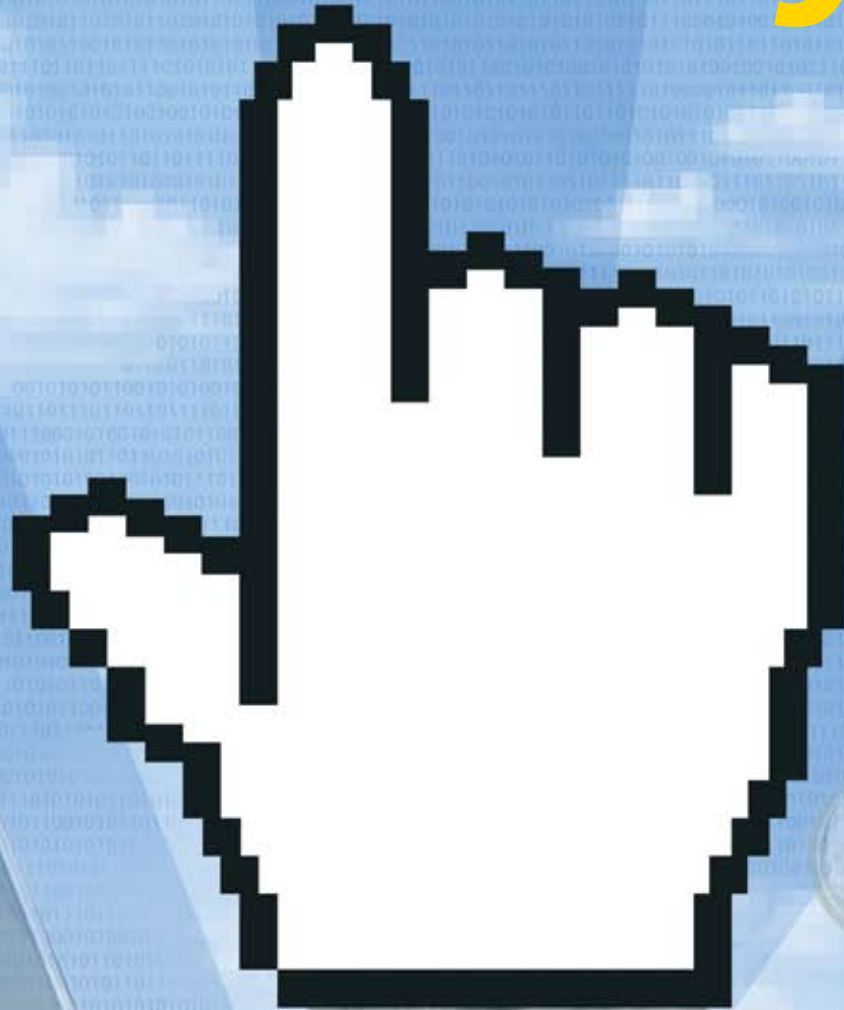


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THE DIGITAL REVOLUTION

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Recruit, Retain, Reinstale! 26 – 28

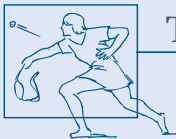


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ON THE COVER

Only a few years ago, these images were unknown... now they are a part of our every day lives!

AS 2006 DRAWS TO a close, I wanted to take the opportunity to thank each of you for your continued support of FRA. We have seen many advancements at headquarters this year through leveraging technology, including Web site expansion (for your convenience, there is a Web Site Guide on page 16), enhanced use of our database system internally and the addition of a monthly teleconference program. As such, it is fitting to end the year with a feature article providing an overview of the technology available today, and looking at how it touches our lives.



JOE BARNES
FRA's National Executive Secretary

Our members have made technology work for all of us through the unprecedented use of FRA's online Action Center. As you will read in *On & Off Capitol Hill*, FRA's legislative agenda continues to be aggressive and the 110th Congress will bring new challenges and opportunities. The Action Center is a tremendous tool for helping us get our voices heard on Capitol Hill.

Of course, there is strength in numbers. Our overall membership numbers also dictate how loudly our voice is heard on Capitol Hill. Because of the importance of this topic, we have used this issue to discuss FRA's membership initiatives. Eileen Murphy, Director of Marketing and Communications and Bob Washington, FRA's Director of Membership Development work as a great team at Headquarters. In this issue, the two provide an overview of FRA's version of the three Rs: Recruit, Retain and Reinstate. Because active duty and Reserve members are very important to FRA, *OnWatch* highlights the benefits of FRA membership for them.

It is important to recognize the branches for their tremendous work toward stabilizing FRA's membership this year. In 2007, National President Jerry Sweeney will be continuing his travels to as many branches as possible, including branches in Japan, Guam and the Philippines. His visits help all of us get a deeper sense of what is happening at the branches, and in what way we can best serve all of you.

In support of the branches, we are pleased to provide a branch listing in this issue, and thank Marsh Affinity Group Services and The Hartford for underwriting the cost of this addition. This special section can be pulled out of the center of the magazine to keep as a great reference throughout the year.

All of us at FRA National Headquarters wish you and your family a festive and safe holiday season. We look forward to serving you in 2007.

Joe Barnes is FRA's National Executive Secretary and Chairman of the National Committee on Legislative Service. A member of Navy Department Branch 181, he is also an advisor to the National Committees on Budget and Finance and Membership and Retention.

FRA today

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Thank you to all...

My many thanks to the FRA and LA FRA for contributing to the beautiful reception for my husband Stan Nahill, PNP. Stan would think we were having a mini convention. His many shipmates, ladies and guests who were there was overwhelming, and I thank you very much. You all know he was my life and my best friend and I will miss him so very much as I'm sure most of you will also. His booming voice will never be forgotten.

I would also like to thank national headquarters and Joe Barnes for setting the reception up to be what it was. Also Alicia as I know she had her hand in it also. It was too soon without my Stan to attend Convention, and I missed you all very much.

Thanks again to all of you I appreciate you all so very much.

Fondly, in Loyalty, Protection and Service

Neoma Nahill, PNP LAFRA

FRA responded swiftly to residents at Armed Forces Retirement Home (AFRH)

I am responding to Shipmate Ben Turner's remarks about the AFRH-Gulfport (September edition of *Naval Affairs*, now *FRA Today*). The AFRH might not be re-opened for the reason he stated (i.e., there is excess room at the home in Washington, D.C.), but I hope that it will be re-opened.

I was one of the residents who rode out Hurricane Katrina, and then relocated to the AFRH in D.C. and stayed there for forty days. Although I was pleased with the quarters, and some of the other things, it just wasn't "home," as Gulfport was. Also, if Shipmate Turner did some checking

"...FRA and the [AFRH] staff in Washington and Gulfport, have done a great job!"

around, he would have discovered that FRA Officers were at the AFRH in D.C. home within days of the arrival of the Gulfport residents and presented \$3,000 worth of PX coupon booklets on behalf of the Military Coalition. In addition to this, the East Coast Regional President and other staff members visited residents more than twice while I was there, and the National Executive Secretary had been in contact with AFRH staff more than once since the arrival of the residents. Also, I think we were treated very well. With regards to our personal property that we left back home, the staff at AFRH-Gulfport worked hard to get all of our

personal effects shipped to us (over 262,000 pounds was shipped to 38 states!). I received twenty-eight boxes of my belongings. Yes, it was ten months later, but I received all of it! Shipmate Turner, FRA and the staff in Washington and Gulfport have done a great job!

Bob Rutherford, former resident AFRH-G/W

Employing retirees on military bases

I have recently heard that newly-retired military personnel cannot work on military bases.

Is that in fact true? Please clarify this issue for me because I am sure that a lot of retirees may be impacted and would like to know the real facts.

John Gilbert, USN (Ret.)

Editor's note: According to the United States Code, "A retired member of the armed forces may be appointed to a position in the civil service in or under the Department of Defense (including a non-appropriated fund instrumentally under the jurisdiction of the armed forces) 180 days after his retirement." You can also find additional information on this subject at www4.law.cornell.edu.

USS Fairview (ERPER 850)

I am looking for information to complete the history of the USS Fairview. I am specifically looking for information from January 1966 to May 1968 when the ship was decommissioned and sold as a merchant ship. There might be a story out there about how these ships had a second life in the service of other nations. For example, the Brattleboro went on to be refitted in 1976 with new armament and became the BRP Miguel Malvar (PS-19) of the Philippine Navy, where she served with distinction.

W.L. Reed, CDR, USN (Ret.)
7 Fairview Drive, Pawcatuck
CT 06379 or 860-599-0187.



Editor's Correction (October 2006): We apologize for using the wrong picture for FRA Scholarship winner Nicholas W. Dukellis. Congratulations Nicholas!

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.

Challenges and Opportunities for FRA in the 110th Congress

AS YOU READ THIS issue of *FRA Today*, the 109th Congress will have all but completed its work and FRA will be looking over the horizon to prepare for the First Session of 110th Congress that convenes in January. As the Defense budget continues to shrink in terms of percentage of Gross Domestic Product (GDP), and pressure grows to reduce the deficit, Congress will be forced to make tough decisions about pay/benefits for military personnel, retirees, and veterans. Competition between weapons technology costs and people costs will continue. As healthcare costs continue to increase, we expect continued efforts to shift costs to beneficiaries. The increasing cost of the War on Terror will make all personnel programs targets for spending cuts.

This is not the first threat to military pay and benefits, and it won't be the last,

further proving that what Congress gives, Congress can take away, and the 110th Congress will offer renewed challenges and opportunities for FRA. Congress tends to respond to

those who are organized and informed on the issues. The Second Session of the 109th Congress was a banner year for utilization of the *Action Center* with a 60 percent increase from last year. FRA members communicating regularly with their elected officials complement the legislative work of the FRA legislative team. Through FRA, members can become better informed on the issues. FRA continues to play a significant role in establishing and enhancing many of these programs and will continue to defend benefit gains already achieved — something that is a major benefit of membership in the Association.



JOHN DAVIS
*FRA's Director of
Legislative Programs*

PRESIDENT SIGNS FY2007 NATIONAL DEFENSE AUTHORIZATION ACT

President Bush signed into law the FY2007 National Defense Authorization Act (NDAA) which includes a number of FRA-supported provisions. The legislation prohibits increases in pharmacy co-pays, higher enrollment fees for TRICARE Prime, Standard and Reserve Select for FY2007 — which are top FRA legislative priorities this year, and among other things caps the interest rates charged by predatory lenders on loans to service personnel at 36 percent.

Unfortunately, Senate provisions to implement 30-year paid-up military Survivor Benefit Plan (SBP) coverage; end deductions of VA survivor benefits from SBP when a member dies while performing military service; and to provide full, immediate concurrent receipt for disabled retirees designated “unemployable” by the VA were dropped from the final version of the bill. FRA will continue to work to improve these and other benefits in the First Session of the 110th Congress.

ACTIVE DUTY PAY

The legislation authorizes active duty service members to receive a 2.2 percent pay increase. (Last year's NDAA authorized a 3.1 percent increase in pay.) FRA

supported a larger pay increase (2.7 percent) contained in the House version of the Defense Authorization bill. While the 2.2 percent pay increase (effective 1 January) kept pace with wage growth in the private sector last year, it would be the smallest pay increase since 1994 and does little to close the remaining pay gap between military and civilians. In addition, Congress approved a targeted pay increase for pay grades E-5 through E-7, and warrant officers ranges from 1 percent to 8.3 percent takes effect 1 April. The cumulative impact will lower the pay gap to 4.0 percent for some senior enlisted.

TRICARE STANDARD FEE DEFEATED

A Senate provision in its FY2007 Defense Authorization bill that included a TRICARE Standard “one-time” enrollment fee (\$25 single/\$40 family), was dropped in conference. However, the final legislation mandates that a DoD Task Force on the Future of Military Health Care be established to study the need for a TRICARE Standard enrollment fee. FRA believes that the Defense Department has not sufficiently investigated other options to make TRICARE more cost-efficient as alternatives to shifting costs to TRICARE beneficiaries.

TFL SCORING AND PHARMACY PRICING

Important FRA-supported provisions restating Congressional intent to prohibit the practice of including the amount of the annual TRICARE for Life (TFL) trust fund deposit as part of the Department of Defense's (DoD's) health care budget, and mandating federal pricing for retail pharmacy prescriptions were dropped from the the FY2007 National Defense Authorization Act.

TRICARE for Life was to be funded independently when the program was enacted and the inclusion of costs associated with the program in the DoD budget significantly increases total health care spending and is being used to justify proposed drastic fee hikes for military retirees. The Office of Management and Budget (OMB) and DoD have argued that health care costs are crowding other readiness accounts in the overall budget. This issue is addressed in FRA's Congressional testimony and referenced in meetings with legislators and Capitol Hill staff in regard to FRA's opposition to the proposed fee hikes for 2007 and beyond — and included in FRA's letter to leaders of the House and Senate Armed Services Committees on conference is-

FY2007 COLA set at 3.3 percent

Military retirees, Social Security recipients, survivor benefit annuitants and veterans drawing disability compensation will receive a 3.3 percent cost-of-living (COLA) adjustment effective 1 December and payable in January, based on the new Consumer Price Index (CPI) figures recently released by the Bureau of Labor Statistics. The COLA increase is automatic, except for VA benefits for disabled veterans which have been approved by Congress for FY2007. Last year's COLA was 4.1 percent.

The Consumer Price Index (CPI) is used to calculate the annual COLA for military retired pay, VA benefits for disabled veterans, survivor annuities and Social Security benefits for the next year. The CPI is a benchmark to determine the cost of a "basket of goods" for the average American. Components in the "basket" include gasoline, electricity, food and beverages, housing, apparel, transportation, medical care and entertainment. When the consumer price index goes up, it is an indication that consumers have to pay more for the same amount of goods and services. Gas prices increased dramatically earlier this year, resulting in speculation that next year's CPI would be larger than the 4.1 percent in 2006. Lower gas prices at the end of the period measured resulted in a lower-than-expected 3.3 percent CPI rate for 2007.

LUMP-SUM OPTION FOR DISABLED VETS TABLED

FRA strongly supported testimony presented by the Disabled American Veterans (DAV) to the Veterans Disability Benefits Commission (VDBC) on behalf of 12 organizations opposing the concept of paying veterans' disability compensation in lump sums instead of monthly payments. FRA believes it would be highly inappropriate to use lump sums as a means to relieve the Government of its moral obligation to provide adequate resources for veterans' programs and its responsibility to administer those programs efficiently. The Commission voted unanimously to table the proposal. The complete statement is available on www.fra.org/dav.

sues addressed in the House and Senate Defense Authorization bills.

Another potential cost-saving initiative — mandating federal pricing for TRICARE retail pharmacy prescriptions — was also dropped during conference deliberations. Powerful drug companies and retail pharmacies prevailed on two fronts in opposition to extending much lower federal pricing to DoD with regard to prescriptions dispensed via the TRICARE retail pharmacy benefit. This issue was also challenged in a law suit filed by the Department of Defense which claimed a 1992 law (Veterans Health Care Act) applies to prescriptions filled for TRICARE beneficiaries in these stores. The court disagreed and found in favor of the retailers which will result in continued higher costs to DoD for retail outlet prescriptions. In addition, a provision in the Senate Defense Authorization bill would — if included in the final conference report — have codified the federal pricing program for the retail pharmacy benefit. This too was dropped during conference deliberations and is not addressed in the final version of the legislation. Tom Philpott's Military Update column of 20 July 2006, posted on FRA's Web site at www.fra.org, offers more

information on this issue — including details about intense Congressional and Administration lobbying in opposition of the more favorable pricing plan. This is an example of trade groups exerting strong influence on a major benefit issues and is directly related to growing pressure on DoD's health care budget which prompted the drastic 2007 fee hikes proposed for younger military retirees. The increases are deferred for at least a year pending studies on other cost-savings per highly effective advocacy efforts by FRA and other beneficiary groups.

EMPLOYER PENALTIES APPROVED BUT DELAYED

One of the more onerous provisions in the NDAA prohibits civilian employers from providing cash or other incentives to their TRICARE-eligible employees to opt out of the company health plan and use TRICARE instead. The effective date of this provision is delayed until 1 January 2008, and DoD must submit a report to Congress on how this would affect employee coverage through a cafeteria plan (A benefit plan that allows employees to select their own healthcare benefits with a set amount of employer money) or when employers make payments to employees who use any alter-

native insurance, not just TRICARE. FRA raised concerns that the provision, as written, would unfairly punish retired members whose employers only offer cafeteria plans or who provide money to an employee using another plan through a spouse or previous employer. The delayed effective date will allow Congress time to change the law if the Pentagon report indicates that the primary result will be to penalize military retirees.

IMPROVEMENTS TO TRS PROGRAM

The TRICARE Reserve Select (TRS) Program was expanded by Congress last year to offer health care coverage to qualified members of the Guard and Reserve and their family members effective 1 October 2006. The expansion allows qualified members of the Selected Reserve to purchase health care coverage, with three tiers of premium sharing.

Congress made further adjustments to the TRS benefit this year by eliminating the tiered system, thus making TRS available to Selected Reservists and their families for the same 28 percent cost share which is currently the lowest Tier (Tier1). The TRS changes however, will not take effect until 1 October 2007.

VDBC Reviews Concurrent Receipt

The Veterans Disability Benefits Commission continues its work and discussed concurrent receipt at its October meeting in Washington, D.C. The panel plans to consider four preliminary options on the issue:

- Endorse the current “tiered” approach — maintain the system the way it currently is for Combat Related Special Compensation (CRSC), and Concurrent Retirement and Disability Payments (CRDP),
- Endorse an offset of military retired pay by VA disability compensation (return to the retired pay/VA compensation offset);
- Endorse “full” concurrent receipt of both military retirement and VA disability compensation (provide immediate CRDP for 20 year retirees); and
- Endorse expansion of CRDP to include 10–40% (first scenario with inclusion of 10–40% CRSC disabled retirees).

FRA supports legislation to provide immediate payment of concurrent receipt of full military retired pay and veteran’s disability compensation for all disabled retirees and has been monitoring meetings by VDBC since its inception in May, 2005. The Commission is required to submit its final report to Congress by 1 October 2007.

FRA Supporting Veterans Data Security

The Senate has an opportunity during the “lame-duck” session after the November election to consider FRA supported legislation (H.R. 5835), sponsored by House Veterans Affairs Committee Chairman Rep. Steve Buyer (Ind.) that enhances data security for veterans. The bill creates an Office of the Under Secretary for Information Security and provides credit monitoring and fraud remediation for affected individuals. Additionally, the bill would require a study on using personal identification numbers rather than Social Security numbers for veterans’ benefits. The House passed the bill before recessing to return home to campaign for the 7 November election. The Senate will need to move quickly to pass the legislation before

the end of the 109th Congress. For updates, visit FRA’s on-line *Action Center*.

FRA Hosted Voting Teleconference

FRA hosted a Voting Information Teleconference at NHQ on 11 October 2006 in conjunction with Absentee Voting Week. John R. Davis, FRA’s Director of Legislative Programs, hosted the teleconference and referenced the importance of voting and the Association’s efforts to improve voter participation in federal elections and the monitoring of efforts to expedite the processing of overseas absentee ballots. Ms. Polli Brunelli, Director, Federal Voting Assistance Program (FVAP) for the Department of Defense, explained how FVAP assists service members overseas with the voting process. According to Brunelli, voting participation of personnel in the Navy, Marine Corps and Coast Guard has increased significantly since the 2000 election. Contact FVAP through www.fvap.gov or phone 1-800-438-VOTE (8683). FRA teleconferences are scheduled on the second Wednesday of each month and focus on key issues of importance to the FRA and LA FRA. Details available on www.fra.org, under My FRA / Association Member News.

FRA Hosts Mental Health Task Force

FRA hosted staff of the recently established DoD Mental Health Task Force, established by the FY2007 National Defense Authorization Act. A major focus of the Task Force is to evaluate the need for additional mental health assistance for active duty service members returning home from Iraq and Afghanistan. More than one-third of veterans of the Iraq and Afghanistan wars seeking medical treatment from the Veterans Health Administration report symptoms of stress or other mental disorders — a tenfold increase in 18 months. The Task Force is scheduled to submit a final report to the Secretary of Defense by May, 2007.

Active Duty Recruiting Goals Achieved

DoD announced that all services were successful in achieving recruiting goals for active duty personnel for the past year. The Navy, the Marine Corps and the Marine Corps Reserve achieved 100 percent of their respective recruiting goals but the Navy Reserve fell short with only 87 percent of its goal. FRA is recognizing the Marine Corps’ and Navy’s top Recruiters at events scheduled here in December, and also recognized USCG Recruiters at a special ceremony last March. The Coast Guard also announced its recruiting statistics for FY 2006 and it exceeded its active duty goal with 101 percent but fell well short (66 percent) of their Reserve recruiting goal.



TRICARE by the Book

TRICARE has published a new, more detailed handbook for all beneficiaries covered under TRICARE Standard.

Although the new handbook includes useful information — from what is covered to how to file a claim — it does not include any information on costs. TRICARE has created a separate beneficiary costs flyer which will be updated whenever fees change. The flyer lists costs for all TRICARE programs, including dental and pharmacy benefits.

Beneficiaries may obtain copies of the handbook and the cost flyer from their regional contractors or a local TRICARE Service Center: North Region: 1-877-874-2273; South Region: 1-800-444-5445; West Region: 1-888-874-9378 or the TRICARE Smart Site: <http://www.tricare.osd.mil/TRICARESmart>.

Financial Services Protections Approved

The President signed legislation introduced by Sen. Michael Enzi of (Wyo.) into law recently. Service members will now be protected from salesmen pushing substandard or overpriced financial service and insurance products. The measure allows state insurance regulators to better enforce state and federal law on military bases. It also bans discredited financial products that are no longer available in civilian markets but are still sold to service members. The bill (S.418) was in response to high-pressure sales tactics by financial service salesmen. The legislation sets up a registry of investment advisers and brokers to help inform military personnel about sellers with suspect credentials.

MGIB Benefits Reviewed

A joint hearing of the House Armed Services Personnel Subcommittee and the House Veterans' Affairs Subcommittee on Economic Development focused on reforming the Montgomery GI Bill (MGIB). They discussed merging the "GI Bill" benefits for both Reservists and active duty under one oversight department. Currently active duty benefits are under Title 10 (DoD) and Reserve benefits are under Title 38 (DVA). DoD testified in opposition to an FRA supported provision in the Senate defense bill that allows Reservists to draw benefits up to ten years after service. DoD is concerned that this provision would have a negative impact on retention.

Currently only active duty members can draw benefits after service. Concern was expressed that benefit funding has not kept pace with the cost of a college education. In 1985, MGIB paid 47 percent of college costs and now pays only 29 percent. FRA supports increased funding of MGIB benefits to keep pace with the increasing cost of a college education plus enrollment authorization for VEAP-era personnel and career service members who did not enroll in the MGIB.

34th Marine Corps Commandant Assumes Office

Gen. James T. Conway, USMC, assumed office as the 34th Marine Corps Commandant on 13 November 2006. He replaces Gen. Michael Hagee.

Conway comes to the commandant's position from the Joint Staff, which assists the Chairman of the Joint Chiefs of Staff in accomplishing his responsibilities. Among his many accomplishments, Conway commanded Battalion Landing Team 3/2 during Operations Desert Shield and Desert Storm. Selected for colonel, he served as the Ground Colonels' Monitor, and as Commanding Officer of The Basic School. His general officer duties included Deputy Director of Operations J-3 for Combating Terrorism on the Joint Staff, Washington, D.C.; and President, Marine Corps University at Quantico, VA. After promotion to Maj. Gen., Conway assumed command of the 1st Marine Division. In November 2002, he was promoted to his current rank and assumed command of the I Marine Expeditionary Force (I MEF). He commanded I MEF during two combat tours in Iraq. Conway was born in Walnut Ridge, Arkansas and is a graduate of Southeast Missouri State University.



Photo dated June 2005.

OPERATION: HOME DELIVERY



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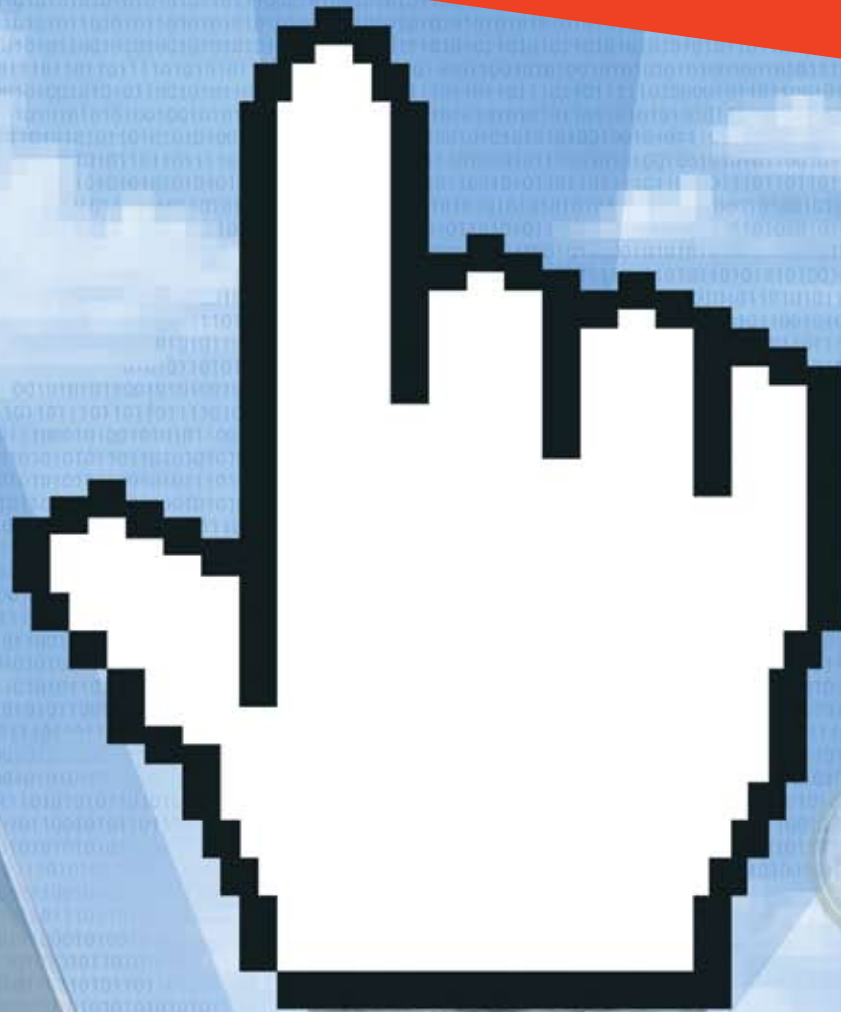
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THE DIGITAL REV



EVOLUTION

TECHNOLOGY 101:

THE REVOLUTION WILL BE DIGITIZED

TECHNOLOGY IS SUPPOSED TO SIMPLIFY OUR LIVES, RIGHT? SO WHY IS IT THAT THE COMPLEXITY OF INCORPORATING NEW DEVICES FEELS THE CONTRARY? MOVING FROM LPs TO MP3s IS AS FAR A REACH AS STEPPING FROM A BICYCLE TO A CAR, AND THE NEW CHOICES INVOLVED TAKES UNDERSTANDING OF THE NEW MEDIUM AS WELL AS THE IMPLICATIONS OF THE NEW WAYS OF DOING THINGS. IN THIS ISSUE, WE WILL TRY TO SIMPLIFY BITS AND PIECES OF SOME OF THE MORE PREVALENT TECHNOLOGIES THAT ARE CREEPING INTO THE DAILY LIVES OF NEARLY EVERYONE. THERE IS EVEN A GLOSSARY OF THE MOST COMMON TERMS ON PAGE 14 TO HELP YOU DECIPHER THIS NEW AND CHANGING LANDSCAPE.

SO WHY CHOOSE A DIGITAL CAMERA OVER FILM? WHY AN MP3 PLAYER OVER A CD PLAYER? WHAT FEATURES ARE IMPORTANT ON A MOBILE PHONE? WHAT USED TO BE SIMPLE CHOICES NOW REQUIRE EXTRA THOUGHT AND CONSIDERATION WITH THESE MODERN ADVANCEMENTS. WITH THE HOLIDAYS HERE, THERE WILL DEFINITELY BE PLENTY OF GADGETS, GIZMOS, WHATNOTS AND WHOZITS BEING GIVEN AND RECEIVED AS GIFTS, MANY OF WHICH REQUIRE A STEEP LEARNING CURVE.

LET'S START AT THE BEGINNING ■ ■ ■

The digital revolution has opened many doors for things like cameras, music, computers and phones. Home computers are becoming as commonplace as televisions; many people no longer have a home phone because mobiles are inexpensive and convenient. Music collections which used to fill shelves with vinyl records are now compressed into devices the size of a deck of playing cards. This all spawned from the transition from analog to digital signal processing. With the new digital devices, pictures have become a grid of tiny dots of color information that can be viewed on the device itself, on one's home computer, the Internet or printed onto traditional paper as with film. Music has become a string of data that can be easily manipulated, stored, copied, transferred and played. This flexibility is what drives technology forward, and at the same time introduces a level of complexity to what used to be simple.



DIGITAL CAMERAS

The transition from film to digital doesn't have to be as daunting as it first may seem. Although film has been replaced with memory cards, the range of quality still exists from simple point and shoot models to professional single lens reflex (SLR) cameras. However, a new concept, resolution, has come into play.

The biggest consideration when shooting digital images is resolution, measured in megapixels (MP). Digital images are captured in pixels, tiny points of digital information that relate to color. This information is electronically stored on a memory card just as light exposure is chemically stored on film. The higher the resolution, the better quality the image will be when printed on paper. However, as resolution increases, so does file size.

Each image is recorded as a digital file, with all of the bits of color information stored together on the memory card. How many pictures can be stored on the camera depends on how high the resolution is and how much information the memory card can hold. A rough guide is that one megapixel is equal to 3 megabytes (MB) of storage space. That means that taking pictures at 3 MP, you can fit roughly three images per ten megabytes of storage, or around 150 images on a 512 MB card.

When choosing a camera to purchase or understanding the capabilities of your new gift, take into account resolution, features and how much memory it can handle. If you plan on simply looking at the images on your computer or e-mailing them to friends and family, smaller resolution (1-3 MP) should suffice. However, if you want to print to paper, then you will need at least a 3 MP camera, if not more. Today's standard models seem to be hovering around the 3-5 MP point, with professional models recording upward of 10 to 12.



MP3 PLAYERS

The latest revolution in portable music is the MP3. As vinyl records were replaced by cassette tapes, and cassettes replaced by compact discs, now MP3 translates digital audio, as on a CD, and shrinks the file size offering large amounts of music to be stored on smaller devices. As mentioned in "Analog vs. Digital" at the bottom of page 13, vinyl records and cassette tapes are analog recordings, meaning that the information on them is read as a continuous sound wave transferred from the medium (the grooves on the record, or the magnetic pulses on the tape) through some sort of pick up (the needle on the record player, or the head on the tape recorder). With the digital revolution changing analog signals to digital information, CDs were introduced. The new medium opened the same doors to audio as digital images did for cameras.

So what does it all mean? Let's look at digital audio (and video for that matter) in the same light as projected movies or early animation. The concept of a series of frames, each slightly different from the one before, flashing rapidly by, holds the same principle as a series of digital audio or video streaming across a processor. In order to compress or make the file smaller, the original track is "sampled." It's like trimming the file down, but since trimming a chunk from either end or the middle out would ruin the song, tiny bits are trimmed out at regular intervals along the whole thing. What's left are the samples, and strung back together sound close enough to the original for the human ear, but the file is now half the size. How frequently the original recording is sampled is referred to as bitrate. Just as with digital images, the higher the bit rate the higher the quality, and once again, the larger the file size.

Music is stored on either memory cards or directly on the device. Different bitrates produce different file sizes, but, again, a simple "standard" for calculating how much music can fit into the memory of your device is roughly 3-5 megabytes per song. With this in mind, you could fit around 125 songs onto 512MB of storage, or 250 songs per Gigabyte (GB), often referred to as "gigs."

The transition from analog signal to digital file allows for the new generation of playback devices (most common these days is the iPod) to hold thousands of songs in a small, portable package that can be listened to through headphones, played back on a home stereo system or moved to the car to have your entire music collection on the road. Music can be purchased as CDs or downloads from the Internet. Consumers now have the choice of purchasing the entire album or just their favorites, song by song. Music and video can be transferred to and from portable devices like MP3 players easily with most home computers.

THE DIGITAL REVOLUTION

The biggest considerations for choosing an MP3 player would be storage space, features and connectivity. Currently the iPod has the largest technological support, and many companies make adapters to connect them to home stereos, car stereos and standalone speaker kits. Before purchasing, consider how much music you'd like to store on the device, what you'll be mostly using it for and what features are necessary for your use.

Features that were once considered extra on land lines are expected on mobile phones these days. Caller ID, call waiting and voice mail are all par for the course. Again, before buying, consider what bells and whistles you'll actually use. With a new mobile contract, you can get a free phone or pay upward of \$600 for the latest in PDAs. Your choice may fall somewhere in-between. Decide what you'll actually use. Most camera phones have very low resolution and don't do well in low light, so don't expect to replace your camera with it; however, for random snapshots around town they're lots of fun. You may also love e-mail on your phone, but not everyone uses it enough to justify the cost. If you need access to your home PC files on the go, there are phones that can manage that as well. When deciding on a phone, take into consideration the features that you will actually use, and don't get roped in by the sales person who is making a commission from the extra cost of features you'll never use.

MOBILE PHONES AND PERSONAL DIGITAL ASSISTANTS



Mobile phones have the widest range of features to consider. They can offer features from as simple as storing phone numbers and making calls to full-fledged multimedia devices that take pictures and video and play MP3s, as well as surf the Internet. Gone are the days of rotary phones; busy signals are replaced by call waiting or voice mail and even pay phones are becoming less and less common. Now calls are placed and received from people rather than static locations since the phone travels with them. Additionally, the latest generation of phones can be "all in one" devices that can make calls, take pictures and video, play music, connect to the Internet and retrieve our e-mail. This can be overwhelming, even to the most "tech savvy" of geeks.

This holiday season, don't fear the revolution. Embrace it. New technologies, while complex at first, can easily be mastered. Many devices are fairly automated and self-explanatory. The seemingly complicated task of transferring files back and forth usually means opening a folder on your home computer and dragging the file to a folder on your device. One or two tries should be all it takes to become a pro. Phones can be a different story as the latest features can get downright overwhelming. From the Blackberry to the new Razer, mobile phones almost have the functionality of laptop computers. However, most service carriers will give you the basic model for free, so unless you are aware of a specific feature that you need, it should suffice. All in all, the digital revolution is simplifying our lives — there are just new learning curves that come along with it.

ANALOG VS. DIGITAL



The transition from analog to digital is the basic building block driving technology forward. Old technology is based on analog signals which can be best described as a continuous wave of varying frequencies. Whether the signal is read from a physical source i.e., records and cassettes, or "over the air" i.e., radio and analog television, it translates as a continuous wave. Digital, on the other hand, translates available information into a series of ones and zeros, consists of digits called binary code. Hence the nickname "digital." Digital devices such as computers, cameras, MP3 players and even newer televisions read the string of digital information, process it and produce the respective outputs on screen or through speakers.

While purists may see and hear differences in the final product, as in digital photography versus film, or LP recordings versus CD, the freedom to store, transfer, manipulate and copy digital information is unmatched by its analog counterpart. With an analog signal, there are limitations to storage, as well as the inherent degradation with successive copies. Since digital information is translated in binary code, storage becomes less of an issue and copies are exact, as what is being copied is a string of ones and zeros.

WHAT DOES IT ALL MEAN?

A GLOSSARY OF TERMS AND ACRONYMS

Along with new technology comes new vocabulary. The terms used to describe the aspects and features of new electronics can be downright confusing. Below is an abbreviated glossary of some of the more common terms.

File size and storage capacity:

MB: Megabyte. This is one of the two most common references to storage capacity. It is equal to 1000 bytes. Most removable storage is still measured in MB, such as memory cards for cameras and recordable CDs.

GB: Gigabyte. This is the other of the most common references to storage capacity. It is equal to 1000 megabytes (MB). This larger unit of storage is used for storing large amounts of information as in MP3 players, computer hard drives and high resolution digital cameras.

Types of memory cards and writable media for computers:

CF: Compact Flash. One of the first types of removable media for portable devices. Being one of the earliest types of storage, it is also physically the largest “flash” type memory card. This has the bonus of being able to hold the largest volume of data.

SD: Secure Digital. The “next generation” in removable media. It is quite a bit smaller than CF, yet can store sufficient amounts of data.

MiniSD: Mini Secure Digital. The latest in physical downsizing of removable storage. MiniSD has nearly the capacity of SD, but in a smaller package. They often have adapters to fit into devices that take SD cards.

XD: The smallest yet of removable media, the XD card is not as common as the former.

CD-R: Recordable Compact Disc. Blank CDs that can be written to only once.

CD-RW: Rewritable Compact Disc. Blank CDs that can be written to and erased multiple times.

DVD: Digital Video Disc. A type of CD that has large enough capacity to hold video.

DVD+/-R: Like CD-R, it is a larger volume blank DVD that can be written to only once.

DVD+/-RW: Like CD-RW, it is a blank DVD that can be written to and erased multiple times.

There are also three main types of memory associated with home computers, they are:

RAM: Random Access Memory. This is the computer’s short term memory. Data is stored here while working, and, until recently, has been measured in MB, although modern computers are coming with 1GB as a standard and upwards of 4GB.

ROM: Read Only Memory. This is the acronym behind CD ROM. It refers to fixed memory that cannot be written to, only read from.

HDD: Hard Disk Drive. The main storage area in computers. The HDD is “long term” memory. It is where files are stored permanently.

Various acronyms and terms that are common for today’s technology:

Broadband: A type of Internet connection that allows more data to be transferred over the Internet at a fast rate.

CRT: Cathode Ray Tube. The type of display which works like a television.

Download: To pull information from the Internet onto your computer, or from your computer to a device.

HD: High Definition. New televisions and displays are being offered in a higher resolution than before.

HDTV: High Definition Television. Newer televisions are supporting higher resolutions.

LCD: Liquid Crystal Display.

MP3: A type of file used in digital audio.

PDA: Personal Digital Assistant. Handheld devices (computers, really) that have useful features like scheduling, Internet connection, and e-mail. Can often sync with a desktop computer to share information.

Pixel: The individual pieces of data that make up a digital image. More pixels equals higher resolution.

Resolution: The measure of clarity, usually how many pixels are displayed or recorded.

Upload: To transfer data from your computer to either the Internet, or to a device.



Shawn Sparks is a graduate of UMass Amherst where he studied journalism and Information Technologies. He spent many years reviewing computer hardware on a freelance basis. He can be reached at shawn.sparks@gmail.com.

ANNOUNCING YOUR SPECIAL FRA MEMBER BENEFIT

Pays you up to \$5,000.00 in cash benefits

ATTENTION: FRA Members Age 65+

If you or someone you know has ever been in the hospital, you've probably seen the "sticker shock" firsthand: \$950 for an emergency room visit ... \$3,200 for one day in the hospital ... \$11,000 for knee surgery.¹

Though Medicare and your other health insurance cover a generous amount of your hospital bills, you may find some limitations in how much they cover. That means paying part of your hospital and home recovery bills out of your own pocket.

That's why FRA Insurance Services is pleased to offer you the FRA Short Term Recovery Insurance Plan as a special, guaranteed-issue member benefit.

This plan pays you cash benefits if you're admitted to the hospital for as little as one day.

It also pays cash for covered home recovery expenses you often need when you leave the hospital, including home nursing services, physical and occupational therapy, companion care, home health and homemaker services and more.

Endorsed by



Your specially negotiated benefits under this Plan include:

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- ✓ Cash benefits paid in addition to any other coverage you may have, and **you can use the money however you want**
- ✓ **Affordable rates** starting under a dollar a day, specially negotiated for FRA members
- ✓ **Protection that can't be cancelled because of your health**, even if you live to 100
- ✓ **Guaranteed acceptance for you and your spouse**, no matter what your current health or health history (subject to the Pre-Existing Condition Limitation)

ADVISORY: Right now, this member benefit is yours for the asking if you're a FRA Member over age 65, regardless of your health or medical history. No medical exam is required. No paramedic will visit your home for a blood test. You're GUARANTEED ACCEPTANCE.

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¹ Sample charges from: PacificSource Health Plans. "2004 Average Cost of Medical Care." http://www.pacificsource.com/PDFs/Materials/Members/average_cost_of_care_mbr.pdf. Viewed 10/10/05.

Need a phone number? Have a reunion to post? Want to ask a question? Need a copy of the FRA Constitution and Bylaws? Wondering about FRA's legislative agenda? Interested in emailing your Senator? Looking for a job? Want to read an article?

Look no further than www.fra.org. The site offers public information and a members-only area, designed to support, inform and educate FRA shipmates and prospective members. Through the miracles of modern technology, a member can login to his or her own record, make changes, post questions for members of their branch or read the latest Association news.

How? Here's a handy guide for members to keep as a reference!

Logging In

Every member is given a username and password based on the formula:

- Username: your 9-digit member number
- Password: first initial of your first name, followed by your last name

Once you login for the first time, it is strongly suggested that you go to MY FRA, click the button toward the right that says "Security" and set your username and password to be whatever you would like. When you're done, hit "Submit."



If you have any problems with this, please call 800-FRA-1924 from 8:00 am – 5:30 pm EST, and Member Services can help or e-mail Shirley@fra.org.

Now that you're logged in....

Let's tour of a few pages on the site, and look at the options available:

About FRA

This section gives prospective members a brief history of FRA, regions covered, who to contact at Headquarters, information on scholarships (including application forms), Americanism/Patriotism Essay Contest information and contacts, various awards and recognition programs, reunions posted by FRA members, a link to LA FRA's site and a convenient donation link.



Join

Refer prospective members to this portion of the Web site, where they can join FRA quickly and easily! Credit card payments are accepted and new members will have immediate access to all the benefits of FRA membership.

My FRA

UPDATE MEMBER INFO

Check the information we have on file, and make any updates necessary. Add your e-mail address, update your mailing information, service status or rate, or change other information about your membership. Under "More Info" you'll find a page called "Member Demographics." Want to subscribe to *Newsbytes*? This is where to do it. Keep watching this page, as we'll continue to give more options here.

MEMBERSHIP BENEFITS

Learn more about discounts and services that are available to FRA members such as health and auto insurance, eyewear, rental cars, banking services, travel opportunities, and Navy and Marine Corps Times. FRA members also have access to FRA.USBonds4U — a program that offers U.S. Savings Bonds as a reward for shopping online.

SCHOLARSHIPS

Learn how shipmates and their family members can apply for a variety of educational scholarships. This page also offers downloadable applications for FRA and LA FRA scholarships.

DONATIONS

Use this page to donate to FRA's disaster relief fund, convention booster roll or other ongoing campaigns to raise funds for the Association. You must be logged in to use this page — that way your donation is tracked in your record.

REUNIONS

Connect with former crewmembers or long lost buddies from your military past. Shipmates can post reunion notices on this page and can also see reunions scheduled by other members of the Association.

USEFUL LINKS

This page contains links to a multitude of military and federal web sites, as well as other military and veterans' associations. Shipmates can also link to branches that have their own web sites. Do you have a suggested link? Let us know!

ASSOCIATION MEMBER NEWS

There's lots of valuable information on this page! Learn about ongoing membership campaigns, FRA's monthly teleconference schedule, how to supply electronic committee reports to NHQ, and downloadable versions of membership applications, report forms, meeting minutes from Board of Directors' meetings, items that branches have for sale and FRA's standing rules, constitution and bylaws and rituals.

AREA FOR BRANCH AND REGIONAL OFFICERS

Branch and regional officers can check branch rosters, search FRA's database for a specific shipmate, learn how to submit reports digitally to FRA NHQ, and download digital images of FRA's traditional triangle and "swoosh." Secretaries can update records for shipmates, subscribe them to *NewsBytes*, request a replacement card or bill be sent and more.

REGION LISTING

A list of FRA’s nine regions appears on this page. Click on the region name, and the list opens as a pdf file, so please make sure you have Acrobat Reader to view. A link is available for you to download that program.

News

CURRENT

Taken directly from the front page of FRA’s Web site, this portion of the site focuses on the latest news that affects our members.

PRESS RELEASES

FRA’s Communications’ Department regularly sends press releases to media outlets when we have news to share with the world. It also gets posted here.

NEWSBYTES

FRA’s weekly broadcast e-mail gets posted here each Friday. To receive your free e-mail version, send a request to newsbytes@fra.org or after logging in, go to MY FRA, click “More Info,” “Member Demographics” and check the “Subscribe to *Newsbytes*” box. It’s that simple.

MILITARY UPDATE

Written by syndicated columnist Tom Philpott, Military Update is posted exclusively on FRA’s Web site and covers breaking news affecting benefits and the lives of service members and their families.

SGT. SHAFT

John Fales (a.k.a. Sgt. Shaft), a columnist for the *Washington Times*, writes his weekly column with a wry sense of humor, empathy for the underdog and a strong love of country and fellow veterans.

MARRIAGE AND MILITARY LIFE

Columnist and author Gene-Thomas Gomulka focuses on issues related to married service members and their families.

Communities

This can be the most versatile and dynamic part of the Web site! Each branch

and the members at large all have their own community. When you log in, the



site recognizes which communities you should see, and automatically shows you those.

Why does this matter? It’s a great chance to communicate with members of your branch, have a conversation about health care, discuss the latest topics in *OnWatch* or ask a question about the Web site.

To be notified when someone posts to the site, click “Global Preferences” where you will be offered the chance to subscribe to any communities in which you are interested. You will still see the



other communities available to you, but you will not receive e-mail notification if someone posts to those communities.

Branches can use this area to communicate with members who are not able to come to meetings regularly or who live far away. Let people in the branch know what is going on, what exciting things are happening and how your recruitment, retention and reinstatement is going!

Branches can designate whomever they would like to be the community administrator.

If you have a designee for your branch or there is a community you

would like to start, e-mail Eileen@fra.org and let her know!

Publications

FRA Today: The monthly membership magazine for FRA Shipmates, *FRA Today* keeps our members up to date on the Association’s legislative initiatives, fellow shipmates, and other FRA news. This page is only available to FRA members.

OnWatch: A quarterly magazine focusing on FRA’s work to support and educate active duty and reserve personnel. To read, go to www.fra.org/onwatch.

Legislative

LEGISLATIVE AGENDA

FRA’s primary mission is to preserve and enhance benefits and quality-of-life programs for our members and their families. Learn what issues FRA is tackling on your behalf, and read testimony and correspondence related to the Association’s legislative work.

Action Center

Your grassroots advocacy has a direct influence on the Association’s ability to effectively represent your concerns before Congress and appropriate federal agencies. This page allows you to communicate your views with your elected officials. You can use one of the prewritten letters or compose your own. You can also learn where your elected officials’ stand on issues important to you, understand FRA’s position on key legislation, and send messages to your local news outlets.

Support FRA

Donations: Shipmates can use this page to donate to FRA’s disaster relief fund, convention booster roll or other ongoing campaigns to raise funds for the Association.

Career Center

Visit FRA’s Career Center to search for a job, build and/or post your resume, post a job, or get assistance in writing a job-winning resume. Powered by Monster.com, this page also provides career advice.

East Coast Region

Regional President: Delbert L Herrmann, 10 Sheridan Dr, Wilmington, NC 28401-2640, H: (910) 762-3258, delherrmann@wmmconnect.com
 Regional Vice President: Claire Haynes Purdy, 1239 Ramblewood Dr, Annapolis, MD 21409-4666, H: 410-757-4853

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
004	DC, WASHINGTON	Rodolfo B Ines	Claudio B Pedery	(301) 292-4203		281 Sunbrook Lane, Hagerstown, MD 21742-4174	NAN/MC Tracen Bldg 351, 2nd Floor, NAVSTA Anacostia, DC	1300, 1st Sat.
005	VA, NORFOLK	Edward D Klavenski	Thomas L Leisher	(757) 853-1586	secbr@cox.net	4912 Cape Henry Ave, Norfolk, VA 23513-2717	VFW Post 4809, 5728 Bartelee Street, Norfolk, VA	1000, 4th Tues.
006	MD, BALTIMORE	Joseph H Strader	Nancy W Maksin	(443) 717-2303	yeomanet@hotmail.com	1492 Mara Vista Ct, Crofton, MD 21114-1132	War Memorial Building, Gay & Fayette Streets, Baltimore, MD	1930, 1st Fri.
024	MD, ANNAPOLIS	J.E. Eugene Rasmussen	George N Dorsey, Jr.	(410) 987-4341	gndorsey@bigplanet.com	100 Compromise St, Annapolis, MD 21401-1808	100 Compromise Street, Annapolis, MD	2000, 2nd Tues.
033	WV, FAIRMONT	Harold S Swidler	Robert H Smith	(304) 363-4163	rsmith2519@aol.com	PO Box 1406, Fairmont, WV 26555-1406	VFW Post 7048, 1310 Morganton Avenue, Fairmont, WV	1930, Last Thurs.
037	VA, PORTSMOUTH	William D Hansen	Joseph E Cobb	(757) 397-2354	cobbj66@yahoo.com	PO Box 7215, Portsmouth, VA 23707	MMWR Youth Center, Alabama Avenue, Portsmouth, VA	1400, 3rd Sun.
040	VA, CHESAPEAKE	James Campbell	Edward B Waring	(757) 424-1153	edwaring@cox.net	1723 Fisher Ave, Chesapeake, VA 23320-2229	Four O Club, 4060 S. Military Highway, Chesapeake, VA	2000, 3rd Tues.
041	VA, ROANOKE	Robert L Turman	Joe Black	(540) 892-5757	blackjsa@aol.com	1526 Virginia Ridge Dr, Hardy, VA 24101-3777	St. Citizen's Chr. WMM, 814 E. Wash. Ave. Vinton, VA	1830, 3rd Tues.
052	NC, DURHAM	Ronald W Bobbitt	Joseph T Wilson	(919) 590-1968		1108 Cardinal Ct, Clayton, NC 27520-2802	AnLeg Post 7, 406 E. Trinity Avenue, Durham, NC	1900, 3rd Mon.
060	VA, NORFOLK	Laura R Ferguson	Norman W Larson	(757) 480-2409	VLSGunner@aol.com	9611 First View Street, Norfolk, VA 23503-1603	Branch Home, 9611 1st View Street, Norfolk, VA	1900, 2nd Thurs.
067	MD, SUITLAND	Delbert B Powell	Jenny Backler	(301) 808-2060		706 Romford Dr., Landover, MD 20785	Branch Home, 5006 Surtland Road, Suitland, MD	1930, 2nd Thurs.
093	MD, PATUXENT RIVER	Leo J. Wynne	Kelly A. Courtney	(301) 863-6414	kourtney@ntalex.com	PO Box 93, Patuxent River, MD 20670	21707 Three Notch Road, Lexington, Park, MD	1800, 2nd Mon.
099	VA, VIRGINIA BEACH	Charles A Baldwin	Martin G Wood	(757) 479-1812	mgw1812@verizon.net	357 Edwin Dr, Virginia Beach, VA 23462-4522	357 Edwin Drive, Virginia Beach, VA	1900, 2nd Wed.
123	NC, MORGANTON	Timothy B Propst	Connor L Corkran	(828) 437-3517	conkran123@charter.net	PO Box 132, Morganton, NC 28680-0132	Broadwalk Grill, 315 Sanford Dr., Morganton, NC	1800, 1st Thurs.
131	VA, DAHLGTON	Anthony J Ventolo	Michael David Stamper	(540) 663-9182	mdsmgs@msn.com	13394 Harryberry Ln., King George, VA 22485-5585	Contact Secretary	1730, 3rd Wed.
141	NC, HAVELOCK	Mark A Allen	W.G. Jerry Butler	(252) 514-9827	candbutler@always-online.com	PO Box 922, Havelock, NC 28532	Branch Home, 601 Webb Boulevard, Havelock, NC	1900, 2nd Tues.
142	MD, FREDERICK	Henry B Cranford	Thomas R. De Byl	(301) 845-6033	tdely@afionscience.com	PO Box 1653, Frederick, MD 21702-0653	AMWETS Post 9, 409 W. Green Street, Middletown, MD	1900, 4th Wed.
166	VA, VIRGINIA BEACH	Thomas A Cecil	Ray E Santee	(757) 431-0262	rsantee@cox.net	3212 Lakecrest Rd, Virginia Beach, VA 23452	VFW Post 392, 2408 Bowland Parkway, Virginia Beach, VA	1900, 3rd Mon.
168	MD, BAINSBORGE	Robert W McMahon	James Jones	(410) 658-6314	dearolddad@zoominternet.net	30 Mill Pond Dr, Rising Sun, MD 21911-1652	AnLeg Post 194, 338 E. Main Street, Rising Sun, MD	1930, 1st Wed.
172	VA, YORKTOWN	Douglas Rieger	Ira P. Millen	(757) 833-8841	ira@virginiacountyrealestate.com	400 Old York Hampton Highway, Yorktown, VA 23692-4819	400 Old York-Hampton Highway, Grafton, VA	1930, 2nd Thurs.
181	VA, ARLINGTON	Christopher J Slawinski	Edward Huylebrock, Jr.	(703) 978-8132	Dehyle@aol.com	4903 Heversham Ct, Fairfax, VA 22032-2323	AnLeg Post 139, 3445 N. Washington Blvd, Arlington, VA	1800, 1st Thurs.
182	MD, BETHESDA	Randy L Phillip	Wilho J Tommila	(301) 340-6782		1400 Broadwood Dr, Rockville, MD 20851-1795	AnLeg Post 86, 2013 Viers Mill Road, Rockville, MD	1930, 3rd Wed.
204	NC, ROCKY MOUNT	Frederick E West	John L Zavadil	(252) 446-7816	izavadi@earthlink.net	224 Foxhall Dr, Rocky Mount, NC 27804-8817	VFW Post 2057, 4220 Raleigh Rd (Hwy 97), Rocky Mount, NC	1930, 4th Tues.
207	VA, DALE CITY	William Watson	Jeffrey A Gilmartin	(540) 659-5930	Branch207@aol.com	1 Knolside Ct, Stafford, VA 22554-7879	VFW Post 1503, 14631 Minnieville Road, Dale City, VA	1000, 2nd Sat.
208	NC, JACKSONVILLE	Blackledge E Harper	Gerard D Healy	(910) 455-9551	shealy@ec.rr.com	8003 Tall Oak Ct, Jacksonville, NC 28546-6206	DAV Bldg., 300 Sherwood Rd., Jacksonville, NC	1930, 3rd Tues.
212	MD, FT MEADE	Lowell P Throngard	Howard I Throngard	(240) 277-2738	hthrongard@fifestar-response.net	1862 Hawk Court, Severn, MD 21144-3115	VFW Post 160, 2597 Dorsey Road, Glen Burnie, MD	1900, 2nd Wed.
217	NC, WINSTON-SALEM	Charles P Blackburn	Marvin C Yow	(336) 766-6420		PO Box 69, Lewisville, NC 27023	AnLeg Post 55, 111 Miller Street, Winston Salem, NC	1900, 3rd Tues.
219	VA, RICHMOND	John D Herber	Wikel J Cooper	(804) 276-5990		1600 Shadyrest Ct., Richmond, VA 23235-5429	First Unitarian Church, 1000 Blanton Avenue, Richmond, VA	1930, 3rd Wed.
228	NC, CHARLOTTE	Marvin M White, Jr.	Charles Thomas Rogers	(704) 782-1255		126 Hillside Ave SW, Concord, NC 28025-5606	Piedmont Chlorinator, 7424 Orr Rd, Charlotte, NC	1600, 2nd Sat.
257	VA, PORTSMOUTH	Arthur L Manley	George Washington	(757) 465-3605		102 Wynn St, Portsmouth, VA 23701-3140	DAV Chapter 27, 3019 Portsmouth Blvd, Portsmouth, VA	1300, 4th Sat.
259	NC, FAYETTEVILLE	Gerry Campbell	Charles D Dittmar	(910) 848-6126	cbdttla@aol.com	117 Sage Crk, Raeford, NC 28376-5472	RMA Building, 120 Elizabethtown Road, Fayetteville, NC	1900, 4th Tues.
293	NC, ELIZABETH CITY	David Balf	Darrell F McKinley, Jr.	(252) 338-3061	dfmkin@intelport.com	1716 Providence Rd, Elizabeth City, NC 27909-4539	918 Greenleaf Street, Elizabeth City, NC	1930, 1st Thurs.
299	NC, WILMINGTON	Harry E Whitted	Delbert L Herrmann	(910) 762-3258	delherrmann@wmmconnect.com	3233 N Kerr Ave, Wilmington, NC 28405-8684	Branch Home, 3233 N. Kerr Avenue, Wilmington, NC	1800, 2nd Sun.
309	DE, NEWARK	James M Jackson	Ronald B Littlejohn	(302) 798-8481	Rb197@aol.com	200 Commonwealth Ave, Claymont, DE 19703-2016	Delaware Military Academy, 112 Middleboro Rd., Wilmington, DE	1400, 2nd Thurs.
347	MD, SALISBURY	George W Winfree	Richard Abbott Robinson	(410) 546-2383	robin4765@aol.com	408 Viewfield Dr, Salisbury, MD 21804-8619	VFW Post 194, 821 Williams Street, Salisbury, MD	1400, 3rd Mon.
361	NC, ASHEVILLE	George C Butler, JR	Richard A Aldair	(828) 692-2287	ricasa@worldnet.att.net	320 Ficker Cir, Hendersonville, NC 28739-5950	Moose Lodge 781, Moose Hart Lane, Asheville, NC	1430, 3rd Sat.
369	MD, CUMBERLAND	Charles J Pennington	Louis S Treadwell	(301) 729-2257	ltreadwell@hereintown.net	725 Valley View Dr, Lavale, MD 21502-7238	725 Valley View Drive, Lavale, MD	1900, 3rd Tues.

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North Central Region

Regional President: Leon J Zalewski, 4726 S 22nd St, Milwaukee, WI 53221-2908, H: (414) 281-5438, lzalewski@wi.rr.com
 Regional Vice President: Marty J Posekany, 10930 Wildlife Dr, Greenville, MI 48838-8182, H: (616) 225-9264, posekany@chartermi.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
012	IL, CHICAGO	Eugene L. Gillette	Louis W Ebram	(630) 307-0859	ldjmond@wi.rr.com	257 Edgewater Ct, Bloomingdale, IL 60108-1942	JC George's Rest., 181 Countryside Plaza, Countryside, IL	1400, 3rd Sat.
014	WI, MILWAUKEE	Leon J Zalewski	John W Dymond	(414) 762-5801		P.O. Box 370575, Milwaukee, WI 53237-0575	Joe's K Ranch Restaurant, Cudahy, WI	1900, Last Wed.
017	OH, CLEVELAND	Edward Michael Blind	Dorothy M Blumson	(440) 845-4194		7407 Arden, Parma, OH 44129-2501	St. Stephens Church, 1930 W. 54th St. Cleveland, OH	1930, 4th Mon.
027	MI, DETROIT	Dale P Kaiser	Stanley J Maciag	(586) 739-8312	S.Maciag@comcast.net	45169 Ulrica Gr W, Shelby Township, MI 48317-5150	USCG Base, 110 Mt. Elliott Avenue, Detroit, MI	1400, 4th Sun.
028	OH, CINCINNATI	Jack E Fiederick	Lionel D Pfanzer	(513) 737-0599	lpfanzer@fuse.net	1117 Millville Ave, Hamilton, OH 45013-3938	VFW Post 4369, 3318 E. Sharon Road, Cincinnati, OH	1930, 2nd Tues.
032	MO, SEDALIA	Joseph O Simmons	Estli D Turner	660-886-6463	swabee@peoplepc.com	1683 S Lincoln Ave, Marshail, MO 65340-3425	VFW Post 2591, 121 S. Ohio, Sedalia, MO	1900, 4th Tues.
053	IL, GREAT LAKES	Robert E Campbell	Stephen L Risley	(847) 740-6880	fra53secretary@amnettech.net	PO Box 7859, Gurnee, IL 60031-7005	AmLeg Post 771, Grand & Milwaukee Avenues, Gurnee, IL	1900, 3rd Tues.
054	OK, MCALLESTER	Cash F Chambliss	William R Sallis	(918) 389-4638	sallisw@chevrolet.com	RR 6 Box 93A, McAlester, OK 74501-9210	VFW Post 1098, 14th & Morris, Krebs, OK	1300, 1st Sun.
105	KY, OWENSBORO	Louis F Drawdy	Bobby J Putnam	(270) 684-0996	putnamb@juno.com	1426 Scherm Rd, Owensboro, KY 42301-5307	AmLeg Post 9, 118 West Veterans Blvd, Owensboro, KY	1900, 2nd Wed.
130	IN, INDIANAPOLIS	Robert A Welton	Diane J. Norton	(763) 533-0828	dianenorton0414@sbcglobal.net	7607 E 71st St, Indianapolis, IN 46256-1911	VFW Post 5864, 333 S. Washington Street, Greenwood, IN	1800, 1st Mon.
136	MN, MINNEAPOLIS	John D Stein	Kenneth Waynard Smith	(763) 533-0828	ksmith24@juno.com	4825 58th Ave N, Crystal, MN 55429-2821	VFW Post 494, 5222 Bass Lake Rd., Crystal, MN	1030, 2nd Thurs.
138	MI, COPPER CITY	Theodore W Strieter	Richard Strieter	(906) 296-9422	strieter@pasty.com	54499 Cemetery Rd, Calumet, MI 49913-9102	Contact Secretary	1600, 2nd Sun.
145	NE, LINCOLN	Dexter P Huber	Billie W Maier	(402) 475-2979		1300 G St. Unit 103-E, Lincoln, NE 68508-2770	DAV Club, 3901 N. 70th Street, Lincoln, NE	2000, 3rd Thurs.
160	OK, MUSKOGEE	Adolph Fred Bailey, Jr.	Kim D. Crissler	(918) 682-0023	kcrissler@yahoo.com	445 Keats Place, Muskogee, OK 74403	VFW, 2707 S. 6th St., Muskogee, OK	0930, 2nd Sat.
161	KS, KANSAS CITY	Bart E Shaw	Jerome P Lickteig	(816) 353-4665	jerry@msginc.org	6604 Sterling Ave, Raytown, MO 64133-5451	War Memorial Building, 7th & Barnett, Kansas City, KS	0930, 1st Wed.
167	KS, TOPEKA	James J Stanley	Herbert John Kessler	(785) 266-3727		900 SW Robinson Ave Apt. 1403, Topeka, KS 66606	AmLeg Post 400, 3029 NW Highway 24, Topeka, KS	1930, 2nd Tues.
177	KY, LOUISVILLE	Lambert V Gobber, II	Charles G Bard	(502) 955-6082	secy77@insightbb.com	133 Okcrest Ct, Louisville, KY 40229-3690	Picadilly Cafeteria, 133 S. Hurstbourne, Louisville, KY	1100, 4th Sat.
180	WI, GREEN BAY	John D James	Patrick J Favour	(920) 437-8512	gbfavour@aol.com	1312 Weisse St, Green Bay, WI 54302-2018	Contact Secretary	
206	KY, BOWLING GREEN	Dawayne Capps	William L Wagoner	(270) 842-4361	dk1ret@hotmail.com	2123 Robin Rd, Bowling Green, KY 42101-3654	Contact Secretary	
216	IA, CEDAR RAPIDS	Marvin Schlichte	Shirley Niedermann	(319) 849-2833	sniiedermann@methwick.org	601 Maplewood Dr, Centerville, IA 52213	Contact Secretary	
221	IL, PEORIA	Lawrence H Zillion	Dan C. Schultz	(309) 840-2149	dc.schultz@insightbb.com	1101 N 8th St, Pekin, IL 61554	Contact Secretary	
223	KY, BENTON	Timothy A King	Robert F Martin	(270) 443-9521		2607 Fairmont St, Paducah, KY 42003-3451	Veterans Memorial Coliseum, Cedar Rapids, IA	1830, 2nd Mon.
225	MO, POPULAR BLUFF	Francis C Boyer	Carl E Arnold	(573) 785-4042		1048 County Rd 605, Poplar Bluff, MO 63901-4883	Navy Club of Peoria #34, 1310 Seiberling, Peoria Heights, IL	1900, 3rd Fri.
238	MO, PLOVER	Hans V Suomi	Wayne Gary Johnson	(715) 341-3000	sec-treas@fra238.org	4820 Love Creek Ave, Plover, WI 54467-9526	AmLeg Post 31, Legion Drive, Plover, WI	1900, 3rd Tues.
241	KS, WICHITA	Lyonel R Young	Robert G Hall	(316) 788-4549	bihal34@cox.net	1620 E 84th St S, Haysville, MO 64760-9254	115 E. Harper St., Poplar Bluff, MO	1300, 1st Tues.
242	IA, DAVENPORT	Rodney C Mooney	William T Craig, Jr.	(563) 322-7808	wtsrage@aol.com	2317 E Pleasant St, Davenport, IA 52803-2325	Plover Comm. Center, 2400 Post Rd., Plover, WI	1900, 3rd Thurs.
267	MO, ST LOUIS	John J Hollowood	John W Partin, II	(314) 842-0982	partin@charter.net	9533 Tealridge Dr, Saint Louis, MO 63126-3122	Good Shepherd Church, 1451 E. 47th St, S. Wichita, KS	1300, 2nd Sat.
268	OK, OKLAHOMA CITY	Jesse L Whitney	Susan Hammond	(405) 842-2612	s.hammond@sbglobal.net	2249 NW 52nd St, Oklahoma City, OK 73112-8053	Denny's Restaurant, 5304 23rd Avenue, Moline, IL	1000, 1st Sat.
273	ND, FARGO	Stacey J Bendish	Wallace R Lueck	(701) 280-7089		2309 2nd St N, Fargo, ND 58102-2006	VFW Post 2866, Old Highway 94, St. Charles, MO	1400, 1st Sat.
276	NE, OMAHA	Carl P Bumhain	Charles H Goodman, II	(402) 455-7478	usnfra@cox.net	5027 Arcadia Ave, Omaha, NE 68104-1333	Tinker Club, 3900 Mitchell Ave., Tinker AFB, OK	1900, 3rd Tues.
280	OK, TULSA	Joe D Cantrell	Jack A Rice	(918) 836-3239	frab280@hotmail.com	5766 E 27th Pl, Tulsa, OK 74114-5112	Contact Secretary	1930, 1st Thurs.
283	KY, ELSMERE	William H McCubbain, Jr.	James Hammond	859-341-1934	navyfra@juno.com	1007 Stevenson Rd, Erlanger, KY 41018-2522	AmLeg Post 308., 11321 E. Admiral Place, Tulsa, OK	1100, 3rd Sat.
284	KY, LEXINGTON	Howard F. McKenzie	Robert E Meade	(859) 296-8130	bobmeade@insightbb.com	2056 Huckberry Cir, Lexington, KY 40514-1318	VFW Post 6423, 4435 Dixie Hwy., Elsmere, KY	1900, 3rd Thurs.
298	MI, GRAND RAPIDS	Duane R Burger	Marty J Posekany	(616) 225-9264	posekany@chartermi.net	10930 Wildlife Dr, Greenville, MI 48838-8182	Fire Mountain Restaurant, Lexington, KY	1900, 2nd Thurs.
300	IA, OTTUMWA	William L Shankster, Jr.	Charles A Lineback	(641) 452-6786	calemcm@lisco.net	PO Box 27, Uteai, IA 52593-0027	Grand Valley MCO Club, 1200 44th St, SW, Wyoming, MI	1930, 4th Fri.
315	MO, JOPLIN	Jimmie P Ridenour	Cecil E Peters	(417) 623-3725		2724 S. Minnesota Ave, Joplin, MO 64804-2842	Ottumwa AmLeg Home, 550 W. Main St, Ottumwa, IA	1830, 2nd Wed.
316	MO, SPRINGFIELD	Donnie L Brunk	Charles B Ewy	(417) 887-3115	cmeay@sbglobal.net	4028 S Kentwood Ave, Springfield, MO 65804-6517	Memorial Hall, 8th & Wall Streets, Joplin, MO	1400, 3rd Thurs.
319	OH, MANSFIELD	Richard D Bland	Kenneth C Wagner	(419) 756-5967	kwag@aol.com	576 Sherwood Dr, Mansfield, OH 44904-1740	305 Park Central West, Springfield, MO	1800, 4th Thurs.
324	OH, AKRON	Raymond A Taylor	H. Gene Bryan	(330) 477-5998	bryanrpnrc@aol.com	250 Perry Dr NW, Canton, OH 44708-5010	Veterans Building, 34 Park Ave, W. Mansfield, OH	1900, 2nd Wed.
327	OH, DAYTON	Wilbur G Sumney, Jr.	Ronald C Gray	(937) 294-4255	tcsh55@netzero.net	3101 Delaney St, Dayton, OH 45420-1105	St. Timothy's Church, 226 3rd St, SE, Massillon, OH	1430, 4th Sun.
348	IN, FT WAYNE	Francis J LaPlante, Sr.	Roger E Farmer	(260) 456-3319	seaweedusnet@webtv.net	5902 S Cathoun St, Fort Wayne, IN 46807-3551	VFW Post 857, 2202 W. Main Street, Ft. Wayne, IN	1930, 3rd Mon.
358	MI, OSCODA	William B Kubik	John H Bradford	(989) 686-7086	nOnto@train.missouri.org	3415 Golfview Dr, Bay City, MI 48706-2413	AmLeg Post 370, 805 E. Greenwood Road, Skidway Lake, MI	1550, 3rd Sat.
364	MO, HOUSTON	David E Herndon	Robert E Simpson	(417) 967-3535	lender@sigecom.net	9570 Haney Dr, Houston, MO 65483-2824	AmLeg Post 41, South Sam Houston Blvd, Houston, MO	1430, 4th Sun.
365	IN, EVANSVILLE	Michael P Forum	Keith Duane Lender	(812) 491-7811	bobfra376@yahoo.com	1119 Greenfield Road, Evansville, IN 47715	VFW Post 8312, 2389 Dayton-Xenia Rd, Beavercreek, OH	1930, 2nd Thurs.
376	WI, MADISON	Allen R Jensen	Robert C Rutherford	262 745 2318		1119 Laramie Lane, Janesville, WI 53546	VFW, 200 Veterans Rd, Stroughton, WI	1930, 2nd Fri.
377	IN, TERRE HAUTE	Leonard J Roestek	Donald C Smock	(812) 232-4971		931 Maple Ave, Terre Haute, IN 47804-2836	Contact Secretary	0800, 1st Thurs.
379	MO, ST JOSEPH	Bary M White	Edward E DeLafuente	(913) 788-4258	edjfan4258@veresthc.net	10120 Craig Dr, Overland Park, KS 66212-3427	AmLeg Post 6760, 305 Cherokee Street, St. Joseph, MO	1900, 2nd Tues.
380	MO, JEFFERSON CITY	Everett A Boutz	Walter S Lehart	(314) 443-8703		PO Box 7553, Columbia, MO 65205-7553	VFW Post 5, 1423 Tanner Bridge Rd., Jefferson City, MO	1400, 2nd Sun.

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North East Region

Regional President: Francis D Tyson, 1720 Sanderson Ave, Scranton, PA 18509-1853, H: (570) 342-9582, fdtyson@epix.net
 Regional Vice President: Gary W Williams, 301 Birchwood Blvd, Baldwinsville, NY 13027-3102, H: (315) 638-3053, boatmate01@aol.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
001	PA, PHILADELPHIA	William H Reese	Charles E Rainey, Sr.	(215) 235-7796	charles.e.rainey@post.com	1118 W Jefferson St, Philadelphia, PA 19122-3442	USCG Sector Delaware Bay, 1 Washington Ave., Philadelphia, PA 1300, 1st Mon.	
013	NJ, ATLANTIC CITY	Warren G Mistler	Robert M Burness	(609) 646-8650	rlbent@adelphia.net	208 Ridgewood Dr, Northfield, NJ 08225-1721	DAN Chapter 70, 600 Dolphin Avenue, Northfield, NJ 1000, 3rd Tues.	
023	NY, BUFFALO	William R London, Jr.	Richard L Bentkowski	(716) 832-7413	starkey39@msn.com	427 Huntington Ave, Buffalo, NY 14214-1533	AnLeg Post 735, 35 Legion Drive, West Seneca, NY 1930, 3rd Thurs.	
057	SOuth JERSEY	Chester R Hoffman	William E Starkey, Jr.	(856) 589-7579	starkey39@msn.com	39 Fairmount Dr, Glassboro, NJ 08028-1305	Marine Corps League, 334 Harvey Ave., Wemohah, NJ 1900, 3rd Wed.	
071	NY, RIVERHEAD	Bernard Zlotkin	Michael Drozd	(631) 727-3017	jwhit@jennswoods.net	12 Birch Ct, Riverhead, NY 11901-3414	Contact Secretary	
087	PA, BEDFORD	Harry W Muncert	Jess D Whitstone	(814) 623-1476	gmcdonel@comcast.net	6138 Milligans Cv Rd, Manns Choice, PA 15550	Contact Pres. @ (814) 255-3375	
106	PA, HARRISBURG	Victor J Stasey	George J McDonell	(717) 728-5460	1roth1j@juno.com	3926 Brookridge Dr, Mechanicsburg, PA 17050-2103	Blgd 14, NAVICP, 5450 Carlisle Pike, Mechanicsburg, PA 1900, 2nd Mon.	
115	PA, ALLENTOWN	Donald Bear	Larry J Roth	(610) 866-1737	gkollarik@trstlike.com	706 Pembroke Rd, Bethlehem, PA 18018-3006	City View Diner, MacArthur Rd & Grape St, Whitehall, PA 2000, 2nd Tues.	
124	NJ, LAKEHURST	William R Anthony	George N Kollarik	(732) 657-7575	labriejph@earthlink.net	135 Serene Way, Toms River, NJ 08755	Branch Home, 204 Union Avenue, Lakehurst, NJ 2000, 1st Tues.	
146	PA, JOHNSVILLE	Richard P Leary	Richard P Leary	(717) 604-0491	rhunch@aol.com	2300 Byberry Road, Apt. C33, Bensalem, PA 19020	AnLeg Post 6493, 645 Louis Dr., Warminster, PA 2000, 2nd Tues.	
214	NY, SCHEENECTADY	George E Stanko	John Edson Labrie	(518) 399-2039	usnmifra@hvc.rcrom	1 Glendale Rd, Glenville, NY 12302-5203	Marine Corps League, Bernard St Ext, Schenectady, NY 1900, 2nd Tues.	
226	NY, STATEN ISLAND	James E Brown	Louis M Bunch	(718) 273-2342	usnmifra@hvc.rcrom	50 Sharpe Ave, Staten Island, NY 10302-1234	Marine Corps League, 60 Ontario Ave., Staten Island, NY 1930, Last Thurs.	
229	NY, NEWBURGH	Thomas F Hoye	Norman M Sivertsen, Jr.	(845) 778-5181	jharriger@adelphia.net	6 Johnson Rd, Montgomery, NY 12549-2200	USMC Globe & Anchor Club, New Windsor, NY 1900, Last Thurs.	
232	NJ, CAPE MAY	George C Paylor	George C Paylor	(609) 463-0787	mmarked@twynr.com	1402 S Rt 9, #124, Cape May Ct Hse, NJ 08210	Oceanside Club, USCG TRA Ctr Finly Svcs, Cape May, NJ 1900, 1st Thurs.	
253	PA, PITTSBURGH	John F Donovan	Michael J Walsh	(412) 884-4906	idbragg@aol.com	4643 Meadowgreen Dr, Pittsburgh, PA 15236-1846	Brentwood VFW 1810, 3801 Clairton Blvd, Pittsburgh, PA 1400, 3rd Sat.	
258	PA, ERIE	Raymond Barber	John E Harriger	(814) 825-9336	jharriger@adelphia.net	1225 Bellevue Dr, Erie, PA 16504-2713	Church & Murdock, Conf. Rm, 5709 Wattsburg Rd, Erie, PA 1900, 2nd Tues.	
285	NY, SYRACUSE	Lynn E Swetland	Michael F Merlo	(315) 463-0023	fmard@twynr.com	1012 Kime St, East Syracuse, NY 13057-1733	Pastimes Athletic Club, 1314 N. Salina Street, Syracuse, NY 1930, 3rd Thurs.	
288	PA, WILKES BARRE	Francis D Tyson	Joseph Tully	(570) 342-7962	jtully2@adelphia.net	810 S Webster Ave, Scranton, PA 18505-4206	VFW Post 1227, 492 Stephenson Street, Duryea, PA 1900, 3rd Tues.	
306	NJ, UTICA	Louis J Rossi, Jr.	Leonard Dain Bragg	(315) 865-5974	idbragg@aol.com	8855 State Route 365, Stittville, NY 13469-1017	AMWETS Post 384, 2147 Whitesboro St., Utica, NY 1900, Last Thurs.	
308	NJ, COULTS NECK	John F Testa	John Regan	(732) 495-0655	edwardl@poole	335 Broad Street, Apt. 35, Red Bank, NJ 1400, 3rd Mon.	335 Broad Street, Apt. 35, Red Bank, NJ 1400, 3rd Mon.	
320	PA, DUBOIS	Larry A Welker	Edward L Poole	(814) 371-6760		59 Pacific Ave, Du Bois, PA 15801-1321	AnLeg Post 17, Liberty Boulevard, Dubois, PA 1400, 3rd Sun.	

New England Region

Regional President: Paul F Loveless, Jr., 36 Williams Dr, Topsham, ME 04086-1708, H: (207) 725-0946, gnglove@blazenetme.net
 Regional Vice President: William J Waite, 182 Doughty Point Rd, Harpswell, ME 04079, H: (207) 833-6146

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
003	MA, BOSTON	Robert J Gallagher	Robert E King	(781) 324-3980	RKing995@aol.com	5 Sterling St, Malden, MA 02148-5413	USS Constitution Inn, Navy Shipyards, Charlestown, MA 1300, 3rd Sun.	
007	NH, PORTSMOUTH	Richard E Hamilton	Robert A Pomella	(207) 439-0994	pomcar@aol.com	4 Sea Oaks Ln, Kittery Point, ME 03905-5225	VFW Post 168, 238 Deer Street, Portsmouth, NH 1900, 3rd Thurs.	
019	RI, NEWPORT	Robert A Terrier	James A Jacks	(401) 847-5298		231 Maple Ave. Unit 101, Newport, RI 02840	FRA Club, 122 Connell Highway, Newport, RI 1100, 2nd Sat.	
020	CT, GROTON	John A Sullivan	Joyce M Harris	(860) 464-2980	joymh1@aol.com	16 Crestview Dr, Gales Ferry, CT 06335	Branch Home, 242 Thames Street, Groton, CT 1900, 3rd Thurs.	
031	MA, PEABODY	Carolyn V Spencer	Donna M Jansky	(978) 531-9286	janskyt@aol.com	9 Basford Ct, Peabody, MA 01960-5301	VFW Post 1011, 20 Stevens Street, Peabody, MA 1930, 3rd Wed.	
042	RI, QUONSET POINT	Richard A Parker	Phillip A Justin	(401) 475-6028	pajusnet@cox.net	4 Preserved Arnold Ct, Lincoln, RI 02865-2505	Seabee Museum and Memorial Park, Davisville, RI 1900, 3rd Tues.	
066	MA, S WEMYOUTH	Leo J Doherty, Jr.	Phillip C Mann	(508) 888-4164	phillee3@verizon.net	1 Thumpertown Ln, East Sandwich, MA 02537-1610	VFW Post 1788, 22 Church Street, Rockland, MA 1400, 2nd Fri.	
072	MA, FALL RIVER	John J Buzzi	Shayne Babineau	(508) 567-5738	shayneabc@yahoo.com	PO Box 9091, Fall River, MA 02720	755 Pine Street, Fall River, MA 1400, 1st Wed.	
075	MA, WORC-HESTER	Robert C Gentle	Donald D Suprenant	(508) 347-9597		170 Podunk Rd, Sturbridge, MA 02726	AnLeg Post 92, 69 Worcester Street, Grafton, MA 1900, 2nd Tues.	
132	RI, PAWTUCKET	Robert L Balthazard	James F Hollis	(401) 333-2928	j.hollis7@juno.com	18 Lemieux Ave, Cumberland, RI 02864-5514	VFW Post 306, 171 Fountain Street, Pawtucket, RI 1900, 1st Mon.	
156	ME, BRUNSWICK	Daniel S Hewins, Jr.	Paul F Loveless, Jr.	(207) 725-0946	gnglove@blazenetme.net	PO Box 591, Brunswick, ME 04011-0591	AnLeg Post 202, Fosseside Road, Topsham, ME 1330, 2nd Thurs.	
235	VT, RUTLAND	Karl W. Zuege	Winthrop M Roberts	(802) 297-1695		PO Box 51, Bondville, VT 05340-4051	VFW Post 648, 15 Wales Street, Rutland, VT 1400, 3rd Sat.	
237	CT, NANTIC	Bonnie L Demaria	James H Martin	(860) 464-8055		6 Bradford Cir, Groton, CT 06340-4103	Kari Hill VFW Post, Columbus Avenue, Niantic, CT 1830, 2nd Wed.	
246	MA, SPRINGFIELD	Richard S Cahalan	John W Gannon	(413) 568-8147	igjan42@comcast.net	9 Darwin Dr, Westfield, MA 01085-3401	AnLeg Post 275, 41 Robbins Rd., Chicopee, MA 1900, 3rd Tues.	
338	NH, NASHUA	Roy W Grayden	John C Kothmeier	(603) 434-3213	kothmeier1@comcast.net	66 N. Shore Road, Derry, NH 03038-5115	VFW Post 5791, 15 Boekes Road, Hudson, NH 1900, 3rd Thurs.	
344	ME, PORTLAND		Raymond B Morin	(207) 799-2011		PO Box 2673, South Portland, ME 04116-2673	USCG Base, 59 High Street, S. Portland, ME 1330, 3rd Sat.	

Save the Date: Teddy Roosevelt Pilgrimage 21 October 2007

North West Region

Regional President: John Ippert, 94-356 Welehu St., Mililani, HI 96789, H: (808) 623-3521, mcpoidi@cs.com

Regional Vice President: Robert E Gilmore, 1059 NW Cathlamet Dr, Oak Harbor, WA 98277-2071, H: (360) 679-1862, rr.gilmore@gte.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
018	WA, SEATTLE	Peter T Southas	David M Cullinan	(360) 633-3590		PO Box 146, Mountlake Terrace, WA 98043-0146	Br Home, 23003 56th Ave., W., Mountlake Terrace, WA	1300, 2nd Sat.
029	WA, BREMERTON	Thomas R Watkins, Jr.	Robert E Crann	(360) 307-0487	frabran29@comcast.net	521 S National Ave, Bremerton, WA 98312-3682	521 National Avenue S, Bremerton, WA	1800, 2nd Tues.
036	PI, CAVITE CITY	Jose M Pangamban	Ediberto B Santos, Jr.			962 Interior 3, Sampaguita St., Dalahican, Cavite City, 4100	1166 Julian Felipe Blvd., Cavite City, PI	0930, 1st Sat.
038	WA, SPOKANE	Robert S Bean	Margret A Burke	(509) 465-8596	maburke45@netzero.com	PO Box 568, Mead, WA 99021-0568	Mason Temple, 706 West Garland Avenue, Spokane, WA	1200, 2nd Sat.
046	HI, HONOLULU	John Ippert	Fred W Ballard	(808) 423-6265	exedir01@yahoo.com	1563 Molina St, Honolulu, HI 96818-1838	Branch Home, 891 Valkenburgh Street, Honolulu, HI	1900, 2nd Wed.
055	OR, PORTLAND	Roger R Harr	George H Bickford, Sr.	(503) 656-6643	bick@teleport.com	10701 SE Hwy 212 I-8, Clackamas, OR 97015-9130	AmLeg Post 150, 8929 SE 89th Avenue, Portland, OR	2000, 2nd Fri.
059	WY, CHEYENNE	Michael H Archer	James W Marshall	(307) 637-6617	jcmarshall44@msn.com	PO Box 20723, Cheyenne, WY 82003-7016	DAV Bldg, 1119 Converse Avenue, Cheyenne, WY	1000, 2nd Sat.
063	ID, LEWISTON	Gordon R McGregor	Key C Kalbfleisch	(208) 746-9472		PO Box 634, Lewiston, ID 83501-0634	VFW Hall, 1104 Warner Avenue, Lewiston, ID	1900, 1st Mon.
064	PI, ILOILO CITY	Serafin N Moreno	Eduardo G Montecarlo		rac_iloi@yahoo.com	PSG 517, Box RS-IL, FPO, AP 96517-1000	Marina Resort & Restaurant	2nd Sat.
068	OR, GRANTS PASS	Jane Wright	Nicholas E Peters	(541) 474-1535	nickbell@charter.net	2210 SW Webber Road, Grants Pass, OR 97526	Redwood Grange Hall, 1830 Redwood Ave., Grants Pass, OR	1900, 3rd Wed.
073	GUAM, AGANA	Enrique Maanao Losongco	Scott D Duenas	(671) 637-5103	mayorduenas@yahoo.com	176 W Santa Barbara Ave, Dededo, GU 96929-5309	Veterans Affairs Conference Rm, Bldg 107, M St, Tyan, Guam	1400, 4th Sun.
074	PI, OLONGAPO CITY	Azzie J Potat	Francisco L Escudero			PSG 517 Box R, FPO, AP 96517-1000	TBR Hall, 21 Arthur Street, Olongapo, Philippines	1500, 2nd Sat.
083	PI, SAN MARCISO	Romeo F Rosete	Modesto M Fullencido	(636) 679-9789	tobrige@oakharbor.net	#7 National Highway, San Narciso, Zambales, PI 2205	Branch Home, San Narciso, Zambales, Philippines	0930, 3rd Sat.
097	WA, WHIDBEY ISLAND	Dennis Schreiner	Brian S Lindgren			4363 N Terrace, Oak Harbor, WA 98277	331 SE 8th Avenue, Oak Harbor, WA	1900, 3rd Thurs.
103	JAPAN, YOKOSUKA	Frank Misiura	Christopher Jazlo	81090681143366	fra103sc@yahoo.com	PSG 473, Box 186, FPO, AP 96349-0186	FRA Honcho-1 Chome, Yokosuka, Japan	1800, 1st Wed.
104	WA, TACOMA	Marvin W Johnson	Nahum Doskow	(253) 537-4771	ndoskow@gte.net	823 Brookdale Rd E, Tacoma, WA 98445-2821	South End Neighborhood Center, 7802 S. L St, Tacoma, WA	1900, 2nd Wed.
111	PI, BATANGAS	Severino C Gonzales	Flemon A Balihag, Jr.	0632-043-402-3552		166 Rizal Avenue, Batangas City, 4200	Batangas Masonic Lodge #35, 13 P Burgos St., Batangas City, PI	0900, 2nd Tues.
127	PI, BICOL NABUA	Amador Oida	Benjamin L Bolival	063-054-473-5072		Leon Sa Aureous St. Gimenez Subd. Concepcion Pequeña, Naga City, XX 4400	Br Home, San Francisco, Nabua, Camarines Sur, PI	0900, Last Sat.
133	ID, POCATELLO	Robert D Jones	Chris Lindemann	(208) 232-4141		71 Riverside Dr, Pocatello, ID 83204	Memorial Bldg, 300 North Johnson Street, Pocatello, ID	1930, 1st Thurs.
151	OR, EUGENE	Donald A Cook	Robert B Potter	(541) 461-0572		209 E Rosewood Ave, Eugene, OR 97404-2668	Veterans Memorial Bldg., 1626 Willamette Street, Eugene, OR	1930, 3rd Tues.
154	PI, BAGUIO CITY	Isaac L Espiritu	Romeo C Estacion	09153182768	romeo_estacion@yahoo.com	6A Suello Village Barangay Sto. Tomas, Baguio City, 2600	Prince Plaza Hotel, 17 Legarda Road, Baguio City, Philippines	1100, 2nd Thurs.
170	WA, EVERETT	Walt L Ewing	John P Carroll	(360) 652-8807	jcarrfab68@msn.com	16600 25th Ave NE Unit 95, Marysville, WA 98271	6802 Beverly Boulevard, Everett, WA	1800, 2nd Tues.
171	PI, IAGUANA	Mario H Gomez	Viviano M Cruz	049-562-1853		Don Ramon St Teomora Vlg Sub 4000 San Pablo City, Laguna, 4000	Plaza Café, Del Pilar Street, Alaminos, Laguna, PI	1000, 3rd Wed.
174	WA, SEQUIM	Melvin L Baldwin	Martin F Arnold	(360) 457-4683	kc7equ@arrl.net	PO Box 3631, Sequim, WA 98382	Gwenie's Restaurant, 701 E. Washington St, Sequim, WA	1200, 1st Sat.
191	WA, OLYMPIA	Mary Jean Hibacek	Joseph A Ryan	(360) 943-3315	jryan@reachone.com	PO Box 422, Olympia, WA 98507-0422	VFW Post 318, 2902 Martin Way, East, Olympia, WA	1900, 3rd Tues.
198	OR, BEND	Lovell E Barton	James R McGregor	(541) 388-7962	gunboss@aol.com	2375 NE Buckwheat Ct, Bend, OR 97701-7630	Eli's Lodge, 63120 Boyd Acres Rