

YOUR MISSION • YOUR VOICE

FRA *today*



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PNP Daniel Spalding



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Featured

- 18 CONVENTION HIGHLIGHTS**
FRA shipmates and Auxiliary members met in Spokane, Washington, to conduct organizational business, renew old friendship and make new connections. Read all about it!

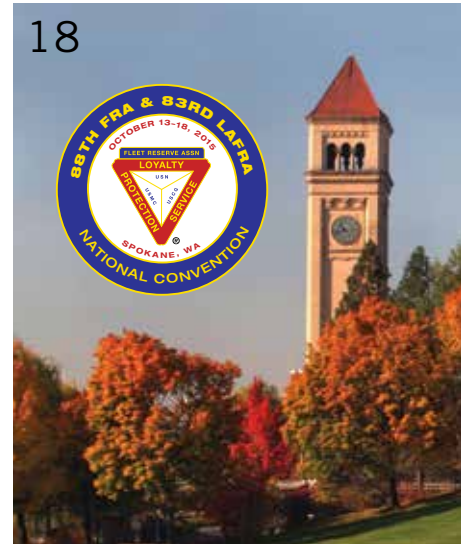
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LOYALTY, PROTECTION AND SERVICE

FRA IS A CONGRESSIONALLY CHARTERED, NON-PROFIT ORGANIZATION ADVOCATING FOR CURRENT AND FORMER ENLISTED MEMBERS OF THE U.S. NAVY, MARINE CORPS AND COAST GUARD ON CAPITOL HILL. FOR MORE INFORMATION ON THE BENEFITS OF MEMBERSHIP, PLEASE VISIT WWW.FRA.ORG OR CALL 800-FRA-1924.

18



16



35



ON THE COVER

For the first time in FRA and Auxiliary history, both organizations' national presidents are husband and wife. FRA National President Virgil Courneya and Auxiliary National President Helen Courneya (Branch and Unit 274, Reno, Nev.) were installed at FRA's 88th National Convention in Spokane. (Photo by Paul Gunther)

Retiree or Veteran?



Lauren Armstrong

FRA IS A CONGRESSIONALLY-CHARTERED veterans' service organization (VSO). For many of our 91 years, our members were military careerists who retired after 20 or more years of distinguished service. As a result, much of our legislative advocacy focused on retirement benefits, such as lifetime healthcare, survivor benefits, commissary access and cost-of-living adjustments. And although FRA didn't open its membership to non-retirees until 2005, our membership has ALWAYS been comprised of veterans — those who answered the call and wore the uniform of our nation. And we've ALWAYS been advocates for veterans.

In addition to our work to maintain and enhance military pay and benefits, we consistently call on lawmakers to provide adequate funding for the Department of Veterans Affairs (VA) to ensure vets have access to quality healthcare, appropriate disability compensation, and earned education and burial benefits. Our work in the Agent Orange arena is a prime example.

The VA currently presumes those who had boots on the ground in Vietnam were exposed to Agent Orange (AO) and, if they develop an AO-related illness, those conditions are automatically assumed to be service-related and disability benefits are virtually guaranteed. FRA's legislative team is at the forefront of the fight to gain similar presumption for those who served off the coast of Vietnam. Many of these so-called "blue water" vets are experiencing health problems related to exposure to the toxin, but are not currently eligible for VA benefits. It doesn't matter if these veterans served for four years or 20, FRA strongly believes they deserve to be compensated for the illnesses they incurred as a result of their service.

Along with our legislative support for veterans, FRA employs a full-time veterans' service officer who, along with a number of trained shipmates across the country, helps veterans navigate the process of making a claim for VA benefits. It can be a daunting proposition for some and having a knowledgeable guide can make all the difference. Shipmates also volunteer thousands of hours at VA medical centers across the nation, supporting their fellow vets in a variety of ways.

In an effort to expand FRA's service to veterans, delegates at this year's national convention voted to establish a standing Committee on Veterans Service. (See page 15.) The committee is charged to oversee and expand FRA's involvement with the VSO and Veterans Affairs Voluntary Service (VAVS) programs, provide VA education and outreach to shipmates and help get shipmates and branches more involved with veteran-related programs.

Not all veterans are military retirees, but all military retirees are veterans. Not all shipmates are military retirees, but all FRA shipmates are veterans. Regardless of your time in service, I personally thank you for your commitment to our nation and your involvement in the FRA.

However you celebrate this time of year, I hope you'll enjoy the wonder and fellowship of the season.

Lauren Armstrong is FRA's Director of Communications and serves as the Managing Editor of *FRA Today*. Please contact her at lauren@fra.org.

FRA today

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VOLUME 94 NUMBER 12



US NAVY

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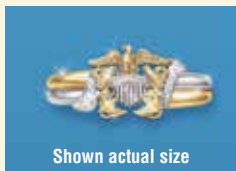
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A Message from the National President

SHIPMATES OF THE ASSOCIATION, it is my honor and privilege to once again serve as your National President. Your confidence and trust is greatly appreciated. Thank you to all the members of the Association for this opportunity to serve.

My gratitude and thanks also go to JrPNP John Ippert and the National Board of Directors for granting me the chance to fulfill this position once again. I look forward to working with the Board and the National Headquarters Staff as we move forward in all aspects of the Association's mission.

Our vision this year will be to sustain and improve our membership and strengthen our branches. We will be seeking the support of all shipmates and headquarters staff to work together as one. Teamwork is needed to keep up the rolls of membership; not only to recruit, but also to retain

our members. If we are to regenerate membership, new ideas and strategies to improve membership will require the guidance and direction of all our members. Looking back at what had worked in the past is one possibility that we should investigate to see if that would work again.

The subject of the Department of Veterans Affairs (VA) is another topic that should be a concern for our members, all of whom have earned VA benefits through their service. Adequate funding for and access to the VA hospitals is paramount and we must ensure that our veterans are receiving the benefits and care to which they are entitled. Communication with Secretary McDonald is important to safeguard the obligations that have been made to protect the rights of all veterans, young and old. With the influx of veterans returning from Iraq and Afghanistan, the visible and invisible wounds of war

are a grave concern and FRA will be actively engaged to ensure these veterans get the assistance they need at VA Medical Centers.

Visibility and awareness are vital to our growth. Shipmates are highly encouraged to become more involved with community activities and allow our presence to be known, and to demonstrate what the association stands for with regard to service and assistance within the community.

The goal of becoming a Veteran Service Office (VSO) should be actively promoted among our membership, as a means of enhancing the services we can provide to veterans in our local areas. Learning the inner workings of the VA and what we can do to facilitate veterans' claims could be a plus for the association as we will be working with many veterans who are eligible for membership in the Association. Our need to become involved with the community should be the focus of our members, who can share their ideas with local community leaders as well as the public. Rewards come in many forms, and using our resources to assist our communities will showcase who we are and what we represent.

Respectively, given our current membership challenges, we will need to look to the future. That means reaching out to the younger enlisted service members and veterans and showing them what the FRA stands for and what we have to offer.

With this new association year beginning, I look forward to working with all Shipmates to make this an exciting year for the Association.



Virgil Courneya



FRA photo by Paul Gunther

Shipmate Virgil Courneya takes the oath of office as his son Lee Courneya and daughter Tonya Reyes hold the Bible.

Virgil Courneya was elected to serve as FRA's national president during the 2015–2016 Association year. He is a member of Branch 274 (Reno, Nev.) and can be reached at mgysgtvpc@att.net

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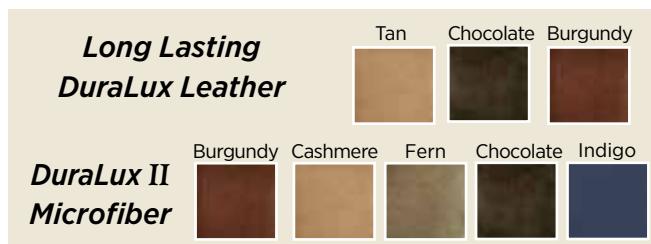
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WAVES

I really enjoy your magazine, especially the October issue honoring the WAVES. I was one of them (February 1943 to December 1945). We had our own WAVES meaning, too: Women Are Very Essential Sometimes.

Bernice Selberg



Thank you for the great article on Navy WAVES. I am still in contact with four ladies who wore Navy blue at the time I did. I wish I'd stayed in the Navy instead of getting out. It was like leaving a special family. I'm a proud member of FRA Branch 275 (Placerville, Calif.) — a fine group of people.

Clara Gemmet

Survivor Benefit Plan

After my wife died, I called to have my children [named as beneficiaries] on my survivor benefit plan (SBP). I was told they could only be placed on the plan if they were disabled. I was also told that if I remarry and stay married for a year or more, my second wife could be the recipient. If I don't remarry and I die, nobody receives the benefits. This doesn't seem fair; the money came out of my retirement check for 30 years.

I am not the only one in this situation. Shipmate Lloyd Ozab sent a similar letter to *FRA Today* that was published in the March 2014 issue. It seems like something could be done about this; we appreciate all the help we can get in this matter.

Robert Shea

FRA Response: *SBP is essentially an insurance policy and, like an automobile or home owner's policy, you're paying for protection if/when needed, but your premiums aren't refunded if you don't make a claim.*

Unfortunately, there hasn't been much positive change since we last discussed this issue, and there isn't much hope for change in the future. In fact, FRA has been fighting (see page 9) to undo a recent policy that prevents second (or subsequent) spouses from being named as SBP beneficiaries. Given the current budget climate, refunds or other proposals that are costly to the government aren't likely to get much traction.

That said, we hope you will share your concerns with your elected officials in Washington. Shipmates can use the FRA Action Center at action.fra.org/action-center or request a congressional directory by writing to FRA National Headquarters at 125 N West St., Alexandria, VA 22314.

Success Starts in Boot Camp

I just wanted to thank you for the article on Drill Instructors [and NED Snee's article about Navy company commanders]. I was a Navy Company Commander from 1962–1964 and enjoyed every minute of it. I still correspond with three of the men in one of my companies. I was also a Navy Recruiter for three years.

I can also remember my boot-camp days and can see my company commander's face just as clear as I could while in training. I was chosen as our company Master-at Arms and enjoyed every minute of it.

I was 17 and very much needed some discipline in my life and knew it. I told my dad if he would just let me quit school and sign for me to join the Navy (because I was only 17), I promised I would finish High School. I took my GED test and passed with flying colors. I spent 20 years in the Navy, attaining the rank of Senior Chief Damage Control man. I passed the test for Master Chief three times, being number one alternate the last time but only one was ever selected that round. Not only did I complete high school, but after I retired, I used my G.I. Bill and became the only one of my parents' five children to receive a four-year colleague degree. I went on to work for Brown & Root and Weyerhaeuser for another 24 years of combined service.

The girl I was going with when I enlisted, Peggy J. Cox, became my wife while on leave from Class-A School. She was 16, turning 17 the day after we married, and I was 17. She is still with me today after 59 very happy years of marriage, breast cancer (15 years ago) and three wonderful children, six grandchildren and seven great grandchildren.

I attribute every bit of my very successful life to my time in the Navy, and it all started in boot-camp with my company commander.

Roger C Strain



Submissions Send *Shipmate Forum* letters to Editor, *FRA Today*, 125 N. West St. Alexandria, VA 22314. E-mail submissions may be sent to fratoday@fra.org. Please include "Shipmate Forum" in the subject line. FRA reserves the right to select and edit letters for publication. Letters published in *Shipmate Forum* reflect the opinions and views of FRA members. They do not necessarily reflect the official position of FRA as a whole. FRA is not responsible for the accuracy of letter content.

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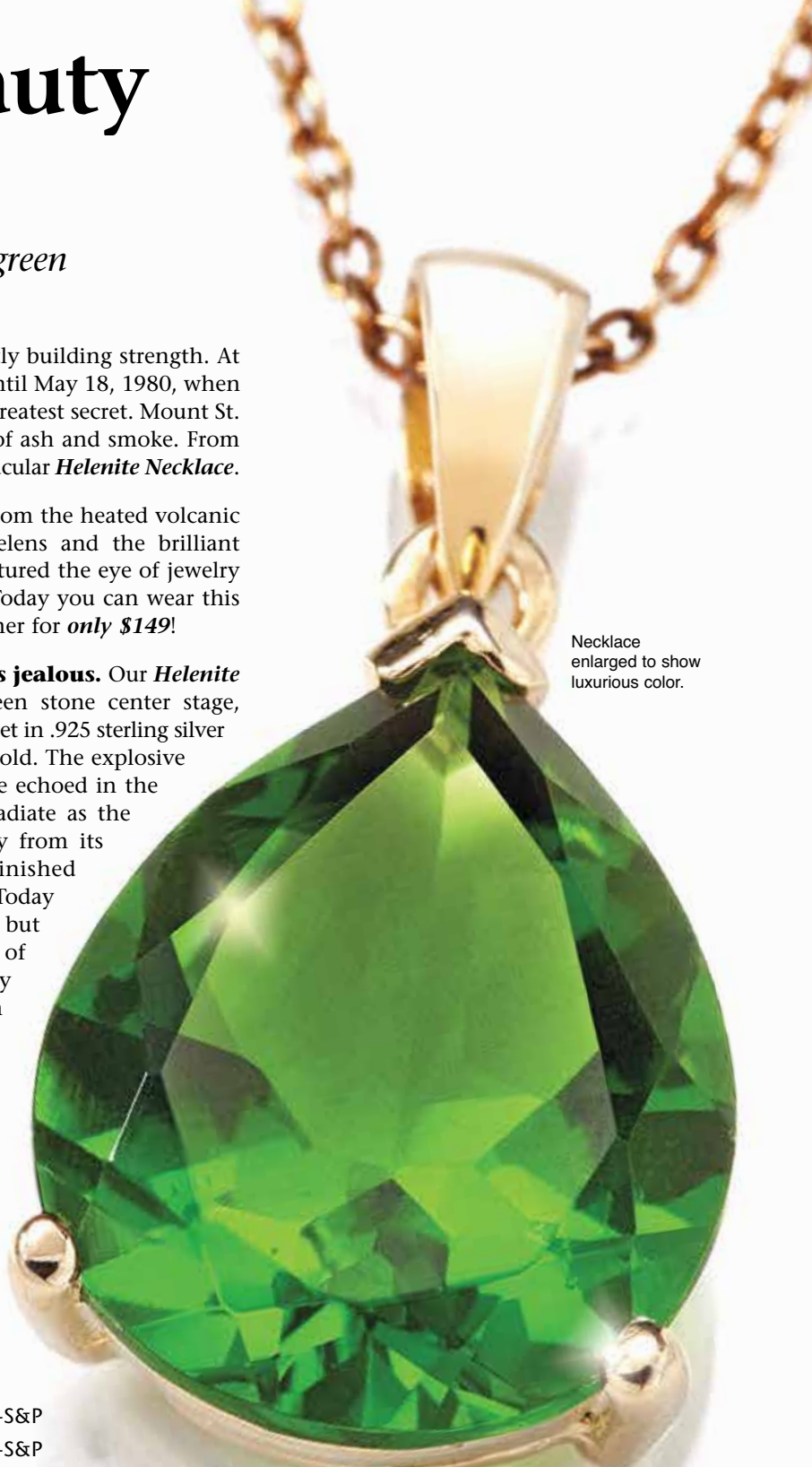
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John Davis

Steady Drumbeat to Cut Benefits

AS YOU READ THIS issue of *FRA Today*, the first session of the 114th Congress is wrapping up and, hopefully, lawmakers have passed, and the president approved, a spending plan to replace the Continuing Resolution before it expires on December 11 (as this issue goes to print). Even if all appropriations bills are passed, the battle to cut military benefits is not going away; it's just shifting to a new target – TRICARE. Congress is already on record about its efforts to abolish TRICARE in 2016 and replacing it with a new healthcare system that includes more choices ... and probably more costs.

The first session of the 114th Congress (January 2015–December 2015) has provided abundant threats to shipmates' pay and benefits. FRA members responded with significant grassroots involvement via the FRA Action

Center (action.fra.org/action-center), weighing in on the legislative issues that impact them, their fellow shipmates and their families. Timely involvement on the part of individual shipmates has impacted, and will continue to impact, the content of legislation, and the FRA Action Center makes it easy to get involved in the legislative process. We must maintain our strong grassroots efforts if we are to have any hope of stopping the shift of higher healthcare costs to beneficiaries. All members are strongly urged to use the Action Center (action.fra.org/action-center) to contact their senators and representative, and to subscribe to *FRA NewsBytes*, our weekly electronic newsletter that provides critical information on legislation impacting pay and benefits.

TRICARE Young Adult 2016 Premium Adjustments

The Defense Health Agency (DHA) recently announced the 2016 premiums for TRICARE Young Adult (TYA) Prime and Standard options that cover dependent beneficiaries between the ages of 23–26 years old. These premiums are adjusted on an annual basis and go into effect Jan. 1, 2016.

In 2016, the monthly premium for TYA Prime will be \$306 per month, and TYA Standard will be \$228 per month. TRICARE is required to establish these premiums to cover the full cost of healthcare received by TYA beneficiaries. For the first time since TYA was created in 2011, TRICARE has sufficient statistically-valid cost data to set annual premiums.

For more information on TYA visit www.tricare.mil/TYA

Wisconsin Rep. Paul Ryan Named Speaker of the House

The House selected Rep. Paul D. Ryan (Wisc.) to be the next Speaker of the House of Representatives, replacing outgoing Speaker John Boehner (Ohio). Rep. Ryan was first elected to the House in 1998, where he has served as chairman of the House Budget Committee since 2007 and was recently selected to serve as chairman of the House Ways and Means Committee. In 2012 Massachusetts Governor Mitt Romney selected Ryan as his running mate in his unsuccessful bid for the White House.

Before being elected to Congress, Ryan served as a Senate Hill staffer and was hired by former Congressman Jack Kemp as a speech writer. He later worked at the think tank "Empower America," which was founded by Jack Kemp and conservative pundit and former Secretary of Education William Bennett. He went on to serve as Legislative Director for Senator Sam Brownback (Kans.) before returning to Wisconsin to run for Congress.

As House Budget Chairman, he was involved with the December 2013 last-minute budget agreement (H. J. Res 59) that included a one-percent cut in the annual cost of living adjustment (COLA) for military retirees under age 62 that would have impacted 2016 COLA increases. This back-room deal was quickly enacted into law. Due to the strong reaction from the military retiree community, the measure was amended in February 2014 to only apply to service members who joined the military after January 2014. It was later amended to apply only to service members who joined the military after January 1, 2016.

FRA Mourns Former Coast Guard Caucus Co-Chair

Retired North Carolina Representative Howard Coble (Branch 301, Greenville, N.C.) recently joined the staff of the Supreme Commander. He was 84 years old and was the last member of Congress to have served in the U.S. Coast Guard. His Coast Guard involvement included enlisted service (1952 – 1956) and time as an officer in the Coast Guard Reserve (1960–1981). During his 28 years in Congress, he remained a tireless advocate for the Coast Guard and was instrumental in creating the Coast Guard Caucus in 1998, a bipartisan group of lawmakers who share a common interest in the Coast Guard. Shipmate Coble co-chaired the caucus for many years and was a strong advocate for the FRA prior to his retirement from Congress in 2013.

RETIREE ISSUES

New NDAA Enacted

The two-year budget deal (see page 8) required a new National Defense Authorization Act (NDAA, H.R. 1356) to be drafted. The new NDAA is similar to the measure that was recently vetoed by President Obama, but it trims \$5 billion from various programs, dropping the overall FY 2016 annual Defense spending from \$612 billion to \$607 billion. The specific reductions were agreed to by House and Senate Armed Services Committees and House and Senate Appropriations Defense Subcommittees.

The new NDAA will include:

- Creation of a new “blended” military retirement system for those who join the military after January 1, 2018;
- Increased pharmacy co-pays for family members and retirees for prescriptions filled off-base or by mail. These increases will range from \$2 to \$4 depending on whether drugs are brand-name or filled at retail outlets;
- An active-duty pay increase of 1.3 percent, which is lower than the civilian wage increase of 2.3 percent;
- Rejecting the Administration’s request to reduce stateside commissary funding;
- Reauthorization of Survivor Benefit Plan (SBP) benefits for a second spouse, when the first divorced spouse is deceased;
- Reducing Basic Allowance for Housing (BAH) rates by one percent each year until 2019;
- Continuing dual BAH payments to service members married to other service members; and
- Establishing victims’ rights for sexual assault and domestic abuse.

The FY 2016 Defense Authorization bill (H.R. 1356) is on the fast track at press time. The current fiscal year started October 1, 2015, and the government has remained open thanks to a Continuing Resolution that expires on December 11.

Retiree COLA Set for 2016

2016 will be the first year since 2011 that military and federal civilian retirees, survivor benefit annuitants, disabled veterans and Social Security recipients will not receive a cost-of-living adjustment (COLA). In 2010 and 2011 there was also no COLA.

COLAs are determined by changes in the Consumer Price Index for Wage Earners and Clerical Workers (CPI-W), published by the Bureau of Labor Statistics. According to the formula by which CPI-W is calculated, consumer prices have declined over the past year and no COLA increase is authorized.

Deal Lifts Defense Spending, Extends Debt Ceiling, Stops Medicare Premium Increase

The House and Senate passed and the president approved a FY 2016 and FY 2017 budget agreement that would, for a two-year period, exclude Defense from sequestration cuts mandated by the Budget Control Act (BCA) of 2011. For the past four years, FRA has advocated that Defense should be excluded from arbitrary, across-the-board cuts and we’re pleased that the measure eliminates \$38 billion in sequestration cuts that were set to impact the FY 2016 Defense budget.

In addition, the budget measure (H.R. 1314) lifts the debt ceiling for the federal government until March 31, 2017, allowing the federal government to avoid a first-ever default on the debt payment.

The agreement also prevents a 52-percent increase in Medicare premiums for 30 percent of Medicare recipients. Many FRA shipmates would have been among more than eight million low-income seniors enrolled in both Medicare and Medicaid, new Medicare enrollees, and higher-income beneficiaries who were scheduled to see a substantial increase in their Medicare Part B (physicians and outpatient services) premiums.

The agreement also negates an across-the-board reduction in Social Security Disability Insurance benefits.

Veterans’ Day, Marine Corps and FRA Birthday

In accordance with a long-standing tradition, FRA shipmates participated in Veterans’ Day ceremonies around the country on November 11, 2015—a date which also marks FRA’s 91st anniversary. FRA National President Virgil Courneya (NP) and Auxiliary NP Helen Courneya attended a White House breakfast before ceremonies at Arlington National Cemetery and a special wreath-laying ceremony at the Tomb of the Unknowns, following President Obama’s address to veterans and their family members who assembled for the occasion. FRA NP Courneya also attended a wreath-laying ceremony on November 10, at the Iwo Jima Memorial in observance of the 240th anniversary of the U.S. Marine Corps.



FRA photo by Christopher Slawinski

FRA and Auxiliary National Presidents Virgil and Helen Courneya pose in front of the wreath shortly before they presented it at the Tomb of the Unknowns at Arlington National Cemetery on Veterans Day 2015.

VETERANS ISSUES

House Subcommittees Hold Oversight Hearing on DOD and VA Interoperability

The House Veterans Affairs (HVAC) Subcommittee on Oversight and Investigations and the House Oversight and Government Reform (HOGGR) Subcommittee on Information Technology held a joint hearing on the subject of the Department of Defense (DoD) and the Department of Veterans Affairs sharing electronic patient health information. VA and DoD operate two of the nation's largest healthcare systems, serving approximately 16 million veterans and active duty service members and their families, at total annual costs of over \$100 billion. When VA and DoD abandoned their plans to develop an integrated electronic health record (iEHR) system in February 2013, both departments pursued separate efforts to modernize or replace their existing systems in an attempt to create an interoperable electronic health record system. This hearing focused on DoD and VA's systems, and also included a discussion of the cybersecurity posture and information technology policies at the two agencies.

In the opening statements, VA and DoD witnesses stated their full and total support for the concept of interoperability between the two agencies. Committee members, however, expressed their frustration and disappointment in the lack of progress, the amount of money spent, poor communication between the DoD and VA, failure of both organizations to meet deadlines, and the overall indication that progress was going to remain slow. Witnesses at the hearing claimed that DoD/VA Interoperability will take effect sometime in 2018.

FRA supports a permanent and independent office for the DoD/VA Interagency program to provide oversight of all components of achieving a seamless transition. FRA supports the full implementation of the Virtual Lifetime Electronic Record (VLER) for all currently-serving military personnel that will help ensure a seamless transition from DoD to VA healthcare programs.

VA Benefits Chief Resigns, Other Officials Silent on Excessive Relocation Compensation

Allison Hickey, the Veterans Affairs Department's top benefits official, stepped down from her post in October amid renewed attacks from her critics. Despite past praise for her efforts to modernize the department and her dedication to veterans, Hickey left "the department amid a damning Office of Inspector General report linking her to a scheme in which senior Veterans Benefits Administration (VBA) officials abused their authority, resulting in the misuse of hundreds of thousands of taxpayer dollars," said Congressman Jeff Miller, chairman of the House Committee on Veterans' Affairs (HVAC).

Following her resignation, the HVAC finally got the five Department of Veterans Affairs (VA) witnesses they'd subpoenaed to appear before the committee, but the witnesses did not provide any new information on the VA's relocation bonus scandal.

Two of the five officials invoked their Fifth Amendment rights against self-incrimination and refused to answer the committee's questions on their alleged schemes to manipulate the bonus program for personal gain. Three other VA officials described a flawed employee-reassignment process, but not a corrupt system, which several lawmakers have accused top VA officials of allowing to fester.

"If I could go back in time, I still would have made all the moves," said VA's acting Undersecretary for Benefits Danny Pummill. He blamed the "second and third order" problems of the bonus program on the VA moving too quickly to better help veterans by getting the right people in posts that needed immediate improvements.

The VA Office of the Inspector General investigation discovered that some senior VA executives misused interoffice moves to bump up their pay while reducing their job responsibilities, at a significant cost to taxpayers. The Veterans Benefits Administration (VBA) spent more than \$1.5 million on 21 questionable senior executive reassignments over the past three fiscal years. The investigation was spurred by two specific cases. Philadelphia VA Regional Office Director Diana Rubens is blamed for receiving more than \$288,000 in moving expense compensation to switch from a job in nearby Washington, D.C., and St. Paul, Minn. VA Regional Office Director Kimberly Graves received nearly \$130,000 in a similar job switch scheme. Both officials were required to appear before HVAC and both refused to answer any questions on the advice of their lawyers.

Report: VA Health Care System is Broken

An independent report on the Department of Veterans Affairs health care program (Veterans Health Administration-VHA) concludes that the system needs a complete overhaul. This report was mandated by Congress last year and shows that the system is suffering from bureaucracy and leadership challenges, and is on an "unsustainable trajectory of capital costs." The report confirms complaints by many veterans who say VHA is difficult to navigate and that the quality of care varies from location to location.

The report notes a lack of leadership at VA, a staffing shortage, and a demoralized workforce. VA Secretary Bob McDonald agreed with many of the findings of the report and said, "VA is undergoing a radical transformation." The report also noted that VA outpatient care outperforms other health care systems.

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2016 FRA LEGISLATIVE AGENDA

The delegates at the 88th National Convention in Spokane, Wash. approved the 2016 FRA Legislative Agenda provided below. FRA will fight to preserve and enhance benefits and quality-of-life programs for active, Reserve, retired, and veterans of the Navy, Marine Corps, and Coast Guard plus their families and survivors. FRA's 2016 legislative agenda is as follows:

EXPAND HEALTH CARE OPTIONS

Health Care Reform: Monitor health care reform and ensure that TRICARE and VA Health Care programs are not adversely impacted by unanticipated consequences during implementation.

Oppose Excessive TRICARE

Enrollment Fee Increases: The Defense Department must sufficiently investigate and implement other options to make TRICARE more cost-efficient as alternatives to shifting costs to TRICARE beneficiaries, and the Association opposes any indexing of future TRICARE Fee increases beyond CPI indexed to COLA increases.

Support Adequate Funding for

Defense Health Agency: Ensure adequate funding for the Defense Health Agency (DHA) in order to meet readiness needs, fully fund TRICARE, and improve access to and awareness of benefits for all beneficiaries regardless of age, status or location, including Reservists participating in TRICARE Reserve Select, TRICARE Retired Reserve, and Individual Ready Reserve personnel.

DoD/VA Health Care Resource

Sharing: Ensure adequate funding for Department of Defense (DoD) and Department of Veterans' Affairs (VA) health care resource sharing in delivering seamless, cost effective, quality services to personnel wounded in combat and other veterans and their families.

Pharmaceutical Drug Benefit:

Monitor the pharmacy benefit and ensure that pharmacies maintain a broad uniform formulary. FRA supports efforts to reduce prescription costs through "federal pricing" and other discount programs, and will encourage increased utilization of home delivery prescriptions to limit

co-pays for beneficiaries and reduce costs as alternatives to higher fees and co-payments.

Allow Military Retirees to Pay for Healthcare with Pretax Dollars:

Secure authorization for military retirees to pay health insurance premiums on a pretax basis and allow for a tax deduction for TRICARE supplemental insurance premiums.

PROTECT PERSONNEL PROGRAMS

Active Duty Pay: Secure annual active duty pay increases that are at least equal to the Employment Cost Index (ECI).

Portable TSP for Those Who Serve

less than 20 years: Support initiatives that provide a "portable" Thrift Savings Plan (TSP-401 K type investment) with an employer contribution and a voluntary employee contribution for service members, who can take the benefit with them if they leave before 20-year vesting for defined benefit plan (retainer pay), as long as it is not paid for by reducing retainer pay those who serve 20 years or more.

Ensure Early Retirement Benefits for Involuntarily Separated

Personnel: Early retirement and other benefits must be authorized for service members involuntarily separated with less than 20 years of service: including the temporary early retirement authority (TERA) program to minimize the impact of end strength reductions on career personnel.

Defense Budget: Advocate for a Defense (DoD) Budget that is at least five (5) percent of the Gross Domestic Product (GDP) to ensure adequate funding for both personnel and weapons programs.

Military Resale System: Ensure adequate funding for the Defense Commissary Agency (DeCA) and oppose privatization to preserve the value of the current benefit and access for all patrons, and oppose consolidation or closure of military exchanges.

End Strengths: Track active duty and Reserve end strengths to ensure there are adequate personnel available to meet operational requirements, and work to minimize extended deployment periods and reduced dwell times.

BAH: Oppose cuts to Basic Allowance for Housing (BAH) payments. Reform enlisted housing standards by allowing E-7s and above to reside in separate homes, track BAH to ensure it is commensurate with actual housing costs, ensure adequate housing inventory and that housing privatization programs are beneficial to service members and their families.

PCS Reform: Track the PCS process; ensure adequate funding of the Transition and Relocation Assistance Programs and authorization of increased PCS mileage rates and higher household goods weight limits for senior enlisted personnel. Also advocate for shipment of a second POV for accompanied overseas assignments.

Tuition Assistance (TA) for Navy and Marine Corps Reserves: Support TA benefit for Navy and Marine Corps Reservists. Currently all service branches provide TA benefits for reservists except for Navy and Marine Corps.

SCRA Enforcement / Predatory Lending Protections: Ensure that the Servicemembers Civil Relief Act (SCRA) is enforced by regulatory agencies, including the Consumer Financial Protection Bureau (CFPB),

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Office of Military Affairs and work to ensure that active duty personnel are protected from predatory lenders.

Coast Guard Parity: Ensure funding parity with DoD of pay, benefits and housing for Coast Guard personnel plus adequate resources for same within the U.S. Coast Guard budget.

Impact Aid Program: Ensure that the Department of Education has adequate funding to reimburse local school districts for educating military children and that the DoD budget includes sufficient supplemental funds to provide support for highly impacted school districts.

Reservists Out-of-Pocket Expenses: Allow full tax-deductibility of non-reimbursable expenses related to military training and weekend drill.

Sea Services Recruiters: Work to ensure that recruiters have unrestricted access to secondary schools, colleges and universities on the same basis as private sector employers.

VETERAN'S ISSUES

Monitor Implementation of VA Choice Card Program: Monitor implementation of the Veterans Access, Choice and Accountability Act (VACAA), which provides a \$10 billion fund to pay for non-VA care for veterans who live 40 or more miles from a VA facility or have been experiencing wait times for care of more than 30 days. VA has provided "Choice Cards" to veterans who were enrolled in VA health care as of August 1, 2014, and to recently discharged combat veterans who enroll within the five-year window of eligibility.

Improve Department of Veterans' Affairs Funding: Support initiatives to help ensure adequate funding for the Department of Veterans Affairs (VA), with special attention for VA health care to ensure access and care for all beneficiaries.

Support Blue Water Navy Agent Orange Disability Claims: Seek to

reverse the VA's policy that prevents "blue water" military retirees and veterans from claiming disability benefits for diseases associated with exposure to Agent Orange during the Vietnam War.

Oppose Access Fees: Oppose establishing a tiered enrollment fee structure for veterans in priority groups 7 and 8 within the VA Health Care System.

Improve VA Claim Processing: Work to eliminate the backlog of claims at the VA and support reform of the antiquated Veterans' Benefits Administration (VBA) paper claims system.

Expand VA Caregivers Act: Extend the VA Caregivers Act to full-time caregivers of catastrophically disabled veterans from conflicts before September 11, 2001.

Education Enhancements: Monitor the Post 9/11 GI Bill program and work to improve other education benefit programs for veterans, and survivors of disabled or deceased veterans, and preserve the military Tuition Assistance (TA) program and oppose shifting a significant part of the cost to active duty beneficiaries

Reserve Retirees Veterans' Status: Seek full veteran status for Reservists with 20 years or more of service, who do not otherwise qualify for full veterans' benefits under current law.

SAFEGUARD RETIREE BENEFITS

Protect Military Retired or Retainer Pay: Fight efforts to reduce military retired or retainer pay and ensure equitable cost-of-living adjustments (COLAs) for all military retirees commensurate with their service and sacrifices, oppose efforts to civilianize the military retirement system, and advocate for rounding up to the next dollar for retired pay and other benefits.

Concurrent Receipt: Support legislation authorizing the immediate payment of concurrent receipt of full

military retired pay and veterans' disability compensation for all disabled retirees.

Reserve Retirement Age: Support extension of authority for early retirement (90 days active duty = three months reduction) for all Reservists who have served since 9/11/01, and the elimination of the fiscal year-specific rule associated with same.

USFSPA: Encourage the introduction and enactment of legislation to eliminate inequities in the Uniformed Services Former Spouses Protection Act (USFSPA).

Retention of Final Month's Retired Pay: Support legislation authorizing the retention of the full final month's retired pay by the surviving spouse (or other designated survivor) for the month in which the member was alive for at least 24 hours.

SBP/DIC Offset: Support legislation to repeal the SBP/DIC offset for surviving spouses of personnel who die of service-connected causes.

Paid-up SBP at Age 67: Work to change the minimum age for paid-up SBP from age 70 to age 67 which will allow those who joined the military at age 17, 18 or 19 and serve 20 years to only be required to pay SBP premiums for 30 years.

Base Closures: Closely monitor the impact of base closures and realignments and support retention of military treatment and other facilities at BRAC sites that are patronized by sizeable retiree and Reserve populations.

The FRA Legislative Team is National Executive Director Tom Snee, Director of Legislative Programs John Davis, Assistant Director of Legislative Programs Stephen Tassin, Assistant Director of Veterans' Programs Ben Young and National Veterans Service Director Chris Slawinski.

SPOKANE

Washington

Convention
HIGHLIGHTS



Shipmates and Auxiliary members gathered in Spokane, Wash., for their 88th and 83rd national conventions, respectively. Shipmates gathered at the city by the falls to conduct the Association's business, renew old friendships and make new ones.

FRA, Auxiliary Elect National Officers

For the first time in FRA and Auxiliary history, both organizations have elected past national presidents to serve a second term. This is also the first time that a husband and wife have served concurrently as national presidents of the two organizations.

FRA delegates elected National Vice President (NVP) Virgil Courneya (Branch 274, Reno, Nev.) to serve as National President for the 2015-2016 Association Year. Courneya served as National President in 2013-2014 and was appointed to fulfill the unexpired term of NVP Roger Mitchell, who passed away in April 2015. Past Regional President South Central Donald Larson (Branch 94, Corpus Christi, Texas) was elected to serve as FRA National Vice President for the coming year.

Auxiliary delegates elected Past National President Helen Courneya (Unit 274, Reno, Nev.) to also serve a second term in the Auxiliary's top position. National President Helen previously held the position in 2010-2011. National Treasurer (NT) Karen Snee (Unit 181, Arlington, Va.) was elected as National Vice President and Past Regional President Southwest Bea Parco (Unit 163, Phoenix, Ariz.) was elected to succeed Snee as NT. Christina Murray

(Unit 40, Chesapeake, Va.) continues her term as National Financial Secretary and Jean Smith (Unit 194, Knoxville, Tenn.) continues her term as National Executive Secretary.

Constitution and Bylaws Changes

FRA convention committees and delegates considered several resolutions to change the organization's constitution and bylaws (C&BL). Based on recommendations from the Budget & Finance Committee and Constitution & Bylaws Committee, the following actions were approved by the delegates:

- FRA will now have a National Standing Committee on Veterans Service that will focus on veterans' issues and assist in outreach, education and appropriate reporting on veteran programs to the entire membership.
- Monthly or quarterly installment payments over a one-year period are now authorized for shipmates wishing to become Life Members of the FRA.
- Votes by the National Board of Directors that require immediate action between national conventions will now be referred to as "National Board Authorizations (NBA)," rather than "National Board Resolutions (NBR)."
- Several resolutions were approved to more accurately describe the National Headquarters' (NHQ) staff responsibilities for the management of FRA's membership, such as member transfers from one branch to another or to Member-at-Large status, determining whether a disabled member at large (MAL) shipmate may be excused



CONVENTION HIGHLIGHTS

from paying membership dues, distributing membership renewal notices and reporting membership statistics for each branch.

FRA delegates rejected the following proposals to:

- Change the price structure for FRA Life Membership.
- Make the National Executive Director (NED) position a contracted (rather than elected) position and eliminate the NED from the Board of Directors.
- Establish two-year terms for the National Vice President and National President.
- Permit two-year terms for branch presidents.
- Allow regions to have a regional vice president or a first and second vice president.
- Rename the Northeast/New England Region as the North Atlantic Region.

2016 and 2017 National Conventions

Shipmates and Auxiliary members are encouraged to attend next year's National Conventions in Jacksonville, Fla., October 9–16, 2016. Branch and Unit 91 (Jacksonville, Fla.) will be our hosts and they're already working to line up some great events for delegates and guests. Further details will be included in the April 2016 issue of *FRA Today*.

Branch and Unit 4 (Washington, D.C.) were successful in their bid for the 2017 National Conventions, which will be held in Hunt Valley, Md., September 17–24, 2017.

Convention Guests

The conventions kicked off with a joint opening ceremony on Wednesday, October 14th, with a keynote address by **Representative Cathy McMorris Rodgers** (5th Congressional District, Washington). McMorris Rodgers, Republican Conference Chair, thanked FRA and Auxiliary members for their military service and sacrifice, acknowledging their courage in defending our nation's values, freedom and way of life. She shared the story of the Four Chaplains, who advised crewmembers to have courage when their ship was sunk during WWII. The Catholic priest, two Protestant preachers and a Jewish rabbi held on to one another and prayed with the crew as they all fought for their lives, until all four were lost. "Our nation was built on self-sacrifice; the idea of service before self," she said. "Without self-sacrifice there is no self-government, and I'm grateful for the courageous risks you and others have taken to defend our values, freedom and way of life. FRA represents a rich military history of current and former service members who deserve our thanks."

She also spoke of the need for a strong national defense, saying, "Diplomatic power comes after military power, and military power comes after economic power."



FRA photo by Paul Gunther

Representative Cathy McMorris Rodgers (Wash.) addressed shipmates and Auxiliary members during the joint opening ceremony.

McMorris Rodgers also spoke of the importance of bipartisan support for legislative measures that benefit service members, veterans and their families, and specifically referenced the 2016 National Defense Authorization Act (NDAA) that was awaiting approval as she stood before the delegates. "This measure is vitally important to national security. It impacts approximately one million current and former service members.

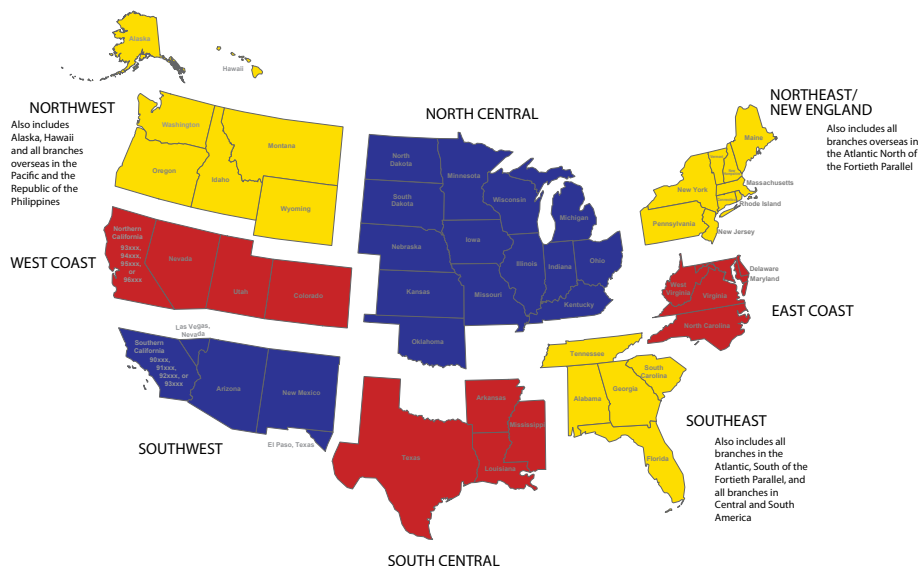
As co-founder of the bipartisan Military Family Caucus, McMorris Rodgers referenced the relevance of families to the defense of our nation. "Military service isn't just a job," she said. "It requires a family commitment to the local and military community. Families are uprooted regularly, which requires new schools, new caregivers for children and new jobs and support networks for spouses. The caucus will examine the challenges facing military families and show support for them."

Representative McMorris Rodgers also spoke about the need to keep our nation's promises to veterans, reduce wait times for medical appointments and care, and show our nation's gratitude to those who serve. "We need the Department of Veterans Affairs (VA) to meet the needs of our veterans. We need to assure our military personnel that we have their backs."

Sergeant Major Anthony Spadaro, Force Sergeant Major for Marine Forces Reserve and Marine Forces North, congratulated FRA on its 91 years of giving enlisted sailors, Marines and Coast Guard personnel a voice on Capitol Hill. In his current role, he is responsible for 109,000 Marines and sailors and thanked FRA for representing their interests, as well as the interests of other current and future service members.

He spoke about the future of the force, commenting on the high quality of today's military personnel, their patriotism and willingness to serve. "The reasons young people join up are different, but they're still coming to serve. They aren't

2016 BRANCH LISTING



FRA is proud to provide a listing of all FRA branches for the coming year. Arranged by region, the directory also includes branch meeting times and locations, as well as contact information for each regional president and vice president. Branches are the heart of FRA—and we encourage every shipmate to be involved in his or her branch and community!

Keeping in touch with other branches in your region and beyond can be very beneficial. Whether planning a new community service project, supporting an outreach event, or just looking for ideas to strengthen your branch and the Association as a whole, your shipmates can be a great source of support and assistance. Attending regional and national conventions is a great way to connect with shipmates outside your branch, but there are numerous other ways to connect with your fellow shipmates without ever leaving home.

Want to be more involved in your FRA? Call your branch secretary or FRA's director of Membership today and express your interest in volunteering to help with:

- Recruiting new members
- Serving as a branch officer
- Calling or visiting lapsed members
- Mentoring other shipmates
- Calling new members to welcome them
- Public speaking and outreach
- Community service opportunities
- Working on the branch newsletter

**Interested in starting a new branch? Looking for ways to help FRA grow?
Call Penny Collins, Director of Membership Development,
at 1-800-FRA-1924 ext. 123.**

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East Coast Region

Regional President: Penny Collins, 8615 Park Avenue, Bowie, MD 20720-3698, C: 301-792-8465, W: 703-683-1400 x.123, Pleasala100@verizon.net
 Regional Vice President: Thomas F. Vatter, 26377 Hillendale Rd., Hollywood, MD 20636-2426, 240-434-5182, tfvatter@md.metrocast.net

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
004	DC, WASHINGTON	Arthur L. Caligiuran	Claudio B. Pedery	(301) 292-4203	cpedery@verizon.net	305 Mecca Ct, Ft Washington, MD 20744-5135	FACC, 7500 Livingston Rd, Oxon Hill, MD	1300, 2nd Sat.
005	VA, NORFOLK	Edward D. Klavenski	Thomas L. Leisher	(757) 853-1986	seccr5@cox.net	4912 Cape Henry Ave, Norfolk, VA 23513-2717	Providence Square Grill, 941 Providence St., Virginia Beach, VA	1000, 4th Tues.
006	MD, BALTIMORE	Clarence W. Logan, Sr.	Anthony Jackson	(443) 463-1242	atjacks666@yahoo.com	2806 Belmont Ave, Baltimore, MD 21216-4017	War Memorial Building, Gay & Fayette St, Baltimore, MD	1900, 1st Fri.
024	MD, ANNAPOLIS	Patrick Fedorowicz	Valerie Joulotte	(667)803-0838	FRAbranc24@gmail.com	100 Compromise St, Annapolis, MD 21401-1808	100 Compromise Street, Annapolis, MD	1900, 2nd Tues.
037	VA, PORTSMOUTH	William D. Hansen	Joseph E. Cobb	(757) 397-2354	cobbj6@yahoo.com	PO Box 7215, Portsmouth, VA 23707-0215	101 Alabama Extension, Portsmouth, VA	1400, 3rd Sun.
040	VA, CHESAPEAKE	Paul A. Phelps	Richard Delaheaven, Jr.	(757) 575-0816	dehavenrick@yahoo.com	213 River Inlet Rd, Suffolk, VA 23434-9287	Four O Club, 4060 S. Military Hwy, Chesapeake, VA	1900, 3rd Thurs.
041	VA, ROANOKE	Joe Black	George J. Kelly	(540) 586-0766	businre@aol.com	1526 Virginia Ridge Dr, Hardy, VA 24101-3777	Sr. Citizen's Ctr. VMW, 804 E. Wash. Ave, Vinton, VA	1830, 3rd Tues.
060	VA, NORFOLK	Julie A. Steiber	John J. Willis	(757) 583-6174	gmndss@aol.com	2240 Tarralton Dr, Norfolk, VA 23518-3016	Branch Home, 9611 1st View Street, Norfolk, VA	1900, 2nd Thurs.
067	MD, SUITLAND	William A. Speight, Sr.	Bevelyn R. Whitfield	(301) 324-9322	msjazzbe@yahoo.com	5005 Sulland Rd, Suitland, MD 20746-1263	Branch Home, 5006 Sulland Rd, Suitland, MD	1930, 2nd Thurs.
093	MD, PATUXENT RIVER	Thomas F. Vatter	Dale S. Sparkman	(808) 436-4002	dale.shooter.sparkman18@gmail.com	PO Box 93, Patuxent River, MD 20670	21707 Three Notch Road, Lexington, Park, MD	1800, 2nd Mon.
099	VA, VIRGINIA BEACH	James D. Cheche	Paula D. Falu	(757) 343-2423	paulafalu357@gmail.com	1925 Rip Rap Ct, Virginia Bch, VA 23456-6120	Branch Home, 357 Edwin Dr, Virginia Beach, VA	1900, 2nd Wed.
123	NC, MORGANTON	Timothy B. Propst	Richard T. Moore	(828) 397-7282		8004 Shamrock Village Ave, Connelly Spg, NC 28612-7621	Contact President: (828) 438-5021	1800, 3rd Thurs.
141	NC, HAVELock	Dwight E. Bowman	Kelly J. Bowman	(252) 241-7079	frabranch141@gmail.com	158 Pine Grove Rd, Newport, NC 28570-6716	508 E. Main, Havelock, NC	1900, 2nd Thurs.
166	VA, VIRGINIA BEACH	Sha'ron D. Martin	Ray E. Santee	(757) 431-0262	rsantee@cox.net	3212 Lakecrest Rd, Virginia Bch, VA 23452-4910	VFW Post 392, 2408 Bowland Parkway, Virginia Beach, VA	1900, 3rd Mon.
172	VA, YORKTOWN	Gerald M. Chiappazzi	John P. Frankenburg	(703) 786-4727	jfrankenburg@yahoo.com	168 Spoon Ct, Yorktown, VA 23693-5591	400 Old York-Hampton Hwy, Grafton, VA	1900, 2nd Mon.
181	VA, ARLINGTON	Stephen Tassin	Chris Slawinski	(703) 354-3988	cslawinski@toast.net	4608 John Hancock Ct Apt 202, Amundale, VA 22003-4998	Arlington, VA	1800, 1st Thurs.
182	MD, BETHESDA	Donald Keith Kaider	Paul R. Gunther	(240) 338-0929	PaulG48104@aol.com	12867 Sage Terrace, Germantown, MD 20874-2050	AmLeg Post 86, 2013 Vlers Mill Rd, Rockville, MD	1930, 3rd Wed.
204	NC, ROCKY MOUNT	Daniel C. Johnson	John L. Zavadil	(252) 446-7816	lzavadil@embarqmail.com	224 Foxhall Dr, Rocky Mount, NC 27804-8817	AmLeg Post 11, 2973 US Hwy 117 South, Goldsboro, NC	1900, 3rd Tues.
207	VA, DALE CITY	William H. Whitt	Jeffrey A. Gilmartin	(540) 659-5930	Branchn207@aol.com	1 Knollside Ct, Stafford, VA 22554-7879	Ryan's Family Steakhouse, 1780 Carl D. Silver Pkwy, Fredericksburg, VA	1000, 2nd Sat.
208	NC, JACKSONVILLE	William R. Boggs	Mark F. Rogers	(910) 938-3339	mrogers5@cc.rr.com	PO Box 1079, Jacksonville, NC 28541-1079	Moose Lodge, 135 Moose Haven Rd., Jacksonville, NC	1830, 2nd Tues.
212	MD, MEADE	Danny R. Fischio	Paul E. Taylor	410-768-6288	mdmvgst@aol.com	7944 Oakwood Rd, Glen Burnie, MD 21061-6274	VFW Post 160, 2597 Dorsey Rd, Glen Burnie, MD	1000, 2nd Sat.
217	NC, WINSTON-SALEM	Clarence E. West, Jr.	Marvin C. Yow	(336) 766-6420	mcyow1@bellsouth.net	PO Box 69, Lewisville, NC 27023-0069	AmLeg Post 55, 111 Miller Street, Winston Salem, NC	1900, 3rd Tues.
219	VA, RICHMOND	John D. Herber	David A. Herber	804-561-4122		11221 Pridesville Rd, Amelia Ct Hse, VA 23002-5002	Central Baptist Church, 1500 Courthouse Rd., Richmond, VA	1300, 3rd Wed.
257	VA, PORTSMOUTH	Booker Combest	Arthur L. Manley	(757) 403-1299	arthurmanley@yahoo.com	908 Sir Lancelot Dr, Chesapeake, VA 23323-2528	American Legion Post #190, 2711 Peach St., Portsmouth, VA	1400, 4th Sat.
259	NC, FAYETTEVILLE	Joseph H. Palmer, Jr.	Stanley F. Miliewski	(910) 875-5481	bigcheepski@hotmail.com	1300 Myra Rd, Raeford, NC 28376-7024	RMA Building, 120 Elizabethtown Road, Fayetteville, NC	1900, 4th Tues.
293	NC, ELIZABETH CITY	Dale A. Wright	Robert Oliveira	(252) 338-3431	branchn293@embarqmail.com	1041 Traci Dr, Elizabeth City, NC 27909-9369	CPOA Bldg., 514 Cardwell St., Elizabeth City, NC	1900, 1st Wed.
299	NC, WILMINGTON	Ronald D. Meyer	Joy Walker	(910) 442-9803	walkersk@gmail.com	729 Silver Lake Rd, Wilmington, NC 28412-7713	Chris Restaurant 853 5th 17th St., Wilmington, NC	0900, 3rd Sat.
301	NC, GREENVILLE	Anthony S. Bishop	Jerry R. Leatherwood	(252) 524-4021	jerrywood@embarqmail.com	5977 Creeek Rd, Grifton, NC 28530-8302	VFW Post 7032, 1108 Mumford Rd., Greenville, NC	1900, 1st Mon.
309	DE, NEWARK	James M. Jackson	Ronald B. Littlejohn	(302) 798-8481	Rbl197@aol.com	200 Commonwealth Ave, Cleymont, DE 19703-2016	Del. Military Academy, 112 Middleboro Rd., Wilmington, DE	1400, 2nd Thurs.
369	MD, CUMBERLAND	Charles J. Pennington	Richard V. Cites	(301) 463-3180	fra_branch369@yahoo.com	PO Box 124, Lonsaconing, MD 21539-0124	6 Commander Ct., Cumberland, MD	1900, 3rd Tues.

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NORTH CENTRAL REGION

Regional President: Marcia Cunningham, 4854 South 25th St., Milwaukee, WI 53221-2932, 414-426-8124, Marcia853@hotmail.com
 Regional Vice President: Norman G. Combs, 1008 SW Foxtail Dr., Grain Valley, MO 64029-9110, 816-847-6562, bilgerat@sbcglobal.net

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
012	IL, CHICAGO	Dennis J Kotiarba	Eugene L. Gillette	(708) 343-3366	brooklynttd@aatt.net	101 N 23rd Ave, Melrose Park, IL 60160-3655	JC George's Rest., 181 Countryside Plaza, Countryside, IL	1400, 3rd Sat
014	WI, MILWAUKEE	Marcia L Cunningham	Pasquale P Migliaccio	(414) 273-3293		PO Box 370575, Milwaukee, WI 53237-1675	Brass Key Restaurant, 4932 W. Forest Home Ave., Milwaukee, WI	0930, Last Sat.
017	OH, CLEVELAND	Shannon M. Blind	Dorothy M Burnison	(440) 845-4194	dottdtMLB30@outlook.com	7407 Arden Ave, Parma, OH 44129-2501	Brooklyn Polish American Home, 4737 Pearl Rd., Cleveland, OH	1930, 4th Mon.
028	OH, CINCINNATI	James H Kern	John J Bekemeier	(513) 868-1509	john_45011@yahoo.com	1965 Cathedral Ln, Hamilton, OH 45013-5169	VFW Post 4369, 3318 E. Sharon Road, Sharonville, OH	1930, 2nd Tues.
053	IL, GREAT LAKES	Robert E Campbell	Wayne Carle, Sr.	(224) 788-8054	wcarles@yahoo.com	PO Box 7859, Gurnee, IL 60031-7005	Baker Square, 6340 Grand Ave., Gurnee, IL	Mo., 1st Wed.
054	OK, MCALLESTER	William R. Engelsen	William R Sallis	(918) 389-4638	sallisw@dishmail.net	12332 W US Highway 270, McAlester, OK 74501-5560	VFW Post 1098, 17th & Morris, McAlester, OK	1300, 1st Sun.
105	KY, OWENSBORO	Harold T Phillips	William F Drawdy	(270) 684-7401	ladrwy@roadrunner.com	4100 Kipling Dr, Owensboro, KY 42303-7220	AmLeg Post 9, 118 West Veterans Blvd, Owensboro, KY	1800, 2nd Wed.
130	IN, INDIANAPOLIS	Clyde T Gilliam	Charles P Cleveland	(317) 834-2051	ccleve1062@aol.com	12075 Callee Dr, Mooresville, IN 46158-8454	VFW Post 5864, 333 S. Washington Street, Greenwood, IN	1800, 2nd Mon.
136	MN, MINNEAPOLIS	Thomas J Dooley	Gary P Miller	(651) 436-5915	fral36@outlook.com	15077 8th St N, Stillwater, MN 55082-1801	VFW Post 454, 5222 56th Ave N., Crystal, MN	1000, 2nd Thurs.
145	NE, LINCOLN	James L Kirk	Jerry L. Lippincott	(954) 830-5055	lippincott@gmail.com	1544 S 58th St, Lincoln, NE 68506-1407	DAV Club, 3901 N. 70th Street, Lincoln, NE	1700, 3rd Thurs.
161	KS, KANSAS CITY	Norman G Combs	Jerome P Lichteig	(816) 699-2786	j.lichteig@sbcglobal.net	6604 Sterling Ave, Raytown, MO 64138-5451	The Pearl, 13137 Womall Rd, Kansas City, MO	1930, 1st Wed.
177	KY, LOUISVILLE	Rayburn Jared, Jr.	Richard W Oller	(502) 937-3329	ro3804@tvc.com	3804 Seelalia Trl, Louisville, KY 40272-2938	Navy Operational Sup. Ctr., 5401 Southside Dr., Louisville, KY	1030, 2nd Sat.
216	IA, CEDAR RAPIDS	Marvin Schlichte	Charles B Steltz	(319) 378-4710		3312 Emerson Ave NE, Cedar Rapids, IA 52411-6517	Veterans Memorial Col., Cedar Rapids, IA	1800, 4th Thurs.
221	IL, PEORIA	Lawrence H Zillion	Jerry L. Peterson	(309) 359-9460	marepate606@gmail.com	606 Golden Ct, Macinaw, IL 61755-7645	Navy Club of Peoria #34, 1310 Seiberling, Peoria Heights, IL	1400, 3rd Sat.
223	KY, BEWTON	Timothy A. King	Danny G Poole	(270) 876-7259	dipoole@brtc.net	2129 Hinkleville Rd, La Center, KY 42056-9744	AmLeg Post 31, Legion Dr, Paducah, KY	1800, 3rd Tues.
238	WI, PLOVER	Michael E Pohl	Gerald M Place, Sr.	(715) 423-3889	k7a@yahoo.com	511 Ruby Ave, Wisc Rapids, WI 54494-7810	Plover Village Municipal Bldg., 2400 Post Rd., Plover, WI	1300, 2nd Sat.
242	IA, DAVENPORT	Donald C Devore	William T Craig, Jr.	(563) 322-7808	wscraig@aol.com	2317 E Pleasant St, Davenport, IA 52803-2325	Denny's Restaurant, 2601 52nd Ave., Moline, IL	1000, 1st Sat.
268	OK, OKLAHOMA CITY	Mark Sterling	Susan Federici	(405) 210-1405	s.hammont@sbcglobal.net	1700 N Fordson Ave, Bethany, OK 73008-5618	8635 SE 15th St., Midwest City, OK	1900, 3rd Tues.
273	ND, FARGO	Neil Prowse	Joleen Clester	(701) 509-1226	superjoleen@gmail.com	2830 7th St W Apt 213, West Fargo, ND 58078-6918	NOSSC, 3920 31st St N., Fargo, ND	1600, Drill Wknd Sat.
276	NE, OMAHA	Carl P Burnham	Donald A Watkins, Jr.	402-457-4783	usinfra-br276@cox.net	4042 Newport Ave, Omaha, NE 68112-2959	40 & 8 Club, 70th & Spring Street, Omaha, NE	1930, 1st Thurs.
280	OK, TULSA	Joe D Cantrell	Jack A Rice	(918) 836-3239	jinavy1@hotmail.com	5766 E 27th Pl, Tulsa, OK 74114-5112	AmLeg Post 308., 113298 E. Admiral Place, Tulsa, OK	1100, 3rd Sat.
283	KY, ELSMERE	Denis Lanning	James Hammond	(859) 341-1934	jimtcpo@aol.com	1007 Stevenson Rd, Elanger, KY 41018-2522	VFW Post 6423, 4435 Dixie Hwy, Elsmere, KY	1900, 3rd Tues.
284	KY, LEXINGTON	Charles Meade	Robert E Meade	(859) 296-8130	bobmeade@windstream.net	2056 Huckleberry Cir, Lexington, KY 40514-1318	Happy Dragon, 1510 Newtown Pike, Lexington, KY	1900, 4th Thurs.
298	MI, GRAND RAPIDS	Rosemary Posekany	Marty J Posekany	(616) 225-9264	posekany@chartermi.net	10930 Wildlife Dr, Greenville, MI 48838-8182	Grand Valley NCO Club, 1200 44th St, SW, Wyoming, MI	1900, 4th Fri.
315	MO, JOPLIN	Charles M Head	Richard B. Warden	417 358 2505	rickwarden@suddenlink.net	1714 Sophia St, Carthage, MO 64836-2915	Golden Corral, 2415 S Range Line Rd, Joplin, MO	1300, 3rd Thurs.
316	MO, SPRINGFIELD	Jimmie B Grier	Charles B. Ewy	(417) 887-3115	cnewy@sbcglobal.net	4028 S Kentwood Ave, Springfield, MO 65804-6517	VFW Post 3404, 1136 E. Atlantic, Springfield, MO	1800, 4th Thurs.
319	OH, MANSFIELD	Boyd E Long	William K Reed	(419) 756-6147		1740 Devonshire Ln, Mansfield, OH 44907-2904	Veterans Building, 34 Park Ave, W. Mansfield, OH	1800, 2nd Wed.
324	OH, AKRON	Joseph A Pniscak				VFW Post 3747, 1935 Avalon Ave NE, Canton, OH	1500, 3rd Tues.	
327	OH, DAYTON	James D Shope	Ronald C Gray	(937) 294-4255	fra_br327@att.net	3101 Delaney St, Dayton, OH 45420-1105	VFW Post 8312, 2389 Dayton-Xenia Rd, Beavercreek, OH	1530, 3rd Mon.
358	MI, OSCODA	William B Kubik	Gregory E Hausler	(989) 362-5809	gregory_hausler@yahoo.com	293 Oates Rd, Tawas City, MI 48763-9516	VFW Post 5678, Tawas City, MI	1430, 3rd Sat.
364	MO, HOUSTON	David E Herndon				VFW Post #473, 13801 Holmes Rd, Cabool, MO	1430, 4th Sun.	
365	IN, EVANSVILLE	John R Voyles	Gerald A Davis	(812) 491-6874		5000 Warren Dr, Evansville, IN 47710-3906	Leisure Living Apt Club House, 2518 Leisure Ln, Evansville, IN	1800, 2nd Thurs.
376	WI, MADISON	Cecil E Pittack	John P Triglath	608-643-6252	pama824@aol.com	S7559 US Highway 12 Lot N-13, North Freedom, WI 53951	Truth Baptist Church, 110 Henry Dr., Portage	1900, Last Sat.
377	IN, TERRE HAUTE	Leonard J Rostek	Donald C Smock	(812) 232-4971		931 Maple Ave, Terre Haute, IN 47804-2836	Contact Secretary	0800, 1st Thurs.

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 Regional Vice President: David W. Sharp, 219 Johnston Dr., Bethlehem, PA 18017-1748, 610-691-7998, davidsharp@usa.com

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
001	PA, PHILADELPHIA	Charles E Rainey, Sr.	Randy L Brown	(215) 702-0890	RLS1367@COMCAST.NET	4674 Sunrise Ave, Bensalem, PA 19020-1112	USCC Sector Delaware Bay, 1 Washington Ave., Philadelphia, PA	1300, 1st Mon.
013	NJ, ATLANTIC CITY	Albert Davenport	Robert W Burruss	(609) 646-8650		208 Ridgewood Dr, Northfield, NJ 08225-1721	AmLeg Post 295, 232 Mill Rd., Northfield, NJ	1000, 3rd Sat
020	CT, GROTON	Michael T Wiemann	Joyce M Harris	(860) 464-2980	joymh1@aol.com	16 Crestview Dr, Gales Ferry, CT 06335-1505	Branch Home, 242 Thames Street, Groton, CT	1900, 3rd Thurs.
023	NY, BUFFALO	Walter M Zawieruszyński	David R LaGraves	(716) 684-8950	dlagraves@uno.com	40 Goering Ave, Cheektowaga, NY 14225-4702	AmLeg Post 735, 35 Legion Drive, West Seneca, NY	1930, 4th Mon.
031	MA, PEABODY	Alfred R Prudhomme	Donna M Jansky	(978) 531-9286	janskyd@comcast.net	9 Basford Ct, Peabody, MA 01960-5301	VFW Post 1011, 20 Stevens St, Peabody, MA	1930, 3rd Wed.
042	RI, QUONSET POINT	Kenneth A Senler	Philip A Justin	(401) 475-6028	paljustin@me.com	4 Preserved Arnold Ct, Lincoln, RI 02885-2505	Seabee Museum and Memorial Park, 21 Iafraite Way, N Kingstown, RI	1900, 3rd Tues.
057	RI, SOUTH JERSEY	Edmund E Fusco	Mary M Rauch	(856) 468-6569	mmrauch@comcast.net	842 Saint Regis Ct, West Deptford, NJ 08051-2049	Marine Corps League, 334 Harvey Ave., Wrenonah, NJ	1900, 3rd Wed.
066	MA, SWEYMOUTH	Robert J Gallagher	Robert E King	(781) 396-4859	jmengring@optonline.net	28 Elmview Cir, Dover, NH 03820-4110	VFW Post, 22 Church St., Rockland, MA	1300, 2nd Fri.
071	NY, RIVERHEAD	Anthony E Merolle	John L Sumwalt	(631) 281-7732	argiven39@aol.com	49 Lincoln Ave, Mastic Beach, NY 11951-1605	Contact Secretary	2nd Wed @ 1930
072	MA, FALL RIVER	Edward TW, Bailey, Sr.	Allen R Given	(508) 646-7130		128 McGowan St, Fall River, MA 02723-2928	755 Pine Street, Fall River, MA	1400, 1st Wed.
087	PA, BEDFORD	Harry A Smith	George J, McDonnell	(814) 224-5571	gjsimmons1@atlanticbb.net	2009 Frosty Hollow Rd, Roaring Spg, PA 16673-9318	Contact Secretary	1930, 3rd Thurs.
106	PA, HARRISBURG	Albert K Eggle	Donald G Bear	(717) 856-0139	gmdonell@comcast.net	3926 Brookridge Dr, Mechanicsburg, PA 17050-2103	DAV, 4219 Trindle Rd., Camp Hill, PA	1900, 2nd Mon.
115	PA, LEHIGH VALLEY	David W. Sharp	William R. Sharp	484 239-6671	usnbear@me.com	315 Peach St, Catsaqua, PA 18032-1843	City View Diner, 1831 MacArthur Rd., Whitehall, PA	0900, 2nd Tues.
124	NJ, LAKEHURST	William R Anthony	Staron A. Munday	(732) 350-6403	sammj24@comcast.net	43A Molly Pitcher Blvd, Whiting, NJ 08759-1561	Branch Home, 204 Union Avenue, Lakehurst, NJ	1830, 1st Wed.
132	RI, PAWTUCKET	Robert L Baithazard	James F Hollis	(401) 333-2928	jhollis9@cox.net	18 Lemieux Ave, Cumberland, RI 02864-5514	VFW Post 306, 171 Fountain Street, Pawtucket, RI	1300, 1st Mon.
146	PA, JOHNSVILLE	David E Carver	Joseph M Millman	(215) 855-3020	joemillman@aol.com	1541 Moyer Rd, Hatfield, PA 19440-3325	VFW Post 6493, 645 Louis Dr, Warminster, PA	1930, 2nd Tues.
156	ME, BRUNSWICK	Read E Rich, Jr.	Larry R. Berberich	(207) 725-8436	larryberberich@comcast.net	25 Palmer St, Brunswick, ME 04011-2943	AmLeg Post 202, Foreside Road, Topsham, ME	1330, 2nd Thurs.
214	NY, SCHENECTADY	Bernard D Smith	Floyd G Hunt	(518) 956-0816	fhunt876@gmail.com	29 Sherwood Ave, Rensselaer, NY 12144-3318	Elks Lodge 2157, 1152 Curry Road, Schenectady, NY 12306	1900, 2nd Tues.
226	NY, STATEN ISLAND	James E Brown	Edmund M Squire	(718) 720-7062	santorosagrace@verizon.net	49 Oswego St, Staten Island, NY 10301-4323	46 Ontario Ave., Staten Island, NY	1930, 2nd Wed.
229	NY, NEWBURGH	Robert M. Ibe	Norman M Svertsen, Jr.	(845) 778-5181	usnmifra@yahoo.com	6 Johnson Rd, Montgomery, NY 12549-2200	AmLeg Post 1796, 29 Walnut St., New Windsor, NY	1830, 1st Thurs.
232	NJ, CAPE MAY	Cathy Seybold	Steve Harrell	(609) 898-8785	werrun1@comcast.net	1225 Bellevue Dr, Erie, PA 16504-2713	1 Munro Ave., Cape May, NJ	4th Thurs. @1500
258	PA, ERIE	Thomas L Lee	John E Harriger	(814) 825-9336	justnet@roadrunner.com		NOSC Erie, 3938 Old French Rd, Erie, PA	1900, 2nd Tues.
285	NY, SYRACUSE	Lynn E Swetland	Donald F Groesbeck	(315) 776-4445	donaldgroesbeck@gmail.com	1484 Howland Island Rd, Port Byron, NY 13140-0386	Pastimes Athletic Club, 1314 N. Salina Str, Syracuse, NY	1900, 3rd Thurs.
338	NH, MASHUA	Earl A Dwire	John C Kothmeier	(603) 434-3213	jkothmeier@gmail.com	66 N Shore Rd, Derry, NH 03038-5115	VFW Post 5791, 15 Boakes Road, Hudson, NH	1900, 3rd Mon.
344	ME, PORTLAND	Donald L Parker	William Glen Maners	(207) 712-6970	br344fra@live.com	551 Sawyer St, S Portland, ME 04106-4846	Griffin Club, 69 Ocean St., South Portland, ME	1300, 3rd Thurs., Apr.-Dec.

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NORTHWEST REGION

Regional President: Julian "JJ" Wynn, 891 Valkenburgh Street, Honolulu, HI 96818, 808-422-2121, hawaiiwynn@att.net
 Regional Vice President: Mark W. Thompson, 8414 S 120th St., Seattle, WA 98178-4518, 253-232-7324, tmbiwed@hotmail.com

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
018	WA, SEATTLE	Daniel L. Brossard	Gerald V. Jordan	(425) 872-0971	gvj62@aol.com	P.O. Box 146, Mountlake Terrace, WA 98043	Br. Home, 23003 56th Ave., W., Mountlake Terrace, WA	1300, 2nd Sat.
029	WA, BREMERTON	Clarence R. Johnson	John J. Casper	(360) 871-9617	frabranct29@comcast.net	521 S. National Ave., Bremerton, WA 98332	521 National Avenue S, Bremerton, WA	1800, 2nd Tues.
036	PI, CAVITE CITY	Jose M Pangiban	Edilberto B Santos, Jr.	(509) 315-8818	Margret_burke@gmail.com	962 Interior 3, Sampaguita St., Dalafrican, Cavite City, 4100	Bahay Kubo, 688 A Del Rosario St., San Roque, Cavite City, PI	0930, 2nd Sat.
038	WA, SPOKANE	Robert S Bean, Sr.	Margret A. Burke	(509) 315-8818	Margret_burke@gmail.com	14707 N Farragut Ln., Mead, WA 99021-9286	Contact Secretary	1200, 4th Sat.
046	HI, HONOLULU	Glenn Shaw	Scott L. Bryan	(619) 921-4993	dieselmaime.sb@gmail.com	2121 Aulika Loop, Pearl City, HI 96782-1318	Branch Home, 891 Valkenburgh Street, Honolulu, HI	1900, 2nd Wed.
055	OR, PORTLAND	Roger R. Harr	L. P. Kelley	(503) 867-7835	lckrkelley@comcast.net	8329 SE 89th Ave., Portland, OR 97286	AnLeg Post 150, 8329 SE 89th Ave, Portland, OR	1900, 3rd Mon.
059	WA, CHEYENNE	Richard D Sherman	Bobby A. Snipes	307-638-4094	basbea630@bresnan.net	4716 Pineridge Ave, Cheyenne, WY 82009-5215	VFW Post 1881, 2816 E. 7th St., Cheyenne, WY	06:30pm, 1st Thurs.
063	ID, LEWISTON	Charles E. Whitman	Barry R. Pemberton	509-751-8791	blpemberton@cableone.net	P.O. Box 634, Lewiston, ID 83501-0634	VFW Hall, 1104 Warner Ave, Lewiston, ID	1900, 1st Mon.
064	PI, ILOILO CITY	Seratin N. Moreno	Wilfredo Q. Napatang	(541) 660-6842	nickbell@charter.net	PSC 517 Box 6201R, FPO, AP 96517	RAO, Iloilo Office, Mary Mart Mall Bldg. Iloilo City, Philippines.	1000, 1st Fri.
068	OR, GRANTS PASS	Kenneth A. Ishmael, Jr.	Nicholas E. Peters	(671) 637-5103	mayorduenas@yahoo.com	2210 SW Webster Rd, Grants Pass, OR 97526-5946	Redwood Grange Hall, 1830 Redwood Ave., Grants Pass, OR	1800, 3rd Wed.
073	GUAM, AGANA	Harold D. Kirk	Scott D. Duenas	(671) 637-5103	ageluz31@yahoo.com	176 W Santa Barbara Ave, Dededo, GU 96929-5309	Cafeteria, Naval Hospital, Agaña Heights, Guam	1400, 4th Sun.
074	PI, OLONGAPO CITY	Azzie J. Potate	Angelito R. Geluz			#7 Alba, Easst Tapina C, Olongapo City, 2200	TBR Hall, 21 Arthur St, Olongapo, Philippines	1500, 2nd Sat.
083	PI, SAN NARCISO	Manuel Fune	Gregorio C. Firme			Psc 517 Box 5682 R, FPO, AP 96517-1000	Branch Home, Bgy. San Pascual, San Narciso, Zambales, PI	0900, 3rd Sat.
097	WA, WHIDBEY ISLAND	Diane Haddon	Eric C. George	(918) 407-7412	FRABR097sec@gmail.com	P.O. Box 2437, Oak Harbor, WA 98277	311 SE 8th Ave, Oak Harbor, WA	1900, 3rd Thurs.
103	JAPAN, YOKOSUKA	Ricky W. Farris	Joseph C. Hand	(315) 241-2687	Joseph.hand@sfnavy.mil	PSC 473 Box 186, FPO, AP 96349-0001	FRA 238-0041 Honcho 3-11, Yokosuka, Japan	@1800, 1st Wed.
104	WA, PUYALLUP	Mark W. Thompson	Rex L. Faubion	253-770-1067	rexfaubion@yahoo.com	818 23rd St NW, Puyallup, WA 98371-3988	VFW Post 2224, 120 2nd St. N.E., Puyallup, WA	1900, 2nd Mon.
111	PI, BATAANGAS	Andy M. Briones	Leonardo A. Valmorida, Jr.	02 0123822	gracevalmorida@yahoo.com	87 Annapolis St., Cubao, Quezon City, 1109	contact Branch Secretary	1000-1300, 2nd Sat.
127	PI, BICOL NAGUA	Herminto L. Ballester	Ely P. Barachina	054-475-0260	branch127bicolregion@yahoo.com	P.O. Box 9276, Naga City, 4400	Br. Home, San Francisco, Nabua, Camarines Sur, PI	0930, Last Sat.
154	PI, BAGUIO CITY	Joseph T. Bandao	Glenn D. Lacaman	0907-163-1822	lbnative@yahoo.com	PSC 517 Box 6673R, FPO/AP, 96517	Golden Pine Hotel & Restaurant, Baguio City, Philippines	1100, 2nd Thurs.
170	WA, EVERETT	Ronald H. Beltz	Irving J. Salsbury	(425) 345-0513	isalsbury@gmail.com	6802 Beverly Blvd, Everett, WA 98203-5228	6802 Beverly Boulevard, Everett, WA	1700, 2nd Wed.
171	PI, SOUTHERN LUZON	Chon A. Quevedo	Viviano M. Cruz	049-562-1853	vivianacruz@yahoo.com	Teonora Village Subdivision Don Ramon St, San Pablo City, Laguna, 4000	Ricardo's, Maharlika Hwy, Alaminos, Laguna, PI	1000, 3rd Wed.
174	WA, SEQUIM	Michael R. Sieg	Martin Arnold	(360) 460-7940	martinarnold201@yahoo.com	P.O. Box 3631, Sequim, WA 98382-5044	Mariners Cafe, 609 W. Washington, Sequim, WA	1100, 1st Sat.
245	WA, BELLINGHAM	Michael B. Cole	Bernard W. Barrick	(360) 332-7833	barney_b@comcast.net	426 10th St, Blaine, WA 98230-8111	Post 9301, VFW Hall, 7011 Hainegan Road	1100, 3rd Tues.
247	PI, DAGUPAN CITY	Roberto G. Macaraeg	Rudolf P. Lomibao	(075) 653-2063	rudlomibao@yahoo.com	17-A Maramba Bankers Village Bonuan Guest, Dagupan City, Pangasinan 2400	Br. Home, Blue Bch Sub, Bomuan Gueset, Dagupan City, PI	1000, 2nd Sun.
310	WA, SILVERDALE	Bernard Drayton, II	James D. Snodgrass	(360) 204-5509	doju29@yahoo.com	10186 Merlin Ln NW, Bremerton, WA 98312-9519	Branch Home, 11281 Old Frontier Rd, NW, Silverdale, WA	1830, 1st Thurs.
328	OR, ROSEBURG	George H. Loghty	Dale Nelson	(541) 863-3144	seaweel@frontiernet.net	1201 N Old Pacific Hwy, Myrtle Creek, OR 97457-7467	Contact Branch Secretary	1800, 2nd Thurs.
342	AK, ANCHORAGE	Joseph R. Wright	Frances Lupinsky	(907) 277-3188	peerfran@hotmail.com	245 W 22nd Ave, Anchorage, AK 99503-2007	Twin Dragon Bar-B-Q	1130, 3rd Tues.
367	PI, SAN MIGUEL	Michael R. Verville	Scott W. Simms	+63-939-506-8898	swisw@hotmail.com	PSC 517 Box 5274R, FPO, AP 96517	Branch Home, E. Dirita, San Antonio, Zambales, PI	1100, 1st Fri.
382	ID, BOISE	Roger L. Christopher	Keith W. Cottrell	(208) 322-5553	kwcottrell@cableone.net	2513 S Gatewood Ln, Boise, ID 83709-8575	Branch Home, 1012 Eleventh Ave. N., Nampa, ID	1000, 2nd Sat.

The FRA-endorsed Group Dental Insurance Plan can help pay the bills whenever your family needs dental care including routine cleanings, preventive checkups, X-rays to uncover cavities, benefits for fillings, crowns, bridges, and more. Visit www.frainsure.com to learn more, including costs, exclusions and limitations, reduction of benefits, and terms of coverage.

SOUTH CENTRAL REGION

Regional President: Donald R. Gibson, 5036 Barberrry Dr., Fort Worth, TX 76133-7936, 817-370-2715, donald-gibson@sbcglobal.net
 Regional Vice President: Bruce R. Talbot, Jr., 3901 Spring Forest Dr., Pearland, TX 77584-9396, 808-781-6542, brucetalbotfra@outlook.com

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
011	TX, FORT WORTH	Donald R Gibson	Michael H Beville	(817) 991-2049	E-Retired@charter.net	PO Box 515, Kennedale, TX 76060-0515	VFW Post 8235, 5533 White Settlement Rd., Ft. Worth, TX	1000, 3rd Sat.
092	LA, NEW ORLEANS	Mary W Vernoy	Bernard R Cleary	(504) 835-6347	raonola@hotmail.com	2030 N Tumbull Dr, Metairie, LA 70001-2653	2030 North Tumbull Dr., Metairie, LA	1900, 3rd Thurs.
094	TX, CORPUS CHRISTI	William L. Kasparek	Donald Larson	(361) 776-3537	dlas337195@aol.com	2187 Capeteart St, Ingleside, TX 78362-6222	1651 Flour Bluff Dr., Corpus Christi, TX	1330, 2nd Sun.
098	LA, SHREVEPORT	Rodney K Longstratt	Charles F Burkhardt, Jr.	(318) 742-9847	cburkusa@suddenlink.net	5405 Shaeta Dr, Bossier City, LA 71112-4932	VFW Post 6951, 1315 Northgate Rd, Bossier City, LA	1900, 1st Thurs.
159	TX, HOUSTON	Bruce R Talbot, Jr.	Michael D Chance	281-851-7525	MChanceUSN@aol.com	1211 Alexandria Ct, Richmond, TX 77406-2227	4810 Pine Avenue, Pasadena, TX	1400, 2nd Sun.
162	LA, NEW ORLEANS	David W Campobasso	Traeoy Lynette Morton	504 236 6872	sectrabr162@gmail.com	5000 Woodland Dr Apt 66, New Orleans, LA 70131-7606	Branch Home, 703 Kepler Street, Gretna, LA	1800, 3rd Fri.
201	TX, AUSTIN	Robert A Holcomb	Charley Randall, II	(361) 865-2832	charleyrandall@yahoo.com	PO Box 1094, Flatonia, TX 78941-1094	HHOP, 5401 Kyle Center Drive, Kyle, TX	1430, 2nd Sat.
222	LA, SLIDELL	Larry L Cole	Mark Demovsek	(985) 639-8208	mark.fra222@gmail.com	2336 Sunset Blvd, Slidell, LA 70461-5606	AnLeg Post 374, 2233 Carey St., Slidell, LA	1900, 3rd Wed.
227	AR, SPRINGDALE	Victor L Walker	John M Baker	(479) 636-3576	jbakel91243@gmail.com	1310 N D St, Rogers, AR 72756-2564	Western Sizhin, 3492 West Sunset Ave., Springdale, AR	1430, 3rd Sun.
251	AR, MT HOME	Curtis Grant	Frank R. Kaye	(870) 424-6235	fkaye63@yahoo.com	42 Nora Ct, Mountain Home, AR 72653-6647	AnLeg Post 52, 717 Market Street, Mountain Home, AR	1300, 3rd Sun.
264	MS, MERIDIAN	Richard L Nelson	William P. Freeman	(601) 595-1873	willyfreeman43@gmail.com	8874 Highway 39 N, Meridian, MS 39305-9145	Branch Home, 8874 Highway 39, N. Meridian, MS	1500, Last Sun.
282	AR, LITTLE ROCK	Winnal M Crawley	William Lee Ridgeway, Jr., EMCS(SW)	(501) 286-8006	surfacewarrior1984@yahoo.com	2813 Southfork Dr, Cabot, AR 72023-7869	MacArthur Museum, 503 E. 9th St., Little Rock, AR	1330, 3rd Sun.
295	TX, SAN ANGELO	Ralph D Mathews	Terry D Cook	(325) 942-8036	trnnc99@suddenlink.net	3002 Canyon Creek Dr, San Angelo, TX 76904-6912	Elks Lodge, 2121 S. Chadbourne St., San Angelo, TX	1880, 2nd Mon.
307	MS, GULFPORT	Frederick J Petersen	Robert Rutherford	(228)563 8143	bobafn307@yahoo.com	1800 Beach Dr Unit 198, Gulfport, MS 39507-1559	AFRH-Gulfport, 1800 Beach Dr., Gulfport, MS	1400, 2nd Thurs.
311	MS, GULFPORT	James D Zug	Judith A Zug	(228) 865-9908	zugjudith@yahoo.com	220 Clower Ave, Long Beach, MS 39560-3304	VFW Post 3937, 213 Klondyke Ave, Long Beach, MS	1900, 2nd Tues.
334	AR, OSAGE	James E Putman	James E Putman	(870) 437-2440	leppetkins@cox.net	PO Box 177, Alpena, AR 72611-0177	Contact Secretary (870) 437-2440	1000, 1st Sat.
371	LA, BATON ROUGE	Sam Caruso, Jr.	Leon R Perkins	(225) 273-3654		17582 Martin Lake Dr, Baton Rouge, LA 70816-3621	VFW Post 3784, 1321 S. Choctaw Dr., Baton Rouge, LA	1300, 4th Thurs.

Did you know FRA endorses a Senior Term Life Insurance Plan? You can add up to \$25,000 in life insurance (up to \$10,000 if ages 65-74) without a physical exam or medical records. Help protect your future, call 1-800-424-1120 for more information, including costs, exclusions and limitations, and terms of coverage. All benefits are subject to the terms and conditions of the policy. Underwritten by Hartford Life and Accident Insurance Company, Simsbury, CT 06089. GBD-1000 A (AGL-1906)

SOUTHEAST REGION

Regional President: Dave W. Davis, 322 Tidewater Cir E., Jacksonville, FL 32211-7221, 904-534-3446, davediver1@att.net
 Regional Vice President: Charles A. Hines, 137 Thousand Oaks Cir., Goose Creek, SC 29445-7094, 843-824-2589, chuck.hines@comcast.net

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
015	SC, WALHALLA	Clyde W Albrightson	Thomas E Smith	(864) 868-9397	frabi15@att.net	118 Hidden Cv, Six Mile, SC 29682-9452	Chiopee UMC, 403 S Catherine St., Walhalla, SC	0900, 3rd Sat
022	FL, PENSACOLA	James P Richmond	Mark A Kilgore	(850) 458-0559	bingwidower@cox.net	P.O. Box 3144, Pensacola, FL 32516	Branch Home, 885 North 70th Ave., Pensacola, FL	1400, 3rd Sat
025	FL, ST AUGUSTINE	Charles R. Hobbs	Donald R Gray	(904) 797-2715	donauldgray@bellsouth.net	112 Jupiter Rd, St. Augustine, FL 32086-6720	Elks Lodge #829, 1420 A1A South, St. Augustine, FL	1900, 3rd Mon.
034	FL, TALLAHASSEE	Earnest Reed, Sr.	Alexander C Topicz	(727) 741-1860	topicza@bellsouth.net	PO Box 430, Crawfordville, FL 32326-0430	N&MC Res. Ctr, 2910 Roberts Ave, Tallahassee, FL	1430, 2nd Thurs.
044	TN, COLUMBIA	Charles R. Williams	John W. Davis	(931) 309-0676	jwdavis@usit.net	116 Richland Dr, Pulaski, TN 38478-2616	Sen Citizen, 1020 Maury Cnty Pk Dr, Columbia, TN	1300, 1st Thurs.
051	FL, MIAMI	Samuel G Owens	William J O'Boyle	(954) 748-7596	blib02958@bellsouth.net	8601 NW 34th Pl Apt A205, Sunrise, FL 33351-6698	657 Fisherman Street, Opa Locka, FL	1200, 3rd Sun.
086	TN, MILLINGTON	Kenneth E O'Connor	Ronald S Durham	(901) 712-9787	brab86@rittermail.com	PO Box 181, Millington, TN 38083-0181	VFW Post 7175, 4681 Cuba Millington Road, Millington, TN	1830, 3rd Mon.
089	GA, ATLANTA	Wayne F Barron	Howard S Hayes	(770) 212-0806	howwof@hotmail.com	1091 Neva Dr SW, Marietta, GA 30060-6179	Delta Community Credit Union, 3250 Riverview Pkwy SE, Atlanta, GA	1000, 2nd Sat.
091	FL, JACKSONVILLE	James E Robbins, Jr.	Todd A Richter	(904) 838-0210	fcf@bellsouth.net	5391 Collins Rd, Jacksonville, FL 32244-5905	5391 Collins Road, Jacksonville, FL	1900, 2nd Tues.
102	FL, ST PETERSBURG	Robert J Powers	Charles Curtice	(727) 344-1217	charles_curtice_7@msn.com	3222 60th St N, St. Petersburg, FL 33710-1726	Woodlawn Presbyterian Church, 2612 12th St. N., St. Petersburg, FL	1400, 3rd Sun.
109	FL, CLEARWATER	David V Soderland	Ronald C Shane	(727) 392-0420	kc4usn@aol.com	8671 Rose Way, Seminole, FL 33772-3622	Police & Military Museum, 500 Douglas Ave, Dunedin, FL	1800, 2nd Thurs.
110	TN, WASHINGTON	Edward J Burns, Sr.	J T Smith	(615) 513-2440	its912@att.net	107 Brookhaven Ct, Gallatin, TN 37066-5601	VFW Post 1291, 1907 Lebanon Pike, Nashville, TN	1300, 2nd Sun.
112	AL, BIRMINGHAM	Garland W Odell	Juan A Bowden	(256) 267-2554	objuan13@gmail.com	PO Box 57, Sycamore, AL 35149-0057	AnLeg Post 171, 8325 1st Ave. N., Birmingham, AL	1600, 4th Sat.
117	FL, ORLANDO	James L Middlekauff	Stephen J. Miglionico, Sr.	(407) 348-8466	FRAL1781@aol.com	335 Plumwood Cir, Kissimmee, FL 34743-8815	AnLeg Post 112, 4490 N. Goldenrod Rd., Winter Park, FL	0930, 3rd Sat.
118	FL, CAPE CORAL	Ralph W Camp	Hans F Seabo	(239) 541-1154	hans_seabo@gmail.com	2209 Cape Coral Pkwy W, Cape Coral, FL 33914-6766	Perkins Restaurant, 1502 SE Capel Coral St, Cape Coral, FL	1230, 2nd Tues.
126	FL, JACKSONVILLE	James J Thomas	Martha A Klinkowski	(904) 342-5032	mklinkowski@att.net	1396 Nuchaway Dr, St. Augustine, FL 32092-1868	Branch Home, 7673 Blanding Blvd, Jacksonville, FL	2000, 3rd Thurs.
147	FL, SANFORD	John S Handzus	Robert H Powell, Jr.	(407) 322-4844	seedlingsbob@yahoo.com	2015 S Holly Ave, Sanford, FL 32771-3349	Branch Home, 3040 W. State Road 46, Sanford, FL	1830, 2nd Sun.
179	FL, GAINESVILLE	Dennis D Nickerson	Henry A Williams	(352) 468-2327	gatorraybo@windstream.net	PO Box 153, Hampton, FL 32044-0153	Branch Home, 715 Edwards Rd, Starke, FL	1330, 1st Sun.
183	FL, INTERLACHEN	Paul F Henkemeier	Selma E. Carrow	(386) 328-6407	s_carrow@yahoo.com	PO Box 149, Interlachen, FL 32148-0149	Branch Home, 207 Commonwealth Ave., Interlachen, FL	1630, 3rd Wed.
184	GA, WARNER ROBINS	William V McKnight	Billy J Laseter	478-396-2804	blaseter@cox.net	702 Meadowridge Dr, Warner Robins, GA 31093-1317	Lanford Library, 6504 Houston Rd., Macon, GA	1300, 2nd Wed.
186	FL, HERNANDO	Timothy E Donovan, Sr.	Robert W Huscher	(352) 344-0727	bojo1@tampabay.rr.com	310 Vassar St, Inverness, FL 34452-6830	DAV Bldg., 1039 N. Paul, Inverness, FL	1500, 3rd Thurs.
187	TN, CHATTANOOGA	Gerold Thomas Brice	Kent Walker	(423) 868-4516	ladwalker@yahoo.com	901 Kentucky Ave, Signal Mtn, TN 37377-2413	Naval & MC Res. Ctr., 4051 Annicka Hwy, Chattanooga, TN	1400, 3rd Thurs.
188	FL, TAMPA	Roy L Taylor	Kathleen D. Cooper	(813) 462-5764	LadyLawRep@gmail.com	10130 Majestic Palm Cir Apt 201, Riverview, FL 33578-9438	Golden Corral Rest., 815 Providence Rd., Brandon, FL	1830, 3rd Wed.
194	TN, KNOXVILLE	Bobby L Smith	Bobby G Northcutt	(865) 789 9811	knob194@tds.net	P.O. Box 24380, Knoxville, TN 37933	Cokesbury Center, 9915 Kingston Pike, Knoxville, TN	1400, 1st Sun.
202	SC, COLUMBIA	James Turner, Jr.	Bruce E Tucker	(803) 482-2889	monstermant@rivista.net	311 Chester Ave, Great Falls, SC 29055-1103	Navy Operational Support Ctr, 2620 Lee Rd., Ft. Jackson, SC	1230, 3rd Tues.
210	FL, MILTON	Marian K Truelsen	Robert W Hayes	(850) 463-8740	rocketrob8300@yahoo.com	6237 Glendale Dr, Milton, FL 32570-5420	6409 Fieer Avenue, Milton, FL	1830, 1st Wed.
215	GA, SAVANNAH	John R McFarro	Terry J Ellis	(912) 236-1941	tjellis51@comcast.net	2127 McLeod St, Savannah, GA 31405-2873	FOP Bldg., 1537 Grove Point Rd, Savannah, GA	1900, 1st Thurs.
234	SC, ANDERSON	Franklin W Collins	Leonardo Ortiz, CAPT	(864) 202-8634	leonardo_o1@yahoo.com	4324 Belton Hwy, Anderson, SC 29621-4908	4605 Belton Hwy., Anderson, SC	1900, 2nd Mon.
248	GA, CAMDEN COUNTY	Ernest C Robinson	Wayne D. Witham	(904) 583-0240	wishhuetner@netscape.net	76205 Dove Rd, Yulee, FL 32097-3755	VFW Post 8385, 150 N. Camden Woods Pkwy, Kingsland, GA	1800, 2nd Tues.
250	FL, SARASOTA	Thomas F Feidton, Jr.	George R Kaye	(941) 727-3381	waynew63@aol.com	11621 4th Ave E, Bradenton, FL 34212-1618	Sahib Shrine Temple, 600 N. Beneva Rd., Sarasota, FL	1200, Last Fri.
254	SC, MYRTLE BEACH	Thomas F Feidton, Jr.	George R Kaye	(843) 504-9120	gkaye@scoast.net	1913 Heritage Loop, Myrtle Beach, SC 29577-1586	Vets Cafe, 1144 Shine Ave., Myrtle Beach, SC	1245, 3rd Wed.
256	FL, FT LAUDERDALE	Albert W Decamilis	Terry Shumway	(954) 571-7958	hbxpfn6@aol.com	1324 SE 1st Ave, Deerfield Bch, FL 33441-6764	AnLeg Post 142, 171 SW 2nd St, Pompano Beach, FL	1900, 4th Fri.
263	FL, COCOA	Douglas E Douget	Dean O Schaff	(321) 452-0365	dcschaaf@brevard.net	1310 Shady Ln, Merritt Is, FL 32952-6044	Brevard Veterans Ctr., 400 S. Syles Creek Pky, Merritt Island, FL	1800, 1st Wed.
269	SC, GOOSE CREEK	Laurie A Bailey	John E. Tharp	843-709-8320	tharpej@sc.rr.com	202 Towhee Dr, Summerville, SC 29485-7431	Branch Home, 99 Wisteria Road, Goose Creek, SC	1900, 3rd Thurs.
278	AL, HUNTSVILLE	Curtis A Treadway	H. H. Berryhill, Jr.	(256) 352-9550	frabranh278@yahoo.com	815 County Road 645, Hanceville, AL 35077-6608	Greenbrier Restaurant, 27028 Old Hwy 20, Madison, AL	1200, 4th Sat.
290	FL, MAYPORT	Alan L. Tank	Michael McClure	904-472-1817	mccclure1238@gmail.com	390 Mayport Rd, Atlantic Beach, FL 32223-3334	Branch Home, 390 Mayport Rd, Atlantic Beach, FL	1930, 1st Thurs.
291	FL, NEW PORT RICHEY	Phillip A Smerczniak	Edward R White	(727) 376-4126	cap179@verizon.net	3345 Van Nuy Loop, New Port Rchy, FL 34655-3118	Contact Secretary	1300, 3rd Wed.
292	FL, LEEHIGH ACRES	William D Beeler	Fred G Monson	(239) 940-2297	capinfred5@yahoo.com	1171 Cherokee Ave, Lehigh Acres, FL 33936-6804	Golden Corral of Fort Myers 4630 Colonial Blvd.	1330, 1st Mon.
294	TN, CROSSVILLE	William H Rhoads	Sarah Tinch	(931) 863-4155	Sarahgreene@hotmail.com	848 Livingston Rd., Suite 101 PHB #31, Crossville, TN 38555	AnLeg Post 163, 1446 S Main St., Crossville, TN	0900, 2nd Sat.
335	FL, PORT ORANGE	Robert W Mandt	Robert G Beese	(386) 763-9963	gdyfsw@aol.com	105 Underbrush Trl, Port Orange, FL 32128-6891	Hannah's Restaurant, 968 Reed Canal Road, Daytona Beach, FL	1300, 4th Thurs.
339	GA, ALBANY	Sandra L. Richardson	Frank O Richardson	(229) 888-5628	lynweni@bellsouth.net	1815 Philenia Rd S, Albany, GA 31701-4711	VFW Post 2785, 315 Philenia Rd, Albany, GA	1800, 2nd Tues.
346	FL, PANAMA CITY BEACH	Bruce L Blackford	George R Ivanoff	(850)236-6492	alexchristine@graceba.net	2117 Wilkinson St, Panama City, FL 32408-4907	Br. Home, 2117 Wilkinson Avenue, Panama City Beach, FL	1800, 1st Wed.
386	AL, DOTHAN	Kenneth D Teal, Sr.	Alex C McMahon	(334) 671-1881		304 Kirkwood Dr, Dothan, AL 36303-6802	Old Mill Restaurant, 2557 Murphy Mill Rd.	1130, 4th Wed.

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SOUTHWEST REGION

Regional President: Donald L. Kelley, 143 Elkwood Ave, #E, Imperial Beach, CA 91932-2435, C: 619-322-6895, bsnmate@cox.net
 Regional Vice President: Bruce H. Davis, II, 13350 Neddick Ave., Poway, CA 92064-5109, 858-486-3386, bsnj@cox.net

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
026	CA, BAKERSFIELD	Walter Stabenow	Leonard S Cuidotta	(661) 834-7066	lenotta@hotmail.com	3513 Wienwood St, Bakersfield, CA 93309-6430	VFW Post 97, 5350 S Union Ave, Bakersfield, CA	1900, 4th Thurs.
047	CA, EL CAJON	Michael K Frontz	Charles F Tompkins	(619) 264-0829	ctf1851@pacbell.net	4432 Jocelyn St, San Diego, CA 92105-5227	136 N. Chambers Street, El Cajon, CA	1900, 1st Wed.
061	CA, CHULA VISTA	Charles M Nelson Jr, Jr.	Stanley J Jasek	(619) 691-1423	frabr6@yahoo.com	288 3rd Ave, Chula Vista, CA 91910-2701	288 Third Avenue, Chula Vista, CA	1800, 2nd Wed.
062	CA, SAN DIEGO	John E Jones	Anderson Wigley, Jr.	(619) 306-3210	awigley9399@cox.net	1424 Pequena St, San Diego, CA 92154-3642	3638 Ocean View Blvd, San Diego, CA	1500, 3rd Sat.
070	CA, POWAY	Allen M Langteau	Gerald N. Miranda	(858) 484-2615	gnm9135@yahoo.com	9135 Ellingham St, San Diego, CA 92129-2130	14231 Garden Road, Poway, CA	1900, 1st Wed.
077	AZ, GREEN VALLEY	Lenny M Viccaro	Peter M Frios	520-455-5263	fra-branch77@q.com	PO Box 128, Sonoma, AZ 85837-0128	The Cow Palace Restaurant, Amado, AZ	1130, 2nd Tues.
084	CA, SAN DIEGO	Emmanuel O Cabildo	Ernesto G Estrasa	(619) 600-8432	egedraisa@gmail.com	986 Mount Whitney Ct, Chula Vista, CA 91913-2882	FAVA Bldg, 2926 Market Street, San Diego, CA	1300, 2nd Sat.
085	CA, SAN GABRIEL VLY	Ernest S Cowell	Rogelio A Bacud	(909) 598-3736	Bregor4559@sboglobal.net	867 Pinerails Ave, Walnut, CA 91789-3132	209-211 E. Garvey Ave, Monterey Park, CA	1400, 3rd Sun.
090	NV, CLARK COUNTY	Mark R Melton	Gordon C Hewson	(702) 341-8002	ghewson@rocketmail.com	9813 Malmo Ave, Las Vegas, NV 89129-7928	733 Veterans Memorial Dr., Las Vegas, NV	1400, 3rd Sat.
120	CA, OXNARD	Nelson Echevarria					VFW Post 3539, 300 S Surfside Dr, Port Hueme, CA	1400, 3rd Sun.
163	AZ, PHOENIX	Charles D. Willis	Bryan D. Ginter	(602) 895-9699	secnav@juno.com	20001 N Cave Creek Rd, Phoenix, AZ 85024-1229	AnLeg Post 107, 20001 N Cave Creek Rd., Phoenix, AZ	1100, 2nd Sat.
175	CA, ORANGE COUNTY	Felix A. Famolaro	Daniel E Hayden	(714) 534-4460	dhl3030@sboglobal.net	11088 Trask Ave., Suite 100, Garden Grove, CA 92843	11551 Trask Ave, Garden Grove, CA	1400, 3rd Sun.
260	AZ, GOLDEN VALLEY	Don Johnson	Michael A Reed	(928) 565-5811	mreedsr@frontier.net	916 S Emery Park Rd, Golden Valley, AZ 86413-6840	VFW 2555, Highway 68, Golden Valley, AZ	1300, 2nd Sat.
289	CA, IMPERIAL BEACH	John F. Quesnel, Jr.	William W Weatherford, II	(619) 423-8099	w4266@aol.com	659 Silver Strand Blvd, Imperial Beach, CA 91932-1021	Branch Home, 659 Silver Strand Blvd, Imperial Beach, CA	1900, 2nd Wed.
302	CA, CARSON	Edgardo M Labao	Romeo Galeon	(310) 545-8482	romeogaleon@yahoo.com	23028 Archibald Ave, Carson, CA 90745-4717	Carson Vets Park, 22400 Moneta Ave., Carson, CA	1300, 1st Sun.

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Regional President: Patrick H. LeClaire, 620 W. B Street, Fallon, NV 89406-2717, 775-423-4168, patplus@phonewave.net
 Regional Vice President: Roland L. Shorter, Jr., 101 Diamond Springs Ct., Vallejo, CA 94589-1422, 707-552-5410, yastro1958@att.net

NO.	LOCATION	PRESIDENT	SECRETARY	TELEPHONE #	E-MAIL ADDRESS	MAILING ADDRESS	MEETING PLACE	TIME & DATE
008	CA, VALLEJO	Roland L. Shorter, Jr.	Gary C. Blackburn	(707) 554-4333	gary_blackburn@att.net	443 Diana Dr, Vallejo, CA 94589-1644	VMMB, 420 Admiral Callaghan Lane, Vallejo, CA	1900, 2nd Wed.
010	CA, SAN LEANDRO	Tonia Maria Cantrell	Paul A. Steelhammer	(925) 458-1427	psteelha@yahoo.com	216 Wellington Ave, Concord, CA 94520-1115	Veterans Memorial Bldg, 1105 Bancroft Ave., San Leandro, CA	1900, 1st Wed.
021	CO, FORT COLLINS	Floyd E. Taladay	Robert E. Brown	none	brown7273@yahoo.com	PO Box 613, Johnstown, CO 80534-0613	VFW Post 1781, 603 Lesser Drive, Ft. Collins, CO	1900, 2nd Tues.
048	CA, SAN FRANCISCO	Leandro V. Castro	Louis A. Barella	(415) 332-2735	cbarella@aol.com	2 W Harbor Dr, Sausalito, CA 94965-1527	90 Canyon Dr., San Francisco	2nd Sat., @ 11a.m.
049	CO, DENVER	William L. Hanzel	Jeffrey K. Hatchliff	(303) 339-0760	jhatchliff@nmail.biz	PO Box 740633, Arvada, CO 80006-0633	TREA #89, 15821 E. Centretech Circle, Aurora, CO	1200, 2nd Sat.
101	CA, SANTA CLARA	Charles R. McIntyre	Richard J. Fetro	(510) 673-6343	secretarybr101@live.com	2829 Langhorn Dr, Fremont, CA 94555-1418	AmLeg Post 564, 2120 Walsh Ave, Santa Clara, CA	7pm, 2nd Tues.
113	CA, STOCKTON	Maria A. Behm	Joe Kraus	(209) 473-0570	celebritygaleries@sbcglobal.net	PO Box 78070, Stockton, CA 95267-1370	513 N Center St (VFW Post 52), Stockton, CA	1600, 3rd Wed.
137	NV, MINDEN	Rick W. Athenour	John W. Nosek	408-839-6566	jrn51333@gmail.com	1354 Bridle Way, Minden, NV 89423-8840	NV Veteran's Hall, Hero's, 2nd & Curry Sts., Carson City, NV	1830, 2nd Wed.
178	CA, MONTEREY	Michael Ryan	Michael N. LeVine	(831) 375-4356	mlewine@redshift.com	679 Dennett St, Pacific Grove, CA 93950-3802	AmLeg Post 591, 1000 La Playa Ave., Seaside, CA	1700, 3rd Tues.
185	UT, OGDEN	Robert L. Porter	James D. Towery	(801) 791-4783	jtowery51@msn.com	2653 N 950 E, North Ogden, UT 84414-2464	South Ogden Senior Center, 560 39th Street, S. Ogden, UT 84403	7pm, 1st Wed.
192	NV, FALLON	Larry S. Briggs, Jr.	Joe Nash	(775) 427-5498	jnash.fra@gmail.com	4180 Alcorn Rd, Fallon, NV 89406-6283	AmLeg Post, 90 N. Alta Street, Fallon, NV	1900, 4th Thurs.
197	CA, MODESTO	Dale Wild	Joseph R. Huffman, II	(209)577-2880	tazmanbob3@sbcglobal.net	3637 Dry Creek Dr, Modesto, CA 95357-1529	AmLeg Post, 1001 S. Santa Cruz Avenue, Modesto, CA	1400, 2nd Sun.
230	CA, ROSEVILLE	Donald W. Chapman	Robert G. McColley	(916) 782-1193	jndmc1@surewest.net	7808 Rosestone Ln, Roseville, CA 95747-8362	Veterans Memorial Hall, 110 Park Drive, Roseville, CA	1900, 1st Mon.
244	CO, GRAND JUNCTION	William E. Buvinger	Charles M. Watkins	(970) 434-0868	owatkins@acsol.net	3010 Vin Rose Way, Grand Jct, CO 81504-5532	VFW Post 3981, 503 Florence Road, Grand Junction, CO	1900, 2nd Wed.
261	CA, LEMOORE	Ike Payne, Jr.	Arthur C. Archer	559-904-0630	arthur.archer@sbcglobal.net	1195 Laurel Ct, Lemoore, CA 93245-3430	Branch Home, 788 East D Street, Lemoore, CA	1800, 2nd Wednesday.
274	NV, RENO	Peter J. McNamara	Virgil P. Courmeya	(775) 882-9201	virgil_courmeya@att.net	PO Box 7313, Reno, NV 89510-7313	Girl Scouts Bldg., 605 Washington St., Reno, NV	1900, Last Thurs.
275	CA, PLACERVILLE	William O. Davidson	Lawrence J. Boudreaux	(530) 677-3925	larryboop@pacbell.net	PO Box 1509, El Dorado, CA 95623-1509	Veterans Memorial Bldg., 130 Placerville Dr., Placerville, CA	1930, 4th Wed.
281	CA, REDDING	Lee M. Hollowell, Jr.	Lowell D. Fletcher	(530) 440-0597	frabran281@gmail.com	PO Box 335, Shasta Lake, CA 96019-0335	Veterans Memorial Bldg., 1605 Yuba Street, Redding, CA	1400, 4th Sun.
287	CA, LIVERMORE	George C. Mancuso	Roy D. Warner	(925) 449-6048	rwarner323@yahoo.com	10620 Flynn Rd S. Livermore, CA 94550-9741	Veterans Memorial Bldg., 522 South L St., Livermore, CA	1830, 1st Fri.
296	CA, AUBURN	Charles H. McKown	William K. Burgess	(530) 885-9056	billtron@wildblue.net	5135 Meadow View Ln, Auburn, CA 95602-9129	Veterans Memorial Bldg., 100 East Street, Auburn, CA	1300, 3rd Sun.

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CONVENTION HIGHLIGHTS continued from page 16

joining because they don't have other options; that would be an insult to these recruits. We only take first gamers," Spadaro said. "They want to serve, but their length of service isn't a given. About 67 percent of our personnel get out each year and only 11 to 14 percent of enlistees stay for a 20 or 30 year career. Today's youth are smart, savvy and many are looking for financial means to further their education."

Shipmate Spadaro (Branch 70, Poway, Calif.) suggested that FRA shipmates can be mentors for these young service members, offering them advice about life. "I encourage you to learn technology and embrace it, because that's how young people are communicating these days. Social media is a way to connect," he said, "but nothing replaces knee-to-knee, eye-to-eye, face-to-face communication for passing on wisdom and knowledge." He credited his own professional success to the mentorship and personal engagement with sailors and Marines who were older and wiser.

He also spoke about FRA's future and encouraged shipmates to become visionaries in their recruiting efforts. "We're all replaceable and we need to think about FRA's tomorrows. As we say in the Marine Corps, we can't spend time fighting the last war; we need to prepare for the next one. Most younger service members don't care about [specific legislative initiatives], they care whether they're going to get paid every two weeks. FRA is the only organization representing the interests of enlisted Navy, Marine Corps and Coast Guard personnel. We need to promote that."

National Executive Director Emeritus Joe Barnes (Branch 181, Arlington, Va.) provided an update on the FRA Education Foundation. Barnes serves as president of the Foundation, which exists separately from the FRA, but is related to the Association's mission and principles. This year the FRA Education Foundation provided 19 scholarships to deserving students, totaling \$95,000. Although membership



FRA photo by Paul Gunther

SgtMaj Anthony Spadaro encouraged shipmates to embrace change and new ways to secure FRA's future.

in FRA is not a criterion for all of the Foundation's awards, FRA shipmates and their family members are eligible for a broader range of scholarships, making these educational grants an incentive for membership in the Association. Barnes also reported that the Foundation has again been approved to participate in the Combined Federal Campaign (CFC), the largest federal fundraising solicitation campaign in the nation.

Michael Brodie, of Brodie-Collins Consulting (BCC), made a presentation to convention delegates as an introduction to the work BCC will be doing for FRA in the coming weeks. BCC has been engaged to assess FRA's current membership challenges and offer recommendations for ways in which those challenges can be addressed. Brodie spoke about the relevance of FRA's mission and the dedication of shipmates and staff to that mission. BCC's work will focus on best practices, consistent messaging and ways to increase recruiting and retention.

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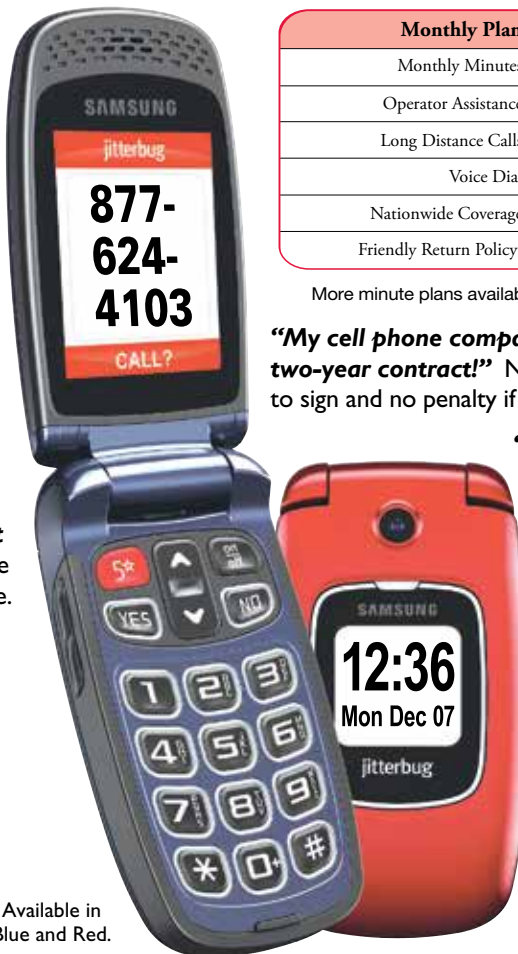
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Penny Collins

Membership and Retention Awards

THE NATIONAL CONVENTION COMMITTEE on Membership & Retention met during the 88th National Convention in Spokane, where a variety of initiatives were discussed. As a recap, there were 3,151 new and/or reinstated members during the 2014-2015 recruiting period, which represents a 9.45-percent increase over the previous year. Despite this improvement, our overall membership base declined by 3,815 shipmates over the same period.

In addition to continuing many of the membership and retention initiatives already in place, the committee recommends establishing a mentoring program for new members and developing a new category of associate membership that would include those not currently eligible to be FRA shipmates. Though not specifically addressed by the committee, other suggestions were made that would encourage Members-at-Large to be more engaged with FRA's national and regional conventions.

After reviewing the statistics for individual and branch membership awards, the committee recommends the following shipmates and branches as award recipients for the 2014-15 Membership Year:

FRA 100% AWARD

Of the Association's 214 branches, 36 branches (16.8%) experienced a growth in membership or no loss, and qualified for the 100% Award for 2014-15. Those branches qualifying with percentage recruiting gain were as follows:

GROUP I

Branch 269 (Goose Creek, S.C. — Southeast): 6.64%

Branch 24 (Annapolis, Md. — East Coast): 2.20%

GROUP II

Branch 94 (Corpus Christi, Texas — South Central): 5.01%

Branch 261 (Lemoore, Calif. — West Coast): 5.00%

Branch 97 (Whidbey Island, Wash. — Northwest): 4.56%

GROUP III

None

GROUP IV

Branch 90 (Clark County, Nev. — Southwest): 8.77%

Branch 115 (Lehigh Valley, Pa. — NE/NENG): 5.26%

Branch 302 (Carson, Calif. — Southwest): 2.97%

Branch 226 (Staten Island, N.Y. — NE/NENG): 2.70%

Branch 105 (Owensboro, Ky. — North Central): 1.92%

Branch 59 (Cheyenne, Wyo. — Northwest): 0.00%

Branch 307 (Gulfport, Miss. — South Central): 0.00%

Group V

Branch 13 (Atlantic City, N.J. — NE/NENG): 40.32%

Branch 137 (Minden, Nev. — West Coast): 29.82%

Branch 294 (Crossville, Tenn. — Southeast): 13.73%

Branch 254 (Myrtle Beach, S.C. — Southeast): 13.11%

Branch 154 (Baguio City, P.I. — Northwest): 11.11%

Branch 328 (Roseburg, Ore. — Northwest): 9.68%

Branch 54 (McAlester, Okla. — North Central): 7.41%

Branch 222 (Slidell, La. — South Central): 6.82%

Branch 87 (Bedford, Pa. — NE/NENG): 6.78%

Branch 301 (Greenville, N.C. — East Coast): 6.67%

Branch 83 (San Narciso, P.I. — Northwest): 4.55%

Branch 127 (Bicol Nabua, P.I. — Northwest): 3.61%

Branch 339 (Albany, Ga. — Southeast): 2.94%

Branch 187 (Chattanooga, Tenn. — Southeast): 2.86%

Branch 214 (Schenectady, N.Y. — NE/NENG): 1.69%

Branch 202 (Columbia, S.C. — Southeast): 0.00%

Branch 109 (Clearwater, Fla. — Southeast): 0.00%

Branch 171 (Southern Luzon, P.I. — Northwest): 0.00%

Branch 63 (Lewiston, Idaho — Northwest): 0.00%

Branch 244 (Grand Junction, Colo. — West Coast): 0.00%

Branch 21 (Fort Collins, Colo. — West Coast): 0.00%

Branch 36 (Cavite City, P.I. — Northwest): 0.00%

Branch 242 (Davenport, Iowa — North Central): 0.00%

Branch 111 (Batangas, P.I. — Northwest): 0.00%

THE ABRAHAM M. ROSENBERG MEMBERSHIP AWARD

The Abraham M. Rosenberg Membership Trophy is awarded to one of the branches awarded The Charles E. Lofgren Branch Membership Award for outstanding membership promotion. This year the Rosenberg Plaque was presented to **Atlantic City Branch 13** (Atlantic City, N.J.) with a recruiting gain of 40.32%.

RECRUITING INCENTIVE AWARDS PROGRAM

On June 7, 2013, the National Committee on Membership & Retention announced a new awards program that would provide a \$100 cash award to one branch from each membership Group that reinstated the highest number of previous FRA members. The winning branches for the 2014-15 membership year are:

GROUP I

Branch 24 (Annapolis, Md.)
44 reinstated shipmates

GROUP II

Branch 97 (Whidbey Island, Wash.)
31 reinstated shipmates

GROUP III

Branch 293 (Elizabeth City, N.C.)
20 reinstated shipmates

GROUP IV

Branch 186 (Hernando, Fla.)
7 reinstated shipmates

GROUP V

Branch 247 (Dagupan City, P.I.)
8 reinstated shipmates

THE CHARLES E. LOFGREN AWARD FOR BRANCHES

The Charles E. Lofgren Award for Branches will be awarded to one branch in each membership Group in recognition of excellence in membership promotion. Each of the following branches received a Captain's Desk Bell in honor of their success:

GROUP I

Branch 269 (Goose Creek, S.C.)
6.64% gain/ 58 members

GROUP II

Branch 94 (Corpus Christi, Texas)
5.01% gain/18 members

GROUP III

None

GROUP IV

Branch 90 (Clark County, Nev.)
8.77% gain/10 members

GROUP V

Branch 13 (Atlantic City, N.J.)
40.32% gain/25 members



FRA photo by Paul Gunther

Then-National Vice President Virgil Courneya and Penny Collins, FRA director of Membership, flank then-RVPNW Julian "JJ" Wynn (Branch 46, Honolulu, Hawaii). Shipmate Wynn received the Frank J. McPherson Memorial Award for exemplifying FRA's three cardinal principles: Loyalty, Protection and Service.

THE CHARLES E. LOFGREN AWARD FOR INDIVIDUALS

The Charles E. Lofgren Award for Individuals is presented to the one shipmate within each membership Group who recruited the greatest number of members during the preceding April 1–March 31 period. The following shipmates received a Shore Station Wall Clock for their efforts:

GROUP I

Julian Wynn (Branch 46, Honolulu, Hawaii)
52 recruits

GROUP II

Donald Larson (Branch 94, Corpus Christi, Texas)
18 recruits

GROUP III

Franklin C. Gates (Branch 293, Elizabeth City, N.C.)
44 recruits

GROUP IV

Mark Melton (Branch 90, Clark County, Nev.)
11 recruits

GROUP V

Robert J. Campbell (Branch 13, Atlantic City, N.J.)
35 recruits

THE FRANK J. MCPHERSON MEMORIAL AWARD

Regional Presidents are encouraged to forward their region's nominee for the Frank J. McPherson Memorial Award, which was established in 1991 to recognize the shipmate who exemplifies

FRA's three cardinal principles of Loyalty, Protection and Service, particularly with regard to membership endeavors.

Nominations for the Frank J. McPherson memorial Award were submitted on behalf of the following shipmates:

NORTHEAST/NEW ENGLAND REGION

William Nixon (Branch 115, Lehigh Valley, Pa.)

EAST COAST REGION

Franklin C. Gates (Branch 293, Elizabeth City, N.C.)

SOUTHEAST REGION

Laurie A. Bailey (Branch 269, Goose Creek, S.C.):

NORTH CENTRAL REGION

Richard Priest (Branch 298, Grand Rapids, Mich.)

SOUTH CENTRAL REGION

Richard Waltman (Branch 201, Austin, Texas)

WEST COAST REGION

Rick Athenour (Branch 137, Minden, Nev.)

NORTHWEST REGION

Julian J. Wynn (Branch 46, Honolulu, Hawaii)

The award recipient of the Frank J. McPherson Memorial Award for 2014-15 is **Shipmate Julian J. Wynn** of Branch 46 (Honolulu, Hawaii).

Penny Collins is FRA's Director of Membership Development and a member of FRA Branch 24 in Annapolis, Md. She can be reached at penny@fra.org.



CONVENTION AWARDS

FRA'S NATIONAL CONVENTIONS ARE the culmination of the Association Year and the following convention committees recognize outstanding performance in each facet of FRA community involvement. Congratulations to all branches and shipmates!

Americanism-Patriotism Committee

Chairman: JrPRPNW Daniel E. Holloway, Branch 382

The Americanism-Patriotism Committee announced the following awardees:

FIRST PLACE

- Group I – Branch 46 (Honolulu, Hawaii)
- Group II – Branch 175 (Orange County, Calif.)
- Group III – Branch 101 (Santa Clara, Calif.)
- Group IV – Branch 186 (Hernando, Fla.)
- Group V – Branch 294 (Crossville, Tenn.)

SECOND PLACE

- Group I – Branch 24 (Annapolis, Md.)
- Group II – Branch 93 (Patuxent River, Md.)
- Group III – Branch 201 (Austin, Texas)
- Group IV – Branch 59 (Cheyenne, Wyo.)
- Group V – Branch 229 (Newburgh, N.Y.)

THIRD PLACE

- Group I – Branch 99 (Virginia Beach, Va.)
- Group II – Branch 22 (Pensacola, Fla.)
- Group III – Branch 276 (Omaha, Neb.)
- Group IV – Branch 192 (Fallon, Nev.)
- Group V – Branch 6 (Baltimore, Md.)

The **Walter “Step” Rowell Award** for the 1st place overall report goes to **Branch 101 (Santa Clara, Calif.)**.

The **Leonard “Swede” Nelson Award for Shipmate of the Year** goes to **PRPNC Leon Zalewski (Branch 14, Milwaukee, Wisc.)**.

There were no submission for Robert Doherty Award for Shipmate for special recognition.

The committee recommends the theme for 2016–17 Americanism Essay Contest be: “What Memorial Day Means to Me.”

Disaster Relief

The National President and National Board approved three requests for disaster relief grants totaling \$5,000.00 (Shipmates Joe Boswick, Truck Morning and Garry Farris).

Contributions made to the FRA Disaster Relief Fund. Branches contributed \$15,533 to the FRA Disaster Relief Fund and individual shipmates donated \$840.

In addition to numerous books and magazine, other donations included an electric range, \$1,195 to needy vets during Thanksgiving and \$2,500 to medical mission services.

Hospitals, Welfare and Rehabilitation Committee

Chairman: JrPRPNE/NEng James E. Brown, Branch 226

The Committee voted and the following were selected as first, second, and third place winners in Groups I through V:

FIRST PLACE

- Group I – Branch 46 (Honolulu, Hawaii)
- Group II – Branch 290 (Mayport, Fla.)
- Group III – Branch 117 (Orlando, Fla.)
- Group IV – Branch 298 (Grand Rapids, Mich.)
- Group V – Branch 118 (Cape Coral, Fla.)

SECOND PLACE

- Group I – Branch 269 (Goose Creek, S.C.)
- Group II – Branch 261 (Lemoore, Calif.)
- Group III – Branch 162 (New Orleans, La.)
- Group IV – Branch 186 (Hernando, Fla.)
- Group V – Branch 274 (Reno, Nev.)

THIRD PLACE

- Group I – None
- Group II – Branch 136 (Minneapolis, Minn.)
- Group III – Branch 101 (Santa Clara, Calif.)
- Group IV – None
- Group V – Branch 223 (Benton, Ky.)

The Committee has selected **Ray King (Branch 298, Grand Rapids, Mich.)** as National Shipmate of the Year.

Based on data in the regional reports, here's a recap of all FRA's charitable contributions:

- Hours spent visiting/assisting ill or incapacitated members: 9,290 hours.
- Miles driven visiting/assisting ill or incapacitated members: 19,053 miles.
- Hours spent assisting needy families of shipmates: 949 hours.
- Miles driven assisting needy families of shipmates: 2,703 miles.
- Hours of volunteer work performed by shipmates at hospitals: 12,928 hours.
- Widows assisted: 845 people (or 2,840 hours).
- Number of shipmates donating blood: 272 donated 245 pints.
- 4,346 shipmates participated in 619 rituals.

Public Relations Committee

Chairman: PRPNC Leon J. Zalewski, Branch 14
The Public Relations Committee announced the following awardees:

FIRST PLACE

- Group I – Branch 46 (Honolulu, Hawaii)
- Group II – Branch 175 (Orange County, Calif.)
- Group III – Branch 101 (Santa Clara, Calif.)
- Group IV – Branch 186 (Hernando, Fla.)
- Group V – Branch 294 (Crossville, Tenn.)

SECOND PLACE

- Group I – Branch 269 (Goose Creek, S.C.)
- Group II – Branch 93 (Patuxent River, Md.)
- Group III – Branch 162 (New Orleans, La.)
- Group IV – Branch 316 (Springfield, Mo.)
- Group V – Branch 13 (Atlantic City, N.J.)

THIRD PLACE

- Group I – Branch 70 (Poway, Calif.)
- Group II – Branch 261 (Lemoore, Calif.)
- Group III – Branch 117 (Orlando, Fla.)
- Group IV – Branch 90 (Las Vegas, Nev.)
- Group V – Branch 137 (Minden, Nev.)

Shipmate of the Year: Robert J. Campbell, Branch 13 (Atlantic City, N.J.)

Youth Activities Committee

Chairman: Mark Melton, Branch 90

The Youth Activities Committee reviewed the reports submitted from each region and recommended the following for national recognition:

FIRST PLACE

- Group I – Branch 46 (Honolulu, Hawaii)
- Group II – Branch 11 (Fort Worth, Texas)
- Group III – Branch 201 (Austin, Texas)
- Group IV – Branch 115 (Lehigh Valley, Pa.)
- Group V – Branch 185 (Salt Lake City, Utah)

SECOND PLACE

- Group I – Branch 24 (Annapolis, Md.)
- Group II – Branch 175 (Orange County, Calif.)
- Group III – Branch 166 (Virginia Beach, Va.)
- Group IV – Branch 316 (Springfield, Mo.)
- Group V – Branch 98 (Shreveport, La.)

THIRD PLACE

- Group I – N/A
- Group II – Branch 136 (Minneapolis, Minn.)
- Group III – Branch 101 (Santa Clara, Calif.)
- Group IV – Branch 192 (Fallon, Nev.)
- Group V – Branch 37 (Portsmouth, Va.)

Shipmate of the Year: Rodney Keith Longstratt, Branch 98 (Shreveport, La.)



We were there when you landed on the northern coast of France.
We were there when you returned to the Philippine shore.
We were there when you fought in Korea and Vietnam.
We were there when you rolled across the deserts of Iraq.
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CONVENTION PHOTOS





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Sergeant Major Daniel L. Spalding, U.S. Marine Corps, Retired

April 17, 1926 – October 29, 2015

FRA National President 1983–1984



FRA PAST NATIONAL PRESIDENT (PNP) Daniel L. Spalding joined the staff of the Supreme Commander on October 29, 2015. A Life Member of FRA, Spalding spent 58 years in service to the Association at the local, regional and national levels. Spalding joined FRA as a charter member of the newly organized Vista Branch 88 in 1957, while stationed at Camp Pendleton, Calif. He maintained continuous membership throughout his life, transferring to Kanehoe Bay Branch 174 and Iwakuni Branch 63 while stationed overseas. He transferred to Camp Pendleton Branch 313 during his final tour of active duty and was an FRA Member-at-Large at the time of his passing.

Spalding was an energetic and active member of each branch to which he belonged. He served on the boards of Branches 88 and 63, was the Secretary of Branch 174 in 1969–1970 and served two terms as Secretary and two terms as President of Camp Pendleton Branch 313. He was active in the affairs of the Southwest Region and in the business of the Veterans Council at the state level. This work brought him to the attention of his shipmates in the Southwest Region; who elected him to serve as Regional Vice President in 1973, succeeding to regional president the following year. He represented his region exceptionally well on the national board of directors. Spalding's consistent attendance at regional and national conventions and acceptance of his committee responsibilities earned him respect throughout the Association and afforded him the opportunity to be the first Marine to serve as FRA National President.

During his term as National President, Spalding led the Association's efforts on Capitol Hill as we fought to protect existing service members from changes to the military retirement system, defeat a decrease in Cost-of-Living

Adjustment (COLA) for retirees under age 62, support passage of the Peacetime G.I. Bill, and oppose threats to close and/or privatize stateside commissaries. FRA continues its work to protect shipmates from similar threats to earned benefits today.

Spalding joined the Marine Corps two weeks before his 18th birthday in 1944. In May 1945, he was assigned to the 6th Marine Division and participated in the conclusion of the Okinawa Campaign. His military career included service in several commands, shipboard duty, and overseas duty in China, Korea, and Vietnam. Spalding was transferred to the retired rolls in the rank of Sergeant Major in August 1974.

Upon retiring, Spalding did not seek employment, preferring to use his talents and experience to serve veterans of his local community. He wanted to "put something back in the pot" and became active in local veterans affairs, serving as an engaged member of the San Diego County Veterans Advisory Council. He also served as the Commandant of the Marine Corps League Detachment; Commander of three different Veterans of Foreign Wars posts; and Commander of DAV Unit 95. He was also a member of the Masonic Order, serving for more than 50 years and rising to the sublime degree of Master Mason.

Shipmate Dan is predeceased by his wife, Juanita, with whom he had four children: Jim, Ann, Cerelda and Carol. He is survived by five grandchildren and four great grandchildren. The family has asked that those who wish to honor Shipmate Spalding can do so by contributing to any veteran, military or fraternal organization.

FRA offers its sincere sympathies to Shipmate Spalding's family and friends.

NAME	BRANCH	NAME	BRANCH
Abbott, Harold V, GYSGT, USMC	208	Hyatt, Gerson, BUC, USN	263
Akers, Robert H, RMC, USN	MAL	Hyndman, Robert C., SN, USN	284
Allen, Coy, HMC, USN	145		
Allen, Jerry D, YN1, USN	MAL	Jenkins, William F, BTC, USN	MAL
Andermann, Robert E, AM2, USN	021	Jones, Aubrey N, MSGT, USMC	011
Andreasen, Allen M., COL, USMC	053		
		Kellam, Robert E, PHC, USN	MAL
Babauta, Antonio Cruz, DTCS, USN	073	King, Richard T, SGTMAJ, USMC	053
Barber, Robert A, POCS, USN	097	Kowalski, Theodore F, ST1, USN	MAL
Beauchaine, Richard E, HMC, USN	MAL		
Bene, Frank, CS1, USN	MAL	Lanyi, Louis L, MUC, USN	099
Black, Jay B, RMCS, USN		Leisner, Waldo W, MSCS, USN	290
Burke, James F, ENC, USN	175	Lloyd, Thomas E, MUC, USN	MAL
		Long, Clyde K, ABHC, USN	106
Christensen, Clarence, ADCR, USN	136	Lord, Wesley Dale, PCC, USN	316
Christenson, Roger M, HMC, USN	376	Love, James R, PO1, USN	234
Cleaves, Robert L, AEC, USN	261		
Coble, J. Howard, CAPT, USCG, 301		Mann, Robert E, CDR, USN	MAL
Cohl, Duane E, CWO4, USN	048	McCutcheon, Jorj T, SKCM, USN	089
Colesar, Louis J, HM1, USN	057	McGriff, Charles E, CWO3, USN	046
Cooper, John P, MNC, USN	159	McGuire, Ervin R, TMCS, USN	MAL
PRPNW, Cooper, Alvin E, MSGT, USMC	MAL	MEEK, Alan D, QMCM, USN	099
Cosimano, Samuel J., HT3, USN	269	Melton, Billy L, BMCS, USN	289
		Mercado, Manuel D, QMC, USN	MAL
DeMars, Arthur W, MCPO, USN	MAL	Merlan, Delfin M, MSC, USN	084
Depoi, Arthur, ADJC, USN	MAL	Miller, Donald W, GYSGT, USMC	MAL
Duncan, Robert E, EMCM, USN	309	Milliken, Carlton S, ATC, USN	MAL
Durgin, Clifford W, EM1, USN	MAL	Mitchell, Gregory D, LCDR, USN	289
		Mueller, Bill, BT-1, USN	275
Eisenbach, Robert L, POCM, USN	161	Murray, Willie H, MSCS, USN	254
Elkinton, Ralph E, YNC, USN	137		
English, James W, ADJC, USN	261	Nelson, Lester F, CWO4, USN	104
Engstrom, James C, ADC, USN		Noland, Phillip A, HTC, USN	061
Finnegan, William B, SMC, USN	057	O'Brien, William L, GMGC, USN	092
Fix, John M, EQCM, USN	070	O'Neill, Joseph M, AFCM, USN	057
Floreza, Medardo, CPO, USN	074	Oliveira, Wayne J, AOC(AW), USN	127
Foster, Russell R, AZC, USN	MAL	Ormond, David J, GMG1, USN	MAL
Fox, William A, DSCS, USN	289		
Frazier, Merlyn N, USN	120	Parker, Theodore R, POC, USN	208
		Peterson, Lester V, ICC, USN	061
Gagne, Leonard W, BMC, USN	068	Pope, Conraid L, HMCS, USN	175
Grooms, Billy, QMCM, USN	269	Power, Charles A, BTC, USN	018
Haley, Donald E, MSGT, USMC	MAL	Quinn, Christopher O, SKC(SW), USN	006
Hammerlund, Vincent L, ADC, USN	230		
Harrison, Dennis R, HMC, USN	166	Reynolds, Johnny H, PNCS, USN	181
Heid, Howard F, EN1(SS), USN	070	Richards, Alva G, LCDR, USN	MAL
Hicks, Curtis H, EMC, USN	018	Roberts, George W, AMHC, USN	066
Hochmuth, Fred J., AOC, USN	094	Robinson, Warren R, UTC, USN	MAL
Hudson, Leroy G, LT, USN	170	Rondelli, Edward P, ENC, USN	183
Hulme, Walter H, SFC, USN	090	Roy, Dennis A, USMC	024
Hunt, Raymond L, CPO, USN	038	Ryland, Ronald J, SCPO, USN	093



NAME	BRANCH
Sabo, Robert Paul, PO1, USN	166
Sarnoski, Thaddeus T, ABHC, USN	MAL
Sherman, Dan D., NCCM, 293	
Shimizu, Jack Santos, MCPO, USN	073
Shive, Samuel W, AMCS, USN	126
Skold, Dennis A., NCCS, USN	094
Skopec, Frank W, W-1, USN	070
PNP Spalding, Daniel L, SGTMAJ, USMC	MAL
Stafford, Derwood, YNC, USN	MAL
Stilwell, Courtland B, SF1, USN	126
Strother, Robert H, MS1, USN	001
Szerlag, Joseph A, ATCS, USN	042
Tate, Lawrence A, CTCS, USN	008
Thiessen, Richard, CWO4, USN	276
Thorne, William H, AT1, USN	091
Tucker, Thomas W, MRC, USN	047
Van doren, Robert, AMHC, USN	MAL
Wiegert, Harvey M, MGYSGT, USMC	046
Wilson, Omer G, AVCM, USN	162
Wood, Billy E, SW1, USN	311
Young, Peter A, CDR, USN	042
Young, Lonnie, FTC, USN	MAL
Zitzow, Frank, CTTCM, USN	342
Zoglmann, Paul, LT, USN	MAL

Names in **red** indicate 50 year continuous members.
 Names in **bold** indicate Past National Officers.

**NCHB or NCHF Staff Members**

We are looking for all those who served in the Cargo Handling Battalion or on the staff. Please contact BMMC Mike Gorton, USN (Ret.) at mgorton@msm.com or 718-386-8017.

CDR Glenn Ellis MSC, USN

I last saw him on TV when he was director of the American Red Cross in Charleston, S.C., during Hurricane Hugo. Please contact HMCS Raymond W. Maddux, USN (Ret.) at 256-734-6719 or 340 County Road 677, Cullman, AL 35055-9090.

Chief John (Jack) Woten

We attended Pensacola Junior College under the ADCOP Program during the period 1970–1972. Please contact YNCS (SW) Darrell R. Schreiber, USN (Ret.) at 1judar01@gmail.com or 504-931-7212.

HMC Oscar Reyes, USN (Ret.)

My last contact with my friend was on or before December 2014. His last known residence was Abilene, Texas. Please contact Edy Marcos, USN (Ret.) at 6828 Alsacia St, San Diego, CA 92139-2502.

AMH Gerry Paul Day and AM5 Bradley L. Spurlock

Please contact Ann Kirby, wife of AMH John P. Kirby at 352-854-1866 or KirbyAnnM@embarqmail.com.

Paul and Suzie Wolf and Bill and Carol Williams

We were stationed together in Capodicino in Naples, Italy, 1969–1972. I would like to hear from you. Please contact Tony Washington at tony.washington@cox.net or 757-460-9463.

Capt. Walter (Bud) Kraus (SC), USN, ComCruDesLant Supply Officer 1959–1961 (approximate dates)

He was my old boss and shipmate; a true sailor. Please help me before I cash in! Contact Ray Souza, 53 Eleanor St., N Dartmouth, MA 02747-1924 or 508-996-6394.

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DK3 Theresa Thompson.

We were stationed together at the PSD, Idaho Falls, Idaho, from 1980–1982. We were good friends and I lost track of her after we left that assignment. She had a son named Stephen. Contact PN1 Stephen Davis, USNR(TAR), Ret. at wrecker0650@gmail.com or 858-775-7776.

All *Looking For...* notices must be submitted in writing. Members can submit requests via e-mail to Lauren@fra.org or in writing to FRA Looking For, 125 N. West St., Alexandria, VA 22314. Questions regarding *Looking For...* submissions should be directed to 1-800-FRA-1924, ext. 126.

REUNIONS

**Navy Postal Clerks**

May 1-5, 2016, Nashville, Tenn. Contact Alan Hass, 10 Timber Ln., Mt Holly Springs, PA 17065, 717-226-1595, hassommno1@aol.com

NCHB/NCHF STAFF

October 13-16, 2017, Williamsburg, Va. Contact Mike Gorton, Glendale, NY, 718-386-8017, mgorton@msm.com

USS Inchon Association (LPH/MCS-12)

May 15-19, 2016, Warwick, R.I. Contact David F. Fix, 131 Waypoint Dr., Lancaster, PA, 717-203-4152, ussinchon@gmail.com

All reunion notices must be submitted in writing. Members can post reunions online at www.fra.org, submitted via e-mail to VictoriaD@fra.org or in writing to FRA Reunions, 125 N. West St., Alexandria, VA 22314. Please include your FRA member number and a daytime phone number. Questions regarding reunion submissions should be directed to 1-800-FRA-1924, ext. 108.

Message to Auxiliary Members from the National President

FIRST AND FOREMOST I wish to say a big “Thank You” to the delegates of the 83rd National Convention for electing me as the National President. It is such an honor to serve the Auxiliary once again. We were welcomed in Spokane, where the convention committee did an outstanding job, indeed, for our attendees. There was nothing but praise from all who were in Spokane. I would also like to wish FRA National President Virgil Courneya much success on his second go round with the association.

Our new National Vice President is Karen Snee (Unit 181, Arlington, Va.) and we have elected Bea Parco (Unit 163, Phoenix Ariz.) to serve as our National Treasurer. I know that we will be working together as a team to keep our Auxiliary thriving and working to strengthen our membership rolls.

My National President’s Project is: “Warriors to Soul Mate,” a program that began in 2009 as a part of a grassroots effort by the Chaplain Services at individual Veterans Affairs (VA) Medical Centers. The Warrior to Soul Mate (W2SM) program teaches the Practical Application of Intimate Relationship Skills (PAIRS) and uses a structured curriculum delivered by trained and certified instructors. It involves communication and conflict-resolution skills building, with the goal of enhancing self-knowledge and sustaining intimate relationships.

Combat experience can have a long-term psychological and social consequences following deployment. Not only do deployments increase risk for a range of mental health issues, including depression, posttraumatic stress disorder (PTSD), and substance abuse, but interpersonal relationships can suffer as well. Deployments, especially among veterans with mental health issues, have been found to increase risk for intimate partner violence, poor marital and relationships adjustment, low marital/relationship satisfaction, and divorce.

PAIRS Essentials program are offered in a variety of formats, including intensive weekend workshops and 60-90 minute sessions over six to ten weeks. Events are led by PAIRS certified instructors, who include chaplains, social workers, nurses and other mental health providers. There isn’t adequate funding for overnight lodging, meals, retreat/course space, materials, PAIRS training, re-certification, resources for implementation of Chaplain Services, Office of Patient-Centered Culture Transformation and National VA W2SM leaders. This program gives veterans a new perspective, reduces stigma of seeking help, supports re-integration, and improves veterans’ overall quality of life.

Richard Sergeant said, “The VA is one of the few places you can go where people who understand what you are going through, where you have been and where you want to be.” Working, once again, with the VA is where I feel that we will be able to assist all facets of the veteran community to overcome many mental health issues in the future.



HELEN COURNEYA
National President



Members of the Auxiliary of the FRA form the traditional triangle as they take their collective oaths of office.

ATTENTION:
U.S. NAVY VETERANS
MESOTHELIOMA
COMPENSATION CLAIMS
FILING DEADLINE

U.S. Navy veterans have been exposed to asbestos onboard ships and many have developed mesothelioma lung cancer as a result. Millions of dollars in compensation are available for those who have been diagnosed with mesothelioma lung cancer and their loved ones. Thousands of US Navy veterans have already received compensation. Strict time deadlines may bar late claims. If you or a loved one has been diagnosed with mesothelioma then you need to **call now** for a free consultation and *Claims Information & Evaluation Package*.

Photo by Chris Thompson Photography

CALL NOW TOLL FREE!
1-888-310-2138
NAVY VETERANS MESOTHELIOMA CLAIMS HOTLINE

Sponsored by Quinn Law Firm. Nationwide representation of US NAVY Veterans and their families in mesothelioma claims. In home appointments are available nationwide by appointment only. Fees, costs, and expenses are charged only against any recovery that is made. No recovery – no fee. We do not sue the U.S. or Navy. Principal office Fort Worth, TX

POSTMASTER: SEND ADDRESS CHANGES TO:

MEMBER SERVICES
FRA
125 N. WEST STREET
ALEXANDRIA, VA 22314-2754



MESOTHELIOMA ASBESTOS LUNG CANCER AND RETIRED SAILORS

Many sailors were exposed to asbestos onboard ships in the U.S. Navy. This asbestos exposure often causes lung cancer much later in life. Mesothelioma is a particular form of lung cancer that is only caused by exposure to asbestos.

FREE INITIAL LEGAL CONSULTATION

If you or a loved one has been diagnosed with MESOTHELIOMA OR ASBESTOS LUNG CANCER, please call us immediately to find out about the compensation you may be entitled to recover.

We provide retired sailors and their families with a free no obligation initial legal consultation with an experienced lawyer.

We represent clients from all 50 states.

NO RISK TO CLIENTS

Our clients are never at risk of paying any fees, costs or expenses out of pocket. All legal fees, court costs and other expenses are paid by the client only out of any judgment or settlement in the case.

DON'T LOSE YOUR RIGHTS!

Your legal claims must be filed within the time period allowed by law or you and your family members will lose all of your rights to recover against the corporations that are responsible for your injuries. **CALL NOW!**

"These guys sure helped me out after I got diagnosed"

LeRoy Riddell

1935 - 2008

U.S. Navy Retired

Member VFW, DAV, American Legion and the Fleet Reserve

Former National President of the Retired Enlisted Association and client of The Johnson Law Firm.



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** Past successes cannot be an assurance of future successes since each case is decided on its own merits.*

