are hopeful that the resource will provide an easier venue for veterans and military members facing mental health emergencies. Veterans and active-duty military will be instructed to dial 1 once connected to the crisis line. The Department of Veterans Affairs' Veterans Crisis Line is part of the switch to a new service.

The VA says they have been planning for the switch, and for the expected increase in the volume of calls. They project a five to 13% increase in telephone calls. The growth is expected to continue with a potential 40% to 60% increase in the second year, and a 150% increase throughout the first three years.

The VA has been preparing for the switch, with a 56% increase in hiring and improvements in the technology to support those workers.

Callers to the VCL not only receive immediate assistance and advice, they can also elect to have a local suicide

prevention coordinator from the VA reach out to them in the days after the call. The VA has also hired peer support counselors to telephone crisis line callers back. These counselors can engage with callers as peers to identify challenges and needs, and to help them engage with available resources. The 988 switch applies only to telephone calls. Those wishing to engage with the VCL through text messages should still text 838255 to reach a counselor.

The FRA supports improvements of VA and Defense Department suicide prevention programs to reduce the rate of suicide among veterans and active-duty service members. The Department of Veterans Affairs recently released its 2021 National Veteran Suicide Prevention Annual Report. The report shows a decrease from 2018 to 2019 in the total number of veteran suicide deaths (6%) and a decrease in the rate of veteran suicides. Specifically, the VA reported that there were 6,261 veteran suicide deaths in 2019 — 399 fewer than in 2018. Of the 17 veterans who died by suicide per day on average in 2019, approximately 10 of them had no recent interaction with the VA health care system. The data also revealed that the female veteran suicide rate decreased by almost 13%, which is the largest rate decrease for female veterans in 17 years.

Veterans ages 18 to 34 experience a higher rate of suicide than all other age brackets of veterans. The suicide rate for young veterans increased by 76 percent from 2005 to 2017, according to the Department of Veterans Affairs' 2020 National Veteran Suicide Prevention Annual Report. A growing number of these veterans never experienced combat.

HVAC Hearing on VA EHRM

The House and Senate Veterans Affairs Committees recently held separate oversight hearing on the Department of Veterans Affairs Office of Inspector General report revealing serious issues with the deployment of VA's new Electronic Health Record Modernization (EHRM) program. The FRA has been monitoring the implementation of the EHR and wants to ensure adequate funding for Department of Defense and the VA health care resource sharing in delivering seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families.



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— John, Men's Liberty user in Michigan

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VA Homelessness Program

During a press conference, the Department of Veterans Affairs Secretary Denis McDonough discussed efforts to eliminate veteran homelessness. VA Secretary McDonough stated, “no veteran should ever be homeless,” and thanked the Department of Housing and Urban Development (HUD) for the \$365 million package of resources recently released.

Executive Director of the VA’s Homeless Programs Office Monica Diaz reported that veteran homelessness has declined by nearly 50% since 2010, and the VA has helped more than 950,000 veterans and their family members become permanently housed. “Our strategies are working,” she said, thanks to the dedication of VA employees and veterans’ resiliency. Diaz explained the VA takes a “housing first” approach to the issue.

This means the veteran does not need to be ready for housing or enter treatment before being housed. Instead, the VA provides a home, then wraps treatment and other support services around the veteran.

She described the various VA programs to help veterans. However, she said, every citizen can play a role in combating veterans’ homelessness. She asked the media to spread the word those services exist, and to encourage veterans to reach out for help. Diaz also called upon employers to open their doors and to give veterans a chance. The VA’s goal is to place at least 38,000 veterans into permanent housing by the end of this year. That is almost the total number of veterans who were reported as homeless in the 2020 Point in Time count.

Korean War Memorial Expanded



Stock image from Depositphotos.

The Korean War Memorial located on the Capitol Mall in Washington, D.C. was renovated to include a new wall that lists the Americans who were killed in the Korean conflict. The war has often been referred to “America’s Forgotten War.” The \$22 million renovation was authorized in the FY2016 National Defense Authorization Act and provides 100 new panels bearing the names of 36,634 American servicemembers and 7,174 Korean troops who served with the U.S. military. This week marks the 69th anniversary of the signing of the Korean Armistice Agreement ending the hostilities.

DOD Responding to Chemical Contamination

The Environmental Protection Agency recently updated drinking water health advisories for PFOA and PFOS, also known as “forever chemicals.” Based on new science indicating even the tiniest levels of these chemicals in drinking water can cause health problems, the new levels are “near zero,” according to an EPA statement.

Perfluorooctanoic acid (PFOA) and perfluorooctane sulfonic acid (PFOS) have been linked with a variety of health effects, including decreased birth weights, suppressed vaccine response in children by lowering the concentration of serum antibodies, increased breast and other cancer incidence, and other issues.

The Department of Defense has been dealing with PFOA/PFOS contamination at military installations around the country, including National Guard and Reserve installations. Military-grade firefighting foam, until recently, used both chemicals. In recent years, Congress has required DOD to stop using those foams and to find alternatives.

HASC Chair Rep. Adam Smith (Wash.) released a statement that the EPA move “underscores just how dangerous” these chemicals are for local communities as well as those in the military and their families. He stressed the importance of Congress conducting “rigorous oversight” of the DOD’s response.

FRA

New \$1 Joint-Injection Pill Puts Surgeons Out of Work

Studies show active ingredient boosts the same lubricating joint fluid in just days without expensive injections. Relieves joint stiffness. Increases joint mobility and freedom.

By J.K. Roberts

Interactive News Media

INM — A popular needle injection for joint sufferers is now being replaced by an inexpensive non-prescription pill called FlexJointPlus.

The developers of this new pill say it delivers the same relief molecule as injections in just days. However, it has some impressive advantages.

First, it's inexpensive and non-prescription. Also, studies show the active ingredient delivers relief to every joint in the body because it enters the bloodstream through the digestive system.

Top doctors have recommended needle injections in the past because they deliver powerful relief. Unfortunately, the shots are painful and expensive. They also only work on the joint being treated.

But initial FlexJointPlus users report greater flexibility and less stiffness in their knees. Hands and shoulders move pain-free for the first time in years. Even neck and lower back pain improve dramatically.

Even upstate New York senior Paul Sansbury says his knee pain has gone from 8 out of 10 to a two after just 7 days, and no longer needs a cane.

"I needed a left knee replacement, but since using FlexJointPlus, I have less pain. I can walk...I feel much comfort...and I ditched my cane. I am 82 years old," he says.

BREAKTHROUGH MEDICAL DISCOVERY

Doctors have used joint injections to boost a critical element of the joint called synovial fluid. This lubricating fluid is found between the cartilage and bones of every joint.

Until recently there's been no way to deliver the "relief molecule" needed to boost synovial fluid in the body without a needle.

But now after years of intensive research, scientists have discovered a new pill that not only helps boost synovial fluid in multiple affected joints, but can provide long-lasting relief from pain by actually delivering this molecule through the bloodstream.

Many joint pain sufferers see an increase in flexibility and mobility. Others are able to get back to doing the things they love.



PROOF THAT IT WORKS: Dr. David Vallance was so astounded by the clinical results of FlexJointPlus' active ingredient that he said: "Based on my 20 years of experience with joint patients, FlexJointPlus receives my highest recommendation to any person suffering from joint pain and stiffness."

"My left hip joint was so stiff and painful I could barely get to sleep at night," says Amanda Johnson of Chatham, ON. "but since using FlexJointPlus my pain and stiffness has been relieved, and I am now able to get a good night's rest again."

SCIENTIFICALLY PROVEN RESULTS

A 90 day double-blind clinical study was performed on 160 joint patients suffering with grade 2 or 3 knee osteoarthritis for 1-5 years.

The results were published in the Journal of Arthritis in 2019.

Some participants experienced incredible results, reducing their knee pain and stiffness by 50% in just days.

The data also shows that their joint comfort just kept getting better the entire time they were taking the active ingredient during the clinical study.

"The active ingredient found in FlexJointPlus has extensive scientific support and has been tested in over a dozen well-controlled clinical studies," says Jesse Williams, Chief Developer for FlexJointPlus.

"The results of this study revealed that FlexJointPlus was effective in improving all measured parameters (joint pain, joint stiffness, activities of daily living and overall joint function). No serious adverse reactions were noted in any of the groups," he added.

The combination of quick relief coupled with continuing long-term relief is impressive to say the least.

And while no pill works for everyone, during this clinical trial, every one of the participants that took the active ingredient found in FlexJointPlus reported an improvement in their joint comfort.

HOW IT BOOSTS JOINT FLUID

"The latest research shows that as we age, the amount of synovial fluid in the joints decreases," says Christina Stevens, Medical Researcher for FlexJointPlus.

"Loss of this fluid results in a decrease in cartilage thickness and increase in friction, which can lead to joint degeneration and pain.

And now recent studies have shown the active ingredient found in FlexJointPlus has the unique ability to help boost this lubricating fluid for powerful joint relief," she added.

FlexJointPlus' key ingredient is known as NEM.

Clinical studies show NEM contains 4 key glycosaminoglycans that help boost the production of joint fluid allowing for effortless motion. It not only eases pain in the joints, but it also acts as a powerful lubricant.

"In essence, it can actually 'turn back the clock' on your tired, worn, old joints and help replace them with healthy, flexible, pain-free, new ones," she added.

There have also been no adverse side effects reported with the use of FlexJointPlus.

This is a bonus for joint sufferers who have been taking prescriptions that can cause gastric irritation over time.

This seems to be another reason why the release of



NO MORE NEEDLES: New discovery may help people avoid painful injections like this one. The key joint-relieving molecule in these injections can now be delivered by taking a new low-cost pill called FlexJointPlus.

this powerful new pill has triggered such a frenzy of sales.

BACKED BY TOP MEDICAL DOCTORS

"I use FlexJointPlus everyday for my stiff and aching joints. I also have my wife and daughter taking it regularly as well," said Dr. Oozeer, G.P. from Windsor, ON

"One of my patients taking FlexJointPlus has reported a significant decrease in pain when going up or down stairs, sitting with legs bent for an extended period of time, and even getting up from a seated position," said Dr. Richard Gibson, chiropractor from Windsor, ON.

"Based on my 20 years of experience with joint patients, FlexJointPlus receives my highest recommendation to any person suffering from joint pain and stiffness," said Dr. David Vallance, Rheumatologist from Ann Arbor, MI.

FRA TODAY READERS GET SPECIAL DISCOUNT SUPPLY

This is the official release of FlexJointPlus and so for a limited time, the company is offering a special discount supply to our readers. An Order Hotline has been set up for our readers to call, but don't wait. The special offer will not last forever. All you have to do is call TOLL FREE 1-800-891-1330. The company will do the rest.

IMPORTANT: Due to FlexJoint's recent media exposure, phone lines are often busy. If you call, and do not immediately get through, please be patient and call back. Current supplies of FlexJoint are limited. So consumers that don't get through to the order hotline will have to wait until more inventory is available. Call 1-800-891-1330 today!



Two scuba divers are lowered to the ice Feb. 1, 2020, from the *USCG POLAR STAR* (WAGB-10) seven miles north of McMurdo Station, Antarctica. Scuba divers from the U.S. Coast Guard, U.S. Army and the Royal Canadian Navy were serving aboard the *Polar Star* working near Antarctica in support of Operation Deep Freeze 2020, the U.S. military's contribution to the National Science Foundation-managed U.S. Antarctic Program. U.S. Coast Guard photograph by Senior Chief Petty Officer Nyxolyno Cangemi. Background photo from Depositphotos.

Background Stock image from Depositphotos.

Operation Deep Freeze

Antarctic Discoveries

By Ezra Phillips

Amidst the tensions of the Cold War, on the opposite side of the collaborative spectrum, rose a more academic spirit to internationally delve into new earthly discoveries. The International Geophysical Year, from 1957-1958, brought together 40 nations to study the earth from the North to South poles, in between, and from the bottom of the ocean to the lofts of the atmosphere. Strategically, the years chosen were in line with the peak of the sun's sunspot cycle, creating the perfect conditions for knowledge to be gathered alongside a higher frequency of solar flares and other electromagnetic disturbances and their effects on earthly cyclical patterns.

Baptism by Sub-Zero Temperatures
Beyond the furthest reaches of what

humankind had substantially studied up to the 1950's, the U.S., Great Britain, France, Japan, Norway, Chile, Argentina and the USSR, collectively set out to establish bases and uncover what was to be learned from the only country in the world that had no native human populations; Antarctica. Equally as striking, is that there are also no native land animals, all animals encountered are there by sea and air. In the early 1950's as IGY was on the horizon, a partnership between the United States Antarctic Program (USAP) and the National Science Foundation (NSF) built the metaphorical bridge to the shores of the coldest continent in the world to better study hydrography, weather patterns for improved predictions, geomagnetism, gravity and auroras as well as other areas of focus.

At 5.2 million square miles, the continent



The beginnings of McMurdo Station shown in 1955. Navy photo courtesy of the U.S. Navy National Science Foundation.

stands unexpectedly alone as being the world's largest desert, despite more common associations with deserts being vast stretches of parched sandy scenery. Deserts on other continents don't offer the most hospitable environments for life to thrive, and deserts formed by such frozen temperatures that limit precipitation, are similar to the former in their own unforgiving harsh realities. Despite the common associations with snow and ice, with just 2 inches of precipitation a year, Antarctica is an impressive feature on the list of the world's most dry locations on the planet. Due to average annual temperatures of 14 degrees Fahrenheit along the coastal warmer portions, and -67 degrees Fahrenheit inland, all the snow that does occur, accumulates faster than it could ever melt.

Frosty Frontier: Naval Support

In preparation for the IGY, the Department of Defense designated the Navy, and particularly Task Force 43, to support the effort in carrying out necessary preliminary projects. Chosen by President Dwight D. Eisenhower, Rear Adm. Richard E. Byrd, was appointed as officer

in charge of Operation Deep Freeze I, alongside Capt., and later Adm. George J. Dufek who postponed his retirement to fill the role as Commander of Task Force 43 and Commander of U.S. Naval Support, Antarctica. In treacherous settings where the world's human population almost exclusively have zero comparable experience, Dufek was a straightforward selection for this role since he had completed missions on the continent since in 1929. During those early outings he helped establish the first Naval base called "Little America I" on the Ross Ice Shelf, where McMurdo Station, "Little America II" would also be located in later years. Additionally, Dufek led expeditions inland and conducted the first flight over the South Pole before returning to chart most of the coastline after WWII.

United in their endeavor, four groupings of personnel; Surface Units, Air Development Squadron (VXE-6), Naval Mobile Construction Battalion (Special) as well as Seabees and support staff made their voyage to the southernmost tip of the world in November 1954 for the Antarctic summer season. Despite the



The McMurdo Station at Antarctica, in 2021. The research station is the logistics hub of the U.S. Antarctic Program, established by the National Science Foundation in December 1955. The U.S. Air Force has provided intercontinental airlift support to the National Science Foundation research stations in Antarctica since the 1950's. Photo by Senior Airman Dominic Tyler.

journey taking place during a time when the southern hemisphere was thawing, the groups faced the difficulty with navigating through miles of sizable ice chunks and frozen conditions as they closed in on their destination, led by icebreaker *USS GLACIER* (ABG-4). With the endless list of ways Antarctica is unlike any of the other land masses humans have settled, so much trial and error went into building the bases as the men were learning as they progressed through their mission over the next year and a half.

Battling the Elements, Racing Against Time

By April 1956, the permanent bases had been constructed and the Naval staff shifted to maintenance and support positions. With staff members always present, Operation Deep Freeze I was a success. McMurdo Station was established in December 1955, and served then, as it does now, as the primary American hub for research and logistics in Antarctica. Preemptively envisioning the potential need during

emergencies, Officer in Charge of Naval Operations, Richard E. Byrd, had authorized the formation of a parachute rescue team by air support VXE-6 that same year. Training was heavy handed given the environment rescues would take place in, and first aid specific to Antarctic conditions as well as rationed diets in minimal sheltering was exercised.

With IGY rapidly approaching, Operation Deep Freeze II brought the Naval Mobile Construction Battalion to the western and southern regions to build Byrd Station and the South Pole Station, where they wintered over while continuing with the construction. Work was completed in short windows before needing to take breaks to ensure their hands weren't victim to the freezing temperatures. Seabees and the Civil Engineering Corps who were also present, reported it was the harshest weather conditions they had ever experienced. Conquering the bitter, aggressive cold, the Navy completed all base facilities in time for IGY in 1957.



Chief Master Sgt. Ty Brooks, a loadmaster from the 313th Airlift Squadron at Joint Base Lewis-McChord, has been participating in ODF for 18 years. Photo by Maj. Tyler Boyd.

During ODF II when pertinent training involved a larger amount of people than had previously been on the island, everyone, including Navy personnel, completed extensive training relevant to survival in sub-zero temperatures. Scientists, military personnel and support staff vigorously trained to be able to identify signs of frostbite, how to carve ice blocks and construct shelters under the snow. The following year, ODF III and IV were largely resupply missions, as every item needed in inventory on base was transported from other countries, apart from turning ice in to blocks for temporary shelters the land offered no supportive tools and materials.

ODF IV was intended to be the end of the mission and all bases were to be closed, however, scientists advocated to the U.S. government that they saw immense value in the opportunity to continue their research, which they were granted — with a decrease in budget. The Navy staff had worn many hats throughout these operations as divers helping collect specimens, providing air drops for supplies to scientists on lengthy expeditions through the wind and snow, as well as transporting staff and scientists

between bases and mission locations.

Winds and Snow Drifts of Change

By 1959, the Naval Mobile Construction Battalion (Special) was replaced by Antarctic Support Activities, who took the reigns on maintenance and operating of the stations. When scientists, staff and Navy personnel returned home for the winter, while most of the population of McMurdo and other stations would, Detachment ALFA would arrive in March to winter over in their absence to maintain operational functioning and address needs of the bases that could be problematic if left until the summer teams returned. Despite this, some bases were eventually abandoned as their construction was unprepared for the vast amounts of drifting snow that tended to collapse structures or bury them so significantly that continuing to use them was a gamble on if the inhabitants would get snowed in or if they were still accessible when summer came.

After a decade of camaraderie, relations between the Navy and the NSF began to sour around the unspecified amount of control either entity had over their roles in missions. Between the Navy and the



Staff Sgt. John S. Worcester, Communications Navigations and Defensive Systems Technician at the 179th Airlift Wing, maintains the LC-130 in support of Operation Deep Freeze Jan. to Feb., 2018, at McMurdo Station, Antarctica. ODF is a partnership between the Air Force and the National Science Foundation that encompasses Antarctica, serving logistical support to the scientific research on climate change, global warming, ozone depletion, earth history, astronomy and environmental change. Photo by Airman Alexis Wade.

Coast Guard that had become more involved over the years, neither entity was sure who was responsible for McMurdo Station. The NSF had financial expectations that failed to align with the Naval and Coast Guards' evaluation of what was necessary for safety and operating. Bitterly contentious, the NSF's determination that only one icebreaker was needed for the resupply mission of '88 was heavily disputed by the Navy and Coast Guard and by 1990 the Navy was ready to discontinue their support after the National Guard's 109th Air Wing offered support in their place.

The Air National Guard slowly phased out air support provided by VXE-6 and by March 1999, the Navy was largely uninvolved in Antarctic operations apart from the Military Sealift Command ships still in use. As research robustly continued at McMurdo and other bases around the continent, one facet of Naval involvement that has been a steady presence over the years from Naval Seabees, Naval Cargo Handling Battalion ONE supporting the transport of resupply missions. In keeping the annual tradition of Naval

support alive, after the long voyage to the Antarctic shores the Seabees worked around the clock offloading supplies that provide 80% of the stock needed to survive the winter for each trip.

A Spirited Tradition

Rooted in human curiosity, the passion for discovering and understanding the world around us continues to fuel forward momentum in challenging the limits of what humans can survive in while endeavoring a mission. Scientific research is still being performed each year along the frozen coasts, the deeply snow drifted inland, the surrounding ocean and atmosphere to continue to shape understanding about how to improve weather prediction and how humans play a role in the grand spectrum of life on Earth. From the farthest reaches of the planet, where there is still a deficit in the ability to communicate with the rest of the world, there are answers to the questions embedded with a high relevance to everyday life amongst the populous being identified and others waiting to be explored. **FRA**

Game three in 1958 wasn't one of the most famous World Series games in Yankees' history, but Bauer made it count. The Yankees dropped the two opening games against the Milwaukee Braves. In the second game, the Braves scored seven first-inning runs and cruised to an easy win. The Yankees were in dire need of a win when the series shifted back to New York for game three. Photo courtesy of Pinstripe Alley.



Hank Bauer

A Natural Leader

By Ann Norvell Gray

Henry Albert Bauer was born July 31st, 1922, in East St. Louis, Illinois, to John and Mary Bauer, immigrants from Austria-Hungary. He was the youngest of nine children, and money was tight. John had lost a leg in some sort of factory accident, and then tried to make a living as a bartender. Without supplementary support from the older girls, it's doubtful that the family would have survived intact. Hank was remembered as a tough little street kid, determined and fearless. His brother Joe recalled him "always going around with a bloody nose."¹

When Hank graduated from high school, he went right to work, joined the pipefitter's union, and got a job working on furnaces in a beer bottling plant. Instead of being defeated by the grinding poverty of his difficult childhood, he turned hardship into a commitment to make something of his life. He and his brother Herman were both talented athletes. Herman was drafted by the White Sox, and got Hank a tryout with the minors, which landed the 18-year-old in a Class D farm club in 1941. Then Herman was drafted, Pearl Harbor was attacked,

and Hank joined the Marine Corps in January of 1942. Hank was sent to the Pacific Theatre, where he contracted malaria, which continued to plague him throughout his four years in the Corps. Herman was killed in France in 1944.

The same determination and fearlessness that informed his young street life made Hank Bauer a dedicated fighting Marine. In the Pacific, he began his service with a Raider regiment. He was big, strong, and willing to face whatever was in front of him without excuse or complaint. His intense experience is summarized by this description in an article by Jay Hemmings in War History Online:

"When he reached the vicinity of Guadalcanal ... He and his fellow Marines had to fight in the dense jungle on the islands of New Georgia northwest of Guadalcanal, a campaign Bauer called "indescribable – the worst [place he had] ever seen.

... Bauer served with the 2nd Battalion 4th Marines, part of the 6th Marine Division. He fought on the islands of Emirau in Papua New Guinea, and then on Guam, where he received his first wound.... some pieces of shrapnel stayed in his body, and



The USS TENNESSEE (BB-43) shown bombarding Okinawa with its 14-inch/50 caliber main battery guns, as LVTs in the foreground carry troops to the invasion beaches on April 1, 1945. Photo courtesy of the U.S. Naval History and Heritage Command.

would end up being picked out of his back by his Yankee teammates in locker rooms many years later.

After Guam, [Sgt.] Bauer ...and his Marines joined the Battle of Okinawa, ... the bloodiest and one of the most ferocious battles of the entire Pacific theater of war. Bauer commanded a platoon of sixty-four Marines ... only six men – including Bauer – survived the intense fighting.

Bauer fought on for fifty-three days before he was wounded by shrapnel once again. This time it was serious enough to result in his being sent back to the U.S. to recover from his injuries.”²

When the shrapnel from that last artillery shell tore a hole in Bauer's upper leg and ended his 32-month combat career, his first thought was that his dreams of a life in baseball were also ruined. ... [In 1945] the war in the Pacific was finally over. The tough young Marine's conduct and courage had earned him 11 campaign ribbons, two Bronze Stars, and two Purple Hearts, and the Navy Commendation Medal.

Another Chance at Bat

Back home again, Bauer got a job as an ironworker. But fate had other ideas. In 1946, a New York Yankees scout who remembered him ran into him in a local bar, and his dreams of a life in baseball were restored, Bauer attacked the Yankee farm system with the same gusto that made him a decorated Marine. His toughness showed in his face and in his intense physicality. “I wasn't blessed with natural ability like a lot of ball players,” Bauer said. “I had to work like hell. I was blessed with a good arm and a good pair of legs. I could run. But for the other skills in baseball I worked my butt off.”³

In 1947, while playing for the Yankees' very good Kansas City Blues farm club, he met and fell for Charlene Friede, the general manager's secretary. “The whole first year all I did was say hello,” Bauer said. “In 1948 I asked her for a date.”⁴ The next year, they were married, and settled down in Prairie Village, a pleasant suburb of Kansas City.

Meanwhile, after a lackluster 1948 season for



Ships in Kerama Retto Islands southwest of Okinawa, Japan, spread an anti-kamikaze smoke screen on May 3, 1945, seen from USS SARGENT BAY (CVE-83). Navy Photo by 1st Class Oliver E. Pfeiffer, now in the collections of the National Archives.

the Yankee team in New York, Casey Stengel arrived, and soon began pulling in promising young players from the farm system. Hank Bauer, the big, aggressive fellow from Kansas City, was part of a rejuvenated Yankees team that delivered a five-year championship run. He was strong, fast, focused at the plate and in the outfield — a natural leader among his teammates. He wasn't a media star like Mickey Mantle, who excelled in slamming the ball into the cheap seats, or Yogi Berra, whose steady onfield contribution was seasoned by his famous creativity with the English language. "Too many people judge ball players solely by a hundred runs batted in or a three hundred batting average. I like to judge my players in other ways," Stengel said, pointing to Bauer. "Like the guy who happens to do everything right in a tough situation."⁵

For the next ten years, Hank Bauer was part of one of the New York Yankees' best and most successful lineups. He was a ferocious outfielder, where his combination of speed, muscle, and a strong, accurate

throwing arm were great assets. He was a reliable hitter, but his fearsome base running was legendary. One of the defining moments of his invaluable contributions to this team was remembered in his obituary in the New York times this way: "In the 1951 World Series, ... Bauer almost single-handedly won the sixth and deciding game, hitting a bases-loaded triple and making a diving catch of a line drive for the game's final out with the tying run on base."⁶

But even for a player as apparently invulnerable as Hank Bauer, time marches on. After a lackluster 1959 season, it was time for some changes, and Hank was traded to the Kansas City Athletics. He wasn't particularly happy about the deal, but his family was settled in Kansas City's suburbs, where Charlene had created and maintained a stable home life for their four children, Henry Jr., Herman, Bebe, and Kelly. While he played for the Yankee organization, he and his wife had spent most of their summers apart, and coming home to Prairie Village was a benefit as his

Hank Bauer (R) spent much of his time with the Yankees playing under Hall of Fame manager Casey Stengel (L). Photo courtesy of the National Baseball Hall of Fame and Museum.



career as a player was winding down.

By 1961, Bauer had left the Athletics' field for the last time, joined the coaching staff, and been promoted to manager. His relationship with owner Charley Finley was problematic, and two years of ninth-place finishes in the 10-team league was enough for him. In 1963, he quit the organization, and went to the Baltimore Orioles as a coach. By 1964, he was the manager. It was a fortuitous match. When the Orioles finished third behind the Yankees, he was honored as American League Manager of the Year.

On September 11 of 1964, *Time* magazine's cover article was all about Hank Bauer's career. The cover is a rendering of his tough-guy mug. Under the title "Old Potato Face," a reference to a 1928 story in *Prairie Schooner*, his full baseball story is reported in nine pages of irresistible old-fashioned sports writing. Here's a small sample of a moment in this detailed account: "Then what do the Orioles have? ... Henry Albert Bauer, 42, the brightest and ugliest face in baseball, ... Hank Bauer is the kind of man everybody wants for a friend — because only a

suicide would want him for an enemy. ..."⁷

Bauer was recognized again as A.L. Manager of the Year for the Oriole's 1966 season. His work with the Orioles stood in stark contrast to the previous manager's ineffective leadership. Hank Bauer was anything but weak. Warren Corbett quotes his players on that subject: "He enforced only a few rules; they boiled down to 'play hard and don't embarrass yourself or the ball club.' First baseman Boog Powell said, 'He just expected you to act like a man, nothing less.' ... [H]e had a raspy voice and scared the hell out of everyone," pitcher Milt Pappas recalled. "Underneath he was the nicest guy in the world."⁸

After the 1968 season, Hank left Baltimore, spent an unsatisfying season as manager of the Oakland As, and when he was removed from that position, gave some time to the Yankees as a scout, and pretty much hung up his professional bat and went home to Kansas City. About his years in retirement, Corbett says, "Now the breadwinner came home to run his liquor store in suburban Prairie Village, with plenty of time for hunting and fishing. He took up golf, then gave up golf. 'Only time I ever hit to right field

New Bladder Control Pill Sales May Surpass Adult Diapers By 2023

Drug-free discovery works, say doctors. Many adults ditching diapers and pads for clinical strength pill that triggers day and night bladder support.

By T.J. Roberts
Interactive News Media

INM — Over 150,000 doses have shipped to bladder sufferers so far, and sales continue to climb every day for the 'diaper replacing' new pill called BladderMax.

"We knew we had a great product, but it's even exceeded our expectations," said Keith Graham, Manager of Call Center Operations for BladderMax.

"People just keep placing orders, it's pretty amazing," he said.

But a closer look at this new bladder control sensation suggests that maybe the company shouldn't have been caught off guard by its success.

There are very good reasons for BladderMax's surging popularity.

To begin with, clinical studies show BladderMax not only reduces embarrassing bladder leakages quickly, but also works to strengthen and calm the bladder for lasting relief.

Plus, at just \$2 per daily dose, it's very affordable.

This may be another reason why American diaper companies are starting to panic over its' release.

"With daily use, BladderMax offers day and night bladder control relief without side effects," says Diane Lewis, Chief Researcher for BladderMax.

"And seniors in clinical studies reported a higher quality of life in just days as a result of needing less diapers. That's why so many doctors nationwide are now recommending it to patients," added Lewis.

WHAT SCIENTISTS DISCOVERED

BladderMax contains a proprietary compound with a known ability to reduce stress, urgency, and overflow leakages in seniors suffering from overactive bladder.

This compound is not a drug. It is the active ingredient in BladderMax.

Studies show it naturally strengthens the bladder's muscle tone while relaxing the urination muscles resulting in a decrease in sudden urgency.

Many sufferers enjoy a reduction in bathroom trips both day and night. Others are able to get back to doing the things they love without worrying about embarrassing leakages.

"I couldn't sit through a movie without having to go to the bathroom 3-4 times," says Theresa Johnson of Deluth, GA. "but since using BladderMax I can not only sit through a movie, but I can drive on the freeway to another city without having to immediately go to the bathroom."

With so much positive feedback, it's easy to see why sales for this newly approved bladder pill continue to climb every day.

SLASHES EMBARRASSING LEAKAGES BY 79%

The 6 week clinical study was carried out by scientists in Japan. The results were published in the

Journal of Medicine and Pharmaceutical Science in 2001.

The study involved seniors who suffered from frequent and embarrassing bladder leakages. They were not instructed to change their daily routines. They were only told to take BladderMax's active ingredient every day.

The results were incredible.

Taking BladderMax's active ingredient significantly reduced both sudden urges to go and embarrassing urine leakages compared to the placebo.

In fact, many experienced a 79% reduction in embarrassing accidents when coughing, sneezing, laughing or physical activity at 6 weeks.

They also enjoyed a 39% decrease in daytime trips to the bathroom, and a 68% decrease in nighttime trips.

With these studies medical doctors and researchers have now proven BladderMax to be a clinically effective treatment for reducing embarrassing bladder leakages and incontinence.

The findings are impressive, no doubt, but results will vary.

But with results like these it's easy to see why thousands of callers are jamming the phone lines trying to get their hands on BladderMax.

HOW IT WORKS IS INCREDIBLE

Studies show that as many as one in six adults over age 40 suffers from an overactive bladder and embarrassing leakages.

"Losing control of when and how we go to the bathroom is just an indication of a weakening of the pelvic muscles caused by age-related hormonal changes," says Lewis.

"It happens in both men and women, and it is actually quite common."

The natural compound found in BladderMax contains the necessary ingredients needed to help strengthen bladder muscles to relieve urgency, while reducing frequency.

Plus, it helps relax bladder muscles allowing for complete emptying of the bladder.

This proprietary compound is known as 'EFLA940'®.

And with over 17 years of medical use there have been no adverse side effects reported.

This is a bonus for incontinence sufferers who have been taking prescription and over the counter medications that can cause dry mouth and constipation.

This seems to be another reason why BladderMax's release has triggered such a frenzy of sales.

RECOMMENDED BY U.S. MEDICAL DOCTORS

"Many of my patients used to complain that coughing, sneezing or even getting up quickly from a



As new pill gains popularity, products like these will become unnecessary.

chair results in wetting themselves and they fear becoming a social outcast," reports Dr. Clifford James M.D. "But BladderMax changes all that."

"BladderMax effectively treats urinary disorders, specifically overactive bladder," said Dr. Christie Wilkins, board certified doctor of natural medicine.

"I use BladderMax everyday for my overactive bladder. I also have my sister and mother taking it regularly as well," said Dr. Jennifer Freeman, G.P. from NY.

DOUBLE YOUR MONEY BACK GUARANTEE

Users of BladderMax report incredible results. That's why it comes with an equally incredible guarantee.

"There's only one reason why we can offer such a guarantee," said Kyle Harris, Founder of BladderMax. "It works for those who use it. It's as simple as that," he added.

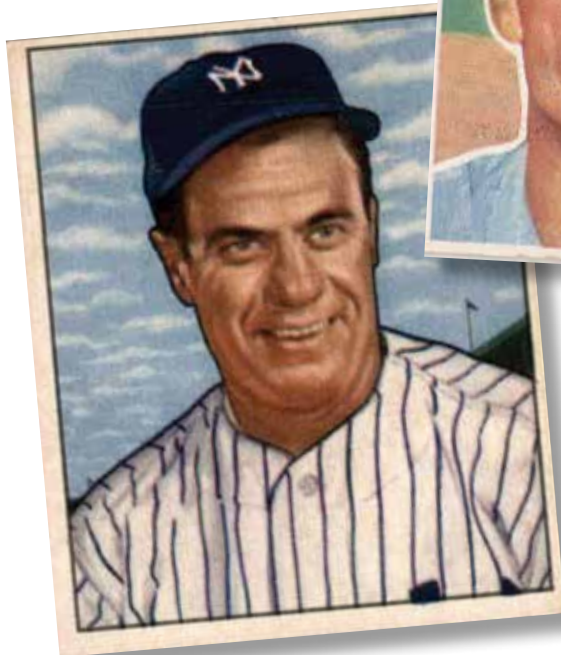
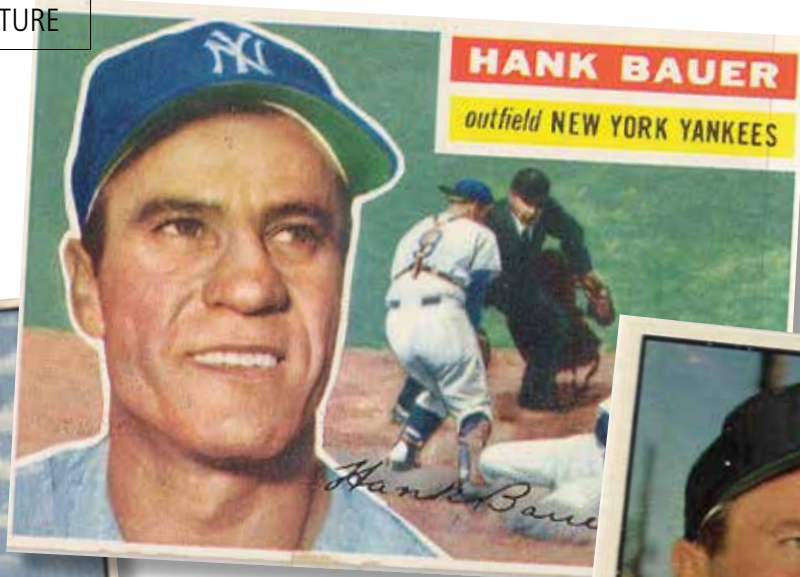
Here's how it works: Take the pill exactly as directed. Then follow the simple instructions. You must be thrilled and amazed as your bladder control greatly improves.

Otherwise, return the product as directed and you'll receive double your money back!

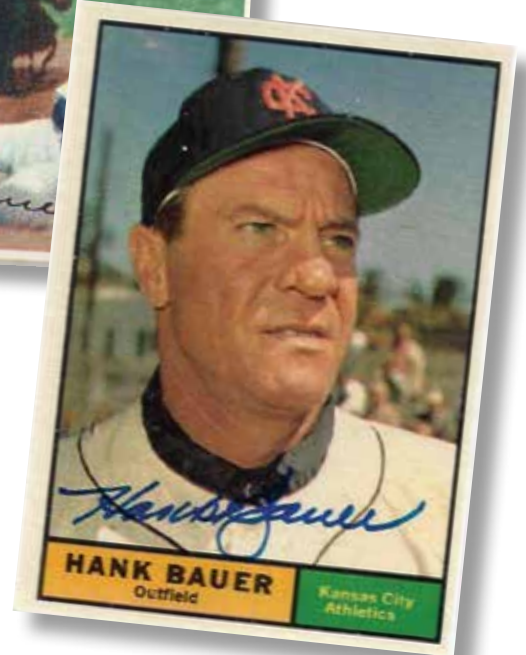
FRA READERS GET SPECIAL DISCOUNT SUPPLY

This is the official release of BladderMax and so for a limited time, the company is offering a special discount supply to our readers. An Order Hotline has been set up for our readers to call, but don't wait. The special offer will not last forever. All you have to do is call TOLL FREE 1-800-303-7236. The company will do the rest

These Statements Have Not Been Evaluated By The Food And Drug Administration. This Product Is Not Intended To Diagnose, Treat, Cure Or Prevent Any Disease. All Clinical Studies On BladderMax's Active Ingredient Were Independently Conducted And Were Not Sponsored By The Makers Of BladderMax. Offer Not Available To Iowa Residents



Henry Albert Bauer played with the New York Yankees (1948–1959) and Kansas City Athletics (1960–1961); he batted and threw right-handed. He served as the manager of the Athletics in both Kansas City (1961–62) and in Oakland (1969), as well as the Baltimore Orioles (1964–68), guiding the Orioles to the World Series title in 1966, a four-game sweep over the heavily favored Los Angeles Dodgers. Photos from the National Museum of American History.



in my life was on that golf course,' he said.”

On the website of the Baseball Almanac, there is a collection of anecdotes and quotations about Hank Bauer that reinforce his reputation for toughness, fairness, and little patience with foolishness. About his now legendary ruggedness, Tommy Lasorda has been quoted saying, “This guy’s tough. He had a face that looked like it’d hold two days of rain.” Johnny Pesky, a shortstop for the Boston Red Sox, said, “When Hank came down that base path, the whole Earth trembled.” In a particularly telling exchange during Hank’s one season in Oakland, owner Charlie Finley said to Bauer, “I noticed when you went out to the mound, you had grass stains on the seat of your pants. That’s not a good example to set for your players.” Bauer smiled and said, “Those weren’t grass stains, Charlie. That was mistletoe.”

Henry Albert Bauer was emblematic of millions of American stories. The characteristics that made him a good ball player are the same strong, honorable traits that made him a good Marine.

When Hank died in 2007 at the age of 84, George Steinbrenner said this about him: “Hank Bauer is an emblem of a generation that helped shape the landscape of our country. He was a natural leader and a teammate in every sense of the word, and his contributions went well beyond the baseball field. His service to the Yankees, his country, and his family shows why I have been so privileged to call him a friend.” **FRA**

Footnotes

1. Corbett, Warren, <https://sabr.org/bioproj/person/hank-bauer/>
2. www.warhistoryonline.com/instant-articles/hank-bauer-ww2-hero.html
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4. Brown, Douglas, “Thick-Skinned, Blunt, Relaxed, Smiling — Hank Bauer,” *Baltimore Sun Magazine*, April 12, 1964.
5. Golenbock, op. cit.
6. www.nytimes.com/2007/02/10/sports/baseball/10bauer.html
7. “Old Potato Face,” *Time*, September 11, 1964 (Cover story)
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2022 FRA Candidates & Resolutions

Delegates at the FRA's upcoming national convention in Birmingham, Alabama, will be voting on a variety of resolutions, each of which is summarized below. These resolutions have been promulgated at FRA branches and the full content is available on the FRA website. If you select the "Membership" tab and then select the "Shipmate Resources" page, the 2022 Nominating Resolutions link is located at the top left column under the heading of Shipmate Resources. All Shipmates are encouraged to read the details of each resolution and be prepared to vote on them in October.



James E. Robbins Jr.

Nominating Resolutions

Candidate for National President:

James E. (Robbie) Robbins Jr. is a resident of Orange Park, Florida, and a member of the West Jacksonville Branch 126. He was recently elected national vice president during the annual convention in Spokane last year. Robbins served as a member of the Association's National Board of Directors for 2012-2013, representing FRA shipmates who reside in Tennessee, South Carolina, Georgia, Alabama, and Florida.

National Vice President Robbins has been a member of the FRA since 1973 and has held a variety of leadership positions at the local, regional and national levels. He previously served as Southeast regional president for 2012-2013 and is a member of the branch's board of directors. He also has served on numerous national committees and as Master-at-Arms during FRA's national conventions since 2004.

"I feel honored to have been given this great opportunity to serve my fellow service members and veterans," said Robbins of his election. "I am proud to be a member of the FRA, which along with other military/veteran groups are 'watchdogs' when it comes to the benefits for our active-duty personnel, military retirees and veterans. Promises have been and are still being made, and we must see that these promises are kept. If we are not vigilant, these benefit may disappear completely."

Robbins enlisted in the Navy in June of 1972 and retired from military service in 1994. During his successful military career, he served as an Aviation Structural Mechanic (AMS) at numerous Naval Air Stations around the country and earned numerous performance awards, including Navy Commendation and Achievement Medals and a Navy Battle "E" Medal. He applied his mechanical skills in the civilian sector after he left the Navy.

Candidate for National Vice President:

West Jacksonville Branch 126 has within its membership an exceptionally well qualified and experienced Shipmate that exemplifies the FRA Cardinal principles of Loyalty, Protection, and Service.

Shipmate John S. Handzuk has been a member in good standing since March of 1983 and a Life Member for more than twenty years.



John S. Handzuk

At the branch level, this Shipmate has served as secretary, vice president and president in two different branches for over ten years. He has served on or been chairman of various committees that submit reports at the regional level. During his time on the regional level, Shipmate Handzuk has served as secretary/treasurer for three years, vice president and two terms as president. He has served as regional parliamentarian for ten years, served on or been chairman of various regional committees. On the national level, he served as chairman of the Employees' Pension Committee for three years and currently is a member of the Budget, Finance, and Audit Committee. He has always stepped up to fill shortages of committee members as needed at national conventions.

Shipmate Handzuk faithfully served in the United States Navy for 24 years attaining the rank of Master Chief Machinery Repairman in 1986. He

retired as Command Master Chief of the *USS CHARLES F. ADAMS* (DDG-2) upon its decommissioning in August 1990. The Shipmates of FRA Branch 126 know that this Shipmate's extensive experience and devotion to the FRA, his fellow Shipmate's and their families eminently qualifies him to serve in the office of National Vice President of the FRA.



Donald Hoover

Candidate for National Vice President: Donald Hoover, a resident of Annapolis, Md., and a member of Fleet Reserve Association Branch 24, was recently nominated by Branch 24 for the Fleet Reserve Association. Shipmate Hoover will serve as a member of the Association's National Board of Directors for 2012-2013, representing FRA shipmates who reside in Maryland, the District of Columbia, Delaware, Virginia, West Virginia, and North Carolina.

PRP Hoover is a Life Member of the FRA, having joined in 1990 and maintaining continuous membership in Branch 24 ever since. He has held numerous leadership positions within the branch, including president, vice president and a member of the branch's board of directors. He was also the chairman of the region's

Central Liaison Committee, which is a coalition of FRA branches in the metropolitan D.C. area. Additionally, Shipmate Hoover has received national recognition for his recruiting efforts, earning the Charles E. Lofgren Recruiting Award for Individuals for the second consecutive year. He served as the East Coast Region's vice president in 2011-2012 and is very active with the area's Soapbox Derby program.

"It is both an honor and privilege to serve my FRA shipmates, as well as our active duty, reserve, retired and veteran service members. We must grow military organizations like FRA, so that their voices are heard on Capitol Hill," Hoover said, referencing FRA's legislative advocacy on behalf of current and former service members and their families.

Hoover, a Vietnam-era veteran, joined the Navy in 1965 and served a distinguished career that spanned 22 years, retiring from military service as a senior chief aviation electronics technician in 1987. His military career included duty at numerous Naval Air Stations around the country, as well as a tour aboard *USS NIMITZ* (CVN-68).

Candidate for National Executive

Director: Christopher J. Slawinski serves as the thirteenth National Executive Director for the Fleet Reserve Association (FRA), a congressionally chartered military and veterans' service organization serving current and former enlisted members of the Navy, Marine Corps and Coast Guard.

First Hired in October 2004, Slawinski was the National Service Director and the Association's primary

voice between our members and the Department of Veterans Affairs.

Slawinski is an accredited service officer with the FRA and holds TRIP certification within the VA. He is the National Representative with FRA in the VA Voluntary Service National Advisory Committee, and a local VAVS Representative for the VA Medical Center in Washington, DC. Slawinski



Christopher J. Slawinski

also serves as the Treasurer and Board member for the VAVS James H. Parke Memorial Scholarship Fund.

Slawinski is a Vice President of The Military Coalition (TMC) along with being a Co-Chairman of TMC Veterans Subcommittee.

Slawinski is a life member of the FRA Navy Department Branch 181, Arlington, VA, and has served as president of the East Coast Region. During his term as a member of the Association's National Board of Directors, he represented FRA members who reside in Maryland, District of Columbia, Delaware, Virginia, West Virginia and North Carolina.

Slawinski enlisted in the Navy in 1978, transferred to the Naval Reserve in 1982 and retired in 1998. He holds a bachelor's degree in communications

from The University of Toledo and spent 20 years in civilian broadcast media, during which he earned two regional Emmy awards.

Slawinski, born and raised in Toledo, Ohio, now resides in Annandale, Va. Chris is the proud father of his daughter, Victoria, who currently attends Pennsylvania State University (Penn State) in State College, PA.

General Resolution (by Gem State Branch 382) seeks to established the Life Membership Fund so as to allow shipmates to pre-pay dues based upon age of the shipmate at enrollment.

They would like the FRA National Headquarters to have a minimum of a 1-year moratorium on withdrawing any funds, distributing Life Membership PCT Funds to all branches, and national FRA bank accounts until the Life Membership Program is compliant with the FRA National C&BL Sections 913 and 914. A report of the status of the compliance shall be made by the FRA National President 60 days prior to the 2023 National Convention.

The Manager of the Fund, Shipmate Jim Webb, provided the status of the Life Membership Fund and showed the withdrawal and balances from 2018 through 2021. The withdrawals were not authorized by a NBR voted on by the National Board of Directors.

Constitution and Bylaws (CB&L) Resolution

C&BL Resolution 1 (by National Membership & Retention Committee) seeks to allow membership transfers to be accomplished by a signed letter requesting a transfer an electronic message requesting a transfer, or a

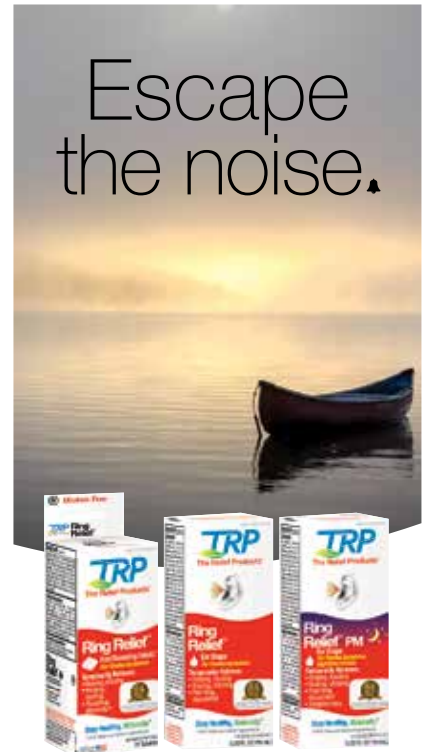
phone call to FRA Member Services by the member. Requests for transfer shall be accepted from branch secretaries as well as individual members desiring to transfer.

Currently members are not using the Standard Transfer Form to request a transfer but rather make a request for a transfer by writing a letter, sending an email and/or telephone calls. This resolution was proposed at a Membership and Retention Committee meeting on May 20, with a quorum being present, and then adopted at the committee meeting held on June 17.

C&BL Resolution 2 (by national Board of Directors) Article 8, Section 813(a) FRA C&BL's states "The committee shall consist of a chairman and eight members, one from each region. A member's term shall be for 3 years, with three members being replaced or reappointed each year by the incoming National President".

The state of Membership of the FRA has been continually decreasing at a rate that makes the viability of the Organization in doubt. The Membership & Retention Committee has been through a transition period for 2 years since the Director of Membership Development is not the permanent chairman of the committee and the committee assignments have not been IAW FRA C&BL.

The board suggests Article 8, Section 813(a) should read: The committee shall consist of the National Vice President serving as Chairman and each of the Regional Vice Presidents as members, with the Director of Membership Development serving as an advisor."



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This resolution was proposed at a National Board of Directors meeting on Nov. 17, 2021 and adopted by a unanimous vote (NBR 8-22).

C&BL Resolution 3 (by National Membership & Retention Committee)

seeks to amend Section 810 (b) to read: The chairs of standing committees shall make an annual report of their activities to the National Board of Directors and to the National Convention, with such recommendations as they deem proper. Recommendations requiring action by the National Convention shall be submitted in accordance with Section 612; The chairman may schedule meetings via teleconference, video conference or in person to discuss recommendations.

The chairs of standing committees need to report their activities plus bring forth any recommendations that the committee desires to bring before the National Convention. Committee members need to be able to discuss any recommendations prior to the National Convention. They need options to meet via teleconference, video conference or in person.

This resolution was proposed at a regular Membership and Retention committee meeting Jan. 21, and adopted by unanimous vote, on Feb. 18.

C&BL Resolution 4 (by National Board of Directors) Article 15, Section 1508 of the FRA C&BL defines the optional wear of the uniform cap by members. There is a need to clarify and amend Article 15, Section 1508(d), to include a subsection for "Guidelines/ Etiquette."

The NOB seeks to amend Article 15, Section 1508 FRA Cap Regulations to

read: The purchase of an FRA uniform cap is optional (in accordance with Section 1511) by members of the Fleet Reserve Association and its wear shall be as follows:

Article 15, Section 1508(d) currently states "Other than pins, insignia, medallions, or other devices authorized by the Fleet Reserve Association, no device, pin, emblem, insignia, or other decoration shall be appended, affixed or in any other manner displayed on the Fleet Reserve Association cap" it is unclear since there is no definitive authorization, leaving interpretation a matter of argumentative opinion.

They also seek Article 15, Section 1508 (d) replace the word "authorized" with the word "issued." And that an "Article 15, Section 1 508(f). - Guidelines/Etiquette," be added reading: The FRA Uniform cap should only be worn by members only when in attendance at official FRA meetings or ceremonies or as official guests at patriotic or other civil functions or by individuals when officially representing The Fleet Reserve Association on public occasions. The wearing of any political paraphernalia, obscene or distasteful, or demeaning items is strictly forbidden.

This resolution was proposed at a National Board of Directors meeting held on April 22 and adopted by a unanimous vote (NBR 21-22).

C&BL Resolution 5 (by National Board of Directors) Seeks to amend Article 8, Section 819(a) FRA C&BL's states "The National Committee on Future Planning shall consist of a Chairman and six members," to read: The committee shall consist of a chairman and eight members, one from each region.

The purpose of the Future Planning Committee seeks appropriate representation from all 8 regions of the FRA to review all aspects of the association, receive and review suggestions submitted and make recommendations to ensure the association's growth and efficient operation into the future.

This resolution was proposed at a National Board of Directors meeting held on Nov. 17, 2021 and was adopted by a unanimous vote (NBR 9-22).

C&BL Resolution 6 (by National Board of Directors) Seeks article 6, Section 606 (b) be deleted; and the remaining sections of Section 606 be renumbered, and Section 607(a), C&BL, FRA be amended to read: Section 607(a). Each Branch shall have five (5) votes regardless of Members in Good Standing as of 31 March. Branches instituted on or after 1 April shall be allowed one vote until the following 31 March.

Many of our branches are small branches, their voting strength is far overpowered by large branches and thereby diluting their voting strength leaving the small branches with little power/control in making their vote count.

This resolution was proposed at a National Board of Directors meeting June 15, 2022, and adopted by ten "aye", and one "nay" votes (NBR 26-22).

Honorary Membership Resolutions

HMR 1 (by Volusa Branch 335) seeks to grant an Honorary Membership to John Pelosi, who is a dedicated former Career 101st Airborne Division Master Sargent who earned several combat medals during his time in service and

by thought, word and deed epitomizes Loyalty, Protection and Service.

Shipmates of Volusia County Branch 335 at a regularity scheduled meeting on May 26, unanimously recommended John Pelosi for Honorary Membership in the FRA. Pelosi continues to selflessly to provide ongoing support and assistance to all branches, unselfishly giving time and resources working to assist the members of various branches in his travels.

HMR 2 (by Corpus Christi Branch 94) seeks to grant an Honorary Membership to the Fleet Reserve Association to Shirley Moore. Her selfless, dedication to maintaining FRA membership records and consistently assists in the training and supervision of the FRA Headquarters Membership Services Team as well as Branch Officers. She manages the recognition and awards program letters as well as the 50 years continuous memberships and the 85/40 programs and much more.

Moore is a supervisor who maintains a smooth stream of understanding of the complexity of the Membership data and never afraid to try to find the answers to questions about membership services.

Shipmates of Corpus Christi Branch 94 unanimously voted during the branch meeting held on March 13, to recommend Shirley Moore for Honorary Membership in the FRA.

Standing Rules Resolutions

SR Resolution 1 (by the Veterans Service Committee) Seeks to amend Standing Rule 5, C&BL, which provides for Committee Reports and Awards and Special National Awards and Programs. Also Standing Rule 5(g), which recognizes outstanding

Shipmates for consideration of recognition in Veterans Service as “Shipmate of the Year.” Also the Standing Committee on Veterans Service has separated reporting for VSO and VAVS within the Branch, and wishes to recognize outstanding service in both categories as well as overall service within the committee.

The committee would like the rule to read: SR-5(g). Veterans Service – The National Committee on Veterans Service shall select two outstanding Shipmates, one as outstanding Veterans Service Officer (VSO); and one for outstanding VA Voluntary Service (VAVS); with one selected overall outstanding member recognized as “PRPNC Rosemary Posekany Memorial Award” for National Veterans Service.”

This resolution was adopted by a unanimous vote on Feb. 9.

SR2 (by the National Membership & Retention Committee) seeks to amend SR-5(c) because it has been ruled inconsistent with the current process determined by the FRA Membership and Retention Committee. The committee proposes the following changes to the awards.

SR-5(c) to read: Membership and Retention – The National Membership and Retention Committee shall review the membership progress of branches from April 1 to March 31. The Committee shall consider all factors when recommending winners of the Charles E. Lofgren Membership Award for Branches, The Abraham M. Rosenberg Membership Award and The Frank J. McPherson Memorial Award.

Charles E. Lofgren Membership Award for Branches. The committee may pick one branch within each

membership group in recognition of excellence in membership promotion within each membership group. The branch must show an increase in membership over the previous year and shall include new and reinstated members.

Abraham M. Rosenberg Membership Plaque. The committee may select one branch for the award for outstanding membership promotion.

Frank J. McPherson Memorial Award. The committee selects one shipmate who exemplifies the three cardinal principles of the FRA in membership endeavors. The Shipmate must make extensive effort towards the growth of the association. They do not need to be a top recruiter but have a positive attitude. Qualified nominees need an affidavit supporting the nomination by their branch, to the regional chair of the Membership and Retention Committee by June 30. Regional presidents shall forward their region's nominee, along with supporting documents, to the Chairman National Committee on Membership and Retention within 7 days of their regional convention.

This was passed at a Membership and Retention committee meeting on March 18.

SR3 (by the National Membership & Retention Committee) National Headquarters has not sent printed report forms to all branches since the forms are on the FRA website. They are a PDF documents which can be submitted via email or mailed.

SR 5 (a)(1) will be amended to read: Reports shall be submitted on forms provided by the National FRA website which is maintained by National Headquarters. Committee Report

Forms may be changed only by action of the delegates registered at a National Convention.

SR4 (by the National Membership & Retention Committee) Regional Presidents are the only officers who sees the Americanism-Patriotism, Hospitals, Welfare and Rehabilitation, Public Relations, Youth Activities and Veterans Service reports prior to convention. It would be best if Regional Vice Presidents are informed about their branch activities. Also, National Headquarters should have access to the reports for public relations and archiving.

SR 5 (a)2 shall read: Each Branch shall submit the following reports if the Branch President has appointed such committee: Americanism-Patriotism, Hospitals, Welfare and Rehabilitation, Public Relations, Youth Activities and Veterans Service to the regional chairman of the appropriate committee prior to the convening of the regional convention. A copy of these reports shall be submitted to the Regional President, Vice President, FRA National Headquarters and one copy retained in the branch files.

This resolution was adopted Jan. 21.

SR5 (by the National Membership & Retention Committee) The number of FRA branches has decreased from 290 in 2005 to 159 in 2021. The committee noted the same branches win the awards each year, so to have a fair competition the number of members in the 5 groupings need to be changed.

SR 5 (b)1 National Awards would

read: For the purpose of competing awards addressed in this standing rule, branches shall be assigned to competitive groups as follows:

- a. Group I - 413 members or more. (9)
- b. Group II - 213 to 412 members. (15)
- c. Group III - 113 to 212 members. (15)
- d. Group IV - 63 to 112 members. (45)
- e. Group V - 10 to 62 members. (72)

This resolution was adopted with a unanimous vote on Jan. 21.

SR6 (by the National Membership & Retention Committee)

Committees are established by appointment of the National President. The appointments are for a period of time such as one, two or three years.

Some National Committees do conduct business meetings during the association year not just during the National Convention. So to better clarify this, SR 5(b)(3) would be amended to read: Each Regional President shall submit the action of the regional convention to the chairman of the appropriate national committee. Only first place winners for each competitive group will be forwarded to the appropriate national committee. Included with the recommendations shall be a copy of the branch committee reports of each membership group and the name of the shipmate nominated for national recognition, if applicable. A copy of the report shall be forwarded to the National Executive Director.

This resolution was proposed, read, debated and adopted by unanimous vote on Jan. 21.

SR7 (by the National Membership & Retention Committee) the

chairman of the Membership and Retention Committee is the National Vice President which is an elected leadership position within the FRA.

The purchasing and maintaining an inventory of the various awards that are provided to branches and Shipmates is an administrative function which is a function handled by FRA National Headquarters. To better clarify this rule, SR 5(b) (5) would be amended to read: Each national committee shall review the regional chairmen's reports and recommend a branch from each membership group to receive national recognition, and if desired, a shipmate to be named Fleet Reserve Association 'Shipmate of the Year' for that committee. The award for the branch of each membership group shall be a streamer three inches wide and thirty-six inches long and made from ribbon material. The streamer shall contain the FRA Emblem and shall be lettered with the committee name, membership group number, placing within that group, and the year awarded. Streamers shall be blue in color for first place, red in color for second place, and white in color for third place. FRA National Headquarters shall provide these streamers to the committee chairman prior to the convening of the national convention. The shipmate approved by the delegates to receive the Fleet Reserve Association "Shipmate of the Year Award" shall be awarded a plaque and a Certificate of Appreciation signed by the National President.

This resolution was proposed, read, debated and adopted by unanimous vote on Jan. 21. **FRA**

FRA Education Foundation Announces 2022 Scholarship Recipients



Joe Barnes,
President, Vice
Executive Director

The FRA Education Foundation proudly announces its scholarship recipients for 2022. Funded through private donations, corporate sponsorships, and established trusts, the foundation will present \$87,000 in scholarships to 23 deserving students who are pursuing their dreams of a college degree in the 2022-2023 academic year.

The Selection Process

Scholarship recipients are selected based on need, academic proficiency and character. Established in 2009, the FRA Education Foundation works to advance the FRA's long-standing tradition of helping students reach their educational and professional goals.

"Our scholarship program continues to be a great source of pride for the Foundation and we're especially proud of this year's award recipients," says Joe Barnes, president of the foundation's board of Directors and FRA National Executive Director Emeritus. Since 2000, we've disbursed nearly \$2.2 million in awards and we're grateful for the great support from the FRA, many FRA branches and shipmates, and other contributors who make these awards possible."

Who Qualifies?

All current and former members of the Navy, Marine Corps and Coast Guard, their spouses and dependent children are eligible to apply for Foundation scholarships. Members of the FRA, their spouses, children, grandchildren, and great grandchildren qualify for a broader range of awards, several of which are funded through member legacy donations.

Although applicants don't require a connection to FRA to apply for Foundation awards, it is important to note that 15 of the 23 recipients are,

or are related to, FRA Shipmates. "Our scholarship program is a high interest issue to prospective members. Shipmates should mention these scholarship opportunities when interacting with Navy, Marine Corps and Coast Guard personnel," suggests Barnes.

2023-2024 Application Deadline

Applications for 2023-2024 Education Foundation scholarships will be available at www.fra.org/foundation after September 1, 2022. **FRA**

NEDE Joe Barnes is president of the FRA Education Foundation Board of Directors.

Scholarship Awareness Recommendations:

The foundation board recommends that FRA leadership and individual branches continue supporting the FRA Education Foundation by providing information about the foundation and its scholarship awards during regional meetings, leadership visits to branches, and other association and sea service-related functions.

The foundation board recommends including detailed information on the foundation as part of annual leadership training to expand awareness and help support the foundation's mission, which is directly related to the FRA's mission and cardinal principles.

The 2022 scholarship winners are on the next page.

FRA Education Foundation 2022 Scholarship Awards

Glenn F. Glezen Scholarship

(\$5,000)

- (1) Erryn A. Smith, Corvallis, Ore., step-granddaughter of Shipmate Lloyd L. Schrier, Member-at-Large

Robert W. Nolan Scholarship

(\$5,000)

- (2) Joshua J. Cook, Pensacola, Fla., grandson of Shipmate James E. Mitchell, member, Branch 22

Joseph R. Baranski Scholarship

(\$5,000)

- (3) Shipmate Tracy Threatt, Concord, N.C., member, Branch 217

FRA Education Foundation Awards

(\$5,000 each)

- (4) Shipmate Valerie S. Welk, Sacramento, Calif., member, Branch 8
(5) Sterling K. DeMascio, Richmond, Va., grandson of Shipmate Harley D. Rakestraw, member, Branch 106
(6) Kyle D. Paicz, East Berlin, Penn., step-son of Shipmate Allen L. Judkins, member, Branch 106
(7) Serena I. Pasquino, Goose Creek, S.C., granddaughter of Shipmate William F. Heilig, Branch 53
(8) Brady A. Jeffcott, Loveland, Ohio, son of Shipmate Joseph M. Jeffcott, Member-at-Large

FRA Education Foundation Awards

(\$2,500 each)

- (9) Kaitlyn V. Daugherty, Ormond Beach, Fla., daughter of David A. Nielsen, non-FRA member
(10) Madison R. Kirsch, Mt. Prospect, Illinois, spouse of Isaac T. TeStroete, non-FRA Member
(11) Trevor K. Parkinson, Hinsdale, N.Y., son of Andrew D. Parkinson, non-FRA member
(12) Alaina I. Roman, Wesley Chapel, Fla., daughter of Daniel Y. Roman, non-FRA member

Robert M. Treadwell Annual Scholarship

(\$5,000)

- (13) Vendala K. Weitzel, Roaring Spring, Penn., granddaughter of Shipmate Gary W. Simmons, member, Branch 87

The Donald Bruce Pringle Family Scholarship

(\$5,000)

- (14) Yianni D. Krontiris, Wallingford, Penn., grandson of Shipmate Milano Leonardis (deceased), member, Branch 1

MCPO Ken E. Blair Scholarship

(\$5,000)

- (15) Joseph M. Jeffcott, Loveland, Ohio, son of Shipmate Joseph M. Jeffcott, Member-at-Large

James C. Bowen Memorial Scholarship

(\$2,500 each)

- (16) Cameron M. Tippins, St. Johns, Fla., daughter of Tyrone L. Tippins, Sr., non-FRA member
(17) Taylor N. Turley, Huntingtown, Md., daughter of Patrick S. Turley, non-FRA member

Angelo and Mildred Nunez Scholarship

(\$5,000 each)

- (18) Allison M. Bransfield, Portsmouth, R.I., daughter of Shipmate Joseph W. Bransfield, II, Member-at-Large
(19) Olivia E. Lechner, Toms River, N.J., daughter of Shipmate Robert Lechner, Member-at-Large

Navy Department Branch 181 Scholarship

(\$2,000)

- (20) Tiffany E. Yazzie, Williamsburg, Va., spouse of Phillip J. Yazzie, non-FRA member

Col. Hazel Elizabeth Benn, USMC, Scholarship

(\$2,000)

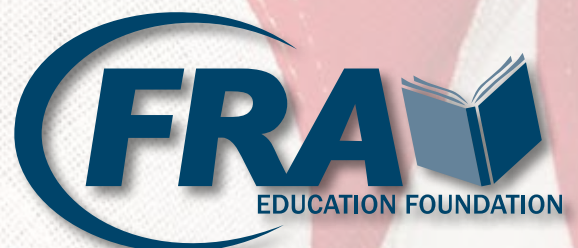
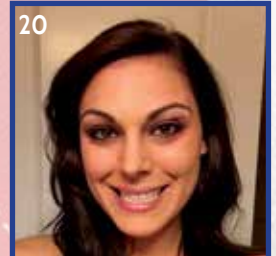
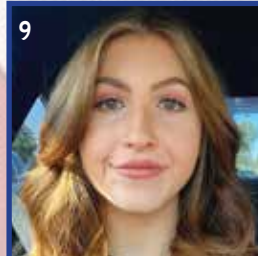
- (21) Lydia E. Wilson, Ham Lake, Minn., daughter of Shipmate Andrew J. Wilson, member, Branch 136
(22) Jacob E. Joyner, Fredericksburg, Va., son of Shipmate Kevin D. Joyner, member, Branch 207

Rosemary Posekany Memorial Scholarship

(\$1,000)

- (23) Kathryn L. Shepherd, Honolulu, Hawaii, daughter of Jerry R. Shepherd, non-FRA member

2022 Education Foundation Scholarship Winners





Visit www.fra.org/foundation
for 2023 scholarship
applications and rules
or to donate.

Who needs money for college or trade school?

FRA's Education Foundation awards approximately \$90,000 in scholarship funds each year to recipients based on financial need, academic standing, character and leadership qualities. Our scholarship program is open to anyone who has an affiliation with the USN, USMC or USCG, through their own service or that of a spouse, parent or grandparent.

To learn more about the FRA Education Foundation and our scholarships, visit www.fra.org/foundation where you will find descriptions of each scholarship program, lists of past winners and, starting in September of each year, applications for the following year's programs. We encourage all eligible scholars to apply for our scholarships and to share information about them with others.

Questions? E-mail us at scholars@fra.org.

**Educating our service members,
veterans and their families.**



125 N. West Street
Alexandria, VA 22314
800-FRA-1924 • 703-683-1400
scholars@fra.org

It Takes a Crew



Christina
Hitchcock

Dear Shipmates,

I have been faced with a number of questions lately about what it takes for the FRA to “keep sailing.” We are deployed, we are pursuing a mission, we won’t return to our home port for a long time. There is no question that the front-line functions of the FRA depend on a core team of personnel, including both the visible staff and the supporting roles, not only delivering the action plan about our goals, but also ensuring that we can follow through whenever it is required.

If we think about a modern warship, the same basic story applies. Once a ship leaves port, suddenly a number of basic parameters can no longer change. How much fuel is she carrying? What personnel are on board? How many days of supplies are in the stores? Barring supply missions and other extraordinary efforts, these basic facts are generally set firmly in stone once the lines are cast and we put to sea.

The same holds true for the FRA. Our visible mission — our NED, our senior leaders in regions and branches — is defined by the cadence with which we elect them. We have support staff behind the scenes, responding to inquiries from shipmates and supporting the messaging and objectives of FRA through its many outlets. We publish a magazine, we host a website and we deliver content to federal agencies in our role as a congressionally chartered veterans’ service organization. The Fleet Reserve Association is a name that carries weight, and history and importance.

Often, our ability to influence the mission is dependent upon the work that was previously done. If someone asks about the FRA’s history of supporting the sea services, we need to have material about the benefits we have already secured at our fingertips. When we supported TRICARE for Life, we could do it because we had the facts and figures about our Shipmates and their needs immediately at hand.



Photo courtesy of Depositphotos

Does it matter whether we are based on the west coast, or the east? Does it matter, with modern technology and communications, how we deliver our work, or simply that it was done on time and to a high standard? It is an advantage for the FRA and all Shipmates that we are nimble, responsive and correct, at least most of the time. We want our mission to be the driving force that we all support, no matter what position we hold or how our team organizes itself to respond.

The FRA must adapt to the times. Our regions and branches work well with National HQ to drive recruitment, communicate benefits and deliver results to those Shipmates who need them most. Many of our Shipmates will never visit the National HQ, and they shouldn’t have to. Our job is to serve them where they are, not force them to come and find us.

The reality is that while the crew on board the vessel is crucially important, a lot of the work they do is only possible because of huge amounts of effort that was expended long before they set sail. The contracts, the supplies, the planning and contingencies — it all depends on an extended crew of people working remotely, often unseen but never disregarded. Our team adapts to the visible mission, but in doing so, it never steps aside. **FRA**

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

1. BRANCH 268, OKLAHOMA CITY, OKLA.

Shipmate Nadine Lewis was presented a citation from the Oklahoma House of Representative Eric Roberts for her military service and continued volunteer community activity for veterans. The citation was presented during the April 7 session.

2. BRANCH 23, BUFFALO N.Y.

(L to R) RP Neil Ross installed the newly elected branch officers; Branch Vice President RuthAnn Coppola, Branch President Wayne Sorrentino, Branch Chaplain Andy Rotola, while Branch Secretary Dave LaGraves and several members attended on Zoom.

3. BRANCH 98, SHREVEPORT, LA.

Branch 98 conducted a Memorial Day ceremony at Cross Lake in Shreveport Louisiana. (L to R) Lee Jeter, Branch President Willie Hill, Aux RTSC Saundra Smith, Branch Vice President Charles Smith, PRPSC Emmett Smith, Guest Speaker Capt. Joe Chesky, Chuck Lester and Larry Lewis.

4. BRANCH 15, WALHALLA, S.C.

Branch members assembled meals that were denoted by Chick-fil-A for kids during the South Carolina Dept. of Natural Resources Youth Fishing Rodeo on May 14. (L to R) Shipmate Harvey Spencer, Branch President Clyde Albertson, Board Member Jimmy Hall, Board Member Tom Smith, and Branch Secretary/Treasurer Jim Jones.

5. BRANCH 275, PLACERVILLE, CALIF.

(L to R) Branch Secretary/Treasurer PNP Larry Boudreaux, Branch President Charles "Bud" Sweet and Branch Chaplain Clara Dean Gemmet conduct a Memorial Day service at the American River Resort in Coloma, California.

6. BRANCH 146, JOHNSVILLE, PA.

During the April branch meeting, Branch President Bob Opett (L) presented of \$400 check to Cmdr. Jack Beaver (Ret.) of the Liberty Bell Squadron. The branch is a sponsor of the Liberty Bell Squadron of the U.S. Naval Sea Cadets Corps.





7. BRANCH 251, MT. HOME, ARK.

Branch 251 held a Two Bell Ceremony for HM1 Donald R. Patterson, then presented his wife Dorothy Patterson with a Certificate of Appreciation and a 35 Year Continuous Membership Certificate and Pin recognizing Patterson's service.

8. BRANCH 70, POWAY, CALIF.

Westview High School NJROTC cadets received certificates of achievement by FRA Branch 70 President Lou Irvin (L) and was assisted by Navy Capt. Thomas Adams (R), Unit OIC who is also a Shipmate.

9. BRANCH 166, VIRGINIA BEACH, VA.

PRPEC Sha'ron D. Martin (FRA Rep. for Commonwealth of Virginia) with members of the HRCOV attending a Hampton Roads briefing by the Commissioner on the VA transition plans for the Commonwealth as well as Hampton Roads.

10. BRANCH 115, LEHIGH VALLEY, PA.

The Lehigh Valley Branch held their Americanism Essay Contest celebration on June 18, where the officers and Team Leaders were recognized and installed for the 2022-2023 fiscal year.

11. BRANCH 299, WILMINGTON, N.C.

Branch members shown with the Naval Sea Cadet Corps, Torpedo Squadron 8. The branch supports the Sea Cadets. Branch Secretary Frank Roberts (L), Branch President Ron Meyer (R), FRA Shipmate and Cadet leader Capt. Guy Simmons (in fatigues)

12. BRANCH 261, LEMORE, CALIF.

Shipmate John J. Otto (L) was presented his 50 Year Continuous Member Certificate and Pin. The presentation was conducted by Branch President Doug McCann (R).

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REUNIONS

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

9/25/2022 - 9/30/2022

Tucson, Az.

Contact: Ken Robinson & Willie Williams

Telephone: 520-825-5613

Email: Robinson4Ken@gmail.com

USS VOGUE (DE/FF-1047)

9/28/2022 - 10/2/2022

Jacksonville, Fla.

Contact: Jan Harris

Telephone: 817-251-3551

Email: janharris23464@gmail.com

National Association of Naval Photographers

10/20/2022 - 10/22/2022

San Antonio, Texas

Contact: Sammu Solt

Telephone: 321-362-5806

Email: sisbill@aol.com

NMCMC (1, 9, 10)

10/23/2022 - 10/27/2022

Pigeon Forge, Tenn.

Contact: Peter Dowd

Telephone: 617-688-2512

Email: seabeemcb1@yahoo.com

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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In Memoriam

| Name | Rating | Branch | | | | | |
|-----------------------|----------------|--------|--------------------------|---------------|-----|------------------------|-------------------|
| Annin, Timothy E. | CAPT, USN | 24 | Hennequin, Harry C. | NCCS(SW), USN | 161 | Pagsolingan, Andres C. | SD2, USN MAL |
| Arceo, Ernesto | DKCM, USN | MAL | Hermann, Dean A. | CDR, USN | 298 | Patterson, Boyd E. | CPO, USN 269 |
| Atkinson, Jerry T. | STS2(SS), USN | 20 | Herring, Kenneth R. | AMCS, USN | 91 | Perry, Ernest A. | ENC, USN MAL |
| Augustine, Joseph A. | AMS1, AWS | MAL | Hirschman, Joseph | AOC, USAR | 60 | Perry, Robert E. | LCDR, USN 302 |
| | | | Hussey, George O. | LCDR, USN | 24 | Price, Jack M. | RMC, USN 40 |
| Baldwin, Jack A. | HMC, USN | MAL | Janney, Corinne A. | SN, USN | 269 | Rackley, Emmett L. | USN 269 |
| Bleavins, Charles | SCPO, USN | MAL | Jones, Durward L. | RDC, USN | MAL | Reed, Robert F. | CAPT, USN 24 |
| Bossar, Albert G. | GM3, USN | 24 | Jones, Alton N. | GMG1, USN | 250 | Ricker, John J. | AOC, USN 91 |
| Britner, Neal P. | STSCS(SS), USN | 23 | Jones, Donald E. | MSCM, USN | 40 | Roberts, Virlene R. | PO1, USN MAL |
| Burke, William | GATCS, USN | 22 | PRPNW, Jordan, Gerald V. | | | Rogers, Charles E. | YNC, USN 307 |
| | | | ADCS, USN | 18 | | Rydz, Walter P. | ICC, USN 269 |
| Cavitt, Sylvan L. | ADRC, USN | 42 | Killingsworth, James R. | CWO3, USN | 166 | Sager, Teddy M. | AZ1, USN 94 |
| Clancy, Henry M. | ETCM/SS, USN | MAL | Kolodziejczyk, Josef | OSC, USN | 55 | Schetrompf, Blair | SH1, USN 31 |
| Cleary, Howard E. | FTGC, USN | 34 | | | | Schmitz, John N. | RMCS/SS, USNR 346 |
| Cole, Gordon A. | EMCS, USN | 192 | Lewis, Johnny E. | GSEC, USN | 53 | Schober, Herbert C. | SK1, USN 72 |
| Cormier, Joseph M. | EON2, USN | 42 | Lloyd, Thomas E. | ADR2, USN | 97 | Shields, Robert E. | ATC, USN 161 |
| Coward, William L. | MGYSGT, USMC | 339 | Long, Warren E. | CPO, USN | 137 | Stahl, James L. | PRCS, USN MAL |
| Cunningham, Marvin A. | | | Lowman, Charles B. | QMC, USN | 178 | Stump, Jackie | LCDR, USN MAL |
| | DTC, USN | 01 | | | | | |
| Dennis, James E. | USN | 269 | Marshman, Frank | EMC(SS), USN | 276 | Thompson, Robert | PNC, USN MAL |
| Doubrava, Norman G. | GYSGT, USMC | 94 | Matthews, Claude T. | OS1, USN | 212 | Triplett, James E. | MCPO, USN MAL |
| Duerr, Kenneth R. | CSCM, USN | MAL | McKay, Ronald J. | TMC(SS), USN | MAL | | |
| | | | Moore, Joseph W. | BM2, USN | 302 | Walker, Junior W. | HT1, USN MAL |
| Elam, Curtis | AOC, USN | MAL | Morgan, Jack N. | DC2, USN | 221 | Wardius, Harvey | PNC, USN 55 |
| | | | Morrison, John A. | RMC, USN | 269 | Wartha, Jerold A. | CPO, USN MAL |
| Fournier, Roland R. | EM1, USN | MAL | | | | Weaver, James C. | ASC, USN MAL |
| Gillen, Wallace R. | PO1, USN | MAL | Neuhart, Virgil J. | BMC, USN | MAL | | |
| Granato, Robert C. | ADR1, USN | MAL | Newell, Lester | MAJ, USMC | 24 | | |
| Gray, Gary | OSC(SW), USN | MAL | Newsome, Donald C. | CPO, USN | MAL | | |
| Guth, Frederick L. | RMCS, USN | MAL | | | | | |
| | | | Oass, William J. | SR, USN | 24 | | |
| | | | Orth, Arthur K. | USN | MAL | | |



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September 2022

A Message from the West Coast Regional President



Kelly Pena
West Coast
Regional President

For the 3rd consecutive term, I have thoroughly enjoyed serving as the president of the West Coast Region, and I am honored to advance as the president anew.

Despite facing restrictions from the pandemic last year, spectacularly, this term has been eventful. I traveled to two of the West Coast units that I had not visited in the past; Unit 59 in Cheyenne, Wyoming and unit 185 of Ogden, Utah proved to both possess members with excellent organization skills. I also attended my first pilgrimage this past April. What a heartfelt and moving experience! I plan to connect with more units in the near future once I recover from a fractured lower limb.

As I review the new officer reports, there are indications that some new members are serving as officers of their units. But I must say it has become a challenge recruiting auxiliary members who want to escalate and serve in regional officer positions when we oscillate with the same unit members. Nevertheless, I am happy to announce that some of the units have acquired new members. I am hoping that some of us past and present leaders will work diligently to equip them to be future leaders of the auxiliary.

Now that the pandemic restrictions have lifted, it is encouraging that the units are back to meeting in person and accomplishing major objectives. The West Coast Region units are holding; installations and dinners, fundraisers

with bingo games, corn hole tournaments, monthly breakfasts and selling tote bags. The West Coast Region is able to participate in Veterans Day parades and flag raising events for Veterans Day, Presidents Day, Memorial Day and the 4th of July. The region continues to hold food drives for the holidays, create Mother's Day baskets for the battered women's shelter, have sock and hat drives for homeless veterans and offer cafe talk for veterans to socialize.

The West Coast Regional Convention is quickly approaching. The dates are from August 18 to August 20 and will take place at the Gold Dust West Hotel in Carson City, Nevada. It is an honor having the national officers attend the important event along with some of our regional unit's new members. This year's convention will be hosted afresh by Branch and Unit 137 of Carson City, Nevada. They are seasoned in hosting conventions and are outstanding moderators.

In closing, I would like to ask all of you for help with the expansion of the Fleet Reserve Association and the Auxiliary, please carry several applications with you at all times. You never know when you will run into that prospective future member. **FRA**

In Loyalty, Protection & Service,
Kelly M. Pena

Kelly is the West Coast Region president of the LA FRA.



LA FRA members gather for the 2022 West Coast Regional Convention. Staff photo.



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Paying Down Debt Versus Investing



Carl M. Trevisan, CFP®



Stephen M. Bearce

Paying down debt is often difficult, especially in a challenging economic environment. You may be wondering which to tackle first — pay down your debt or invest for the future.

Balance Is Best

A balanced approach to wealth management serves both today's needs and tomorrow's goals. For some that may mean paying off some debt today while simultaneously investing for the future.

Your own needs and circumstances will be unique. The following guidelines can help you evaluate alternatives and find an approach that fits your situation and goals.

Don't Forget Your Emergency Fund

In addition to paying down debt and settling on an investment strategy, make it a priority to set up an emergency reserve. Traditional "rules of thumb" suggest setting aside three to six months or more of living expenses in traditional savings or very short-term, highly liquid, low-volatility investments.

While ideal, that goal may not be realistic for everyone. Start by building up a reserve of a month's expenses and make it a goal to increase your emergency fund over time as resources permit.

Your Future First

When making decisions about debt and investing, be a long-term thinker. Consider "what position do I want to be in 10 or 20 years from now?" Then evaluate what actions today should be most effective in helping you achieve your long-term financial goals.

For example, if you have high-interest debt that is compounding, this could eventually become a serious impediment to reaching your long-term goals. In contrast, you might not



Stock image from Depositphotos.

be in a hurry to retire low-interest debt if the potential return on long-term investing would be greater.

When making decisions about debt reduction vs. investing, keep in mind that the need to eventually pay off principal is certain but investment returns are not. Investment performance will vary over time, and it's possible to experience losses as well as gains. At the same time, it is well known that investors who start earlier may benefit from compounding and "time in the market."

If you have the opportunity to participate in a retirement plan at work and your employer makes matching contributions, that could be a compelling reason to prioritize investing up to the amount that the employer will match.

But there are no magic numbers. That's why you may want to work with a financial advisor to create an investment strategy that fits your financial expectations for the future.

Prioritize Your Debts

With your emergency fund and investment strategy in place, you can begin deciding on a strategy for reducing your debts. But how do

you decide which debts to pay down first?

Mathematically, it makes sense to focus on paying off high-interest debts like private student loans and credit card debt first. Federal student loans and mortgages might be lower priorities because their rates are often lower and their terms longer. Vehicle loans might fall somewhere in the middle. Tax considerations may also come into play.

An alternative approach is to start with the smallest debt first. It might be motivating to get a “quick win” by paying off a smaller debt before beginning to chip away at a larger one.

Once you pay off one debt, add that payment amount to a different debt payment amount to accelerate its pay off.

It's Personal

One last tip: Don't discount your emotions. If paying off a certain debt will help you feel more secure,

follow your gut. Or discuss with a financial advisor before you decide. Also, identify some key milestones that you want to reach, and celebrate (modestly) when you achieve those goals! **FRA**

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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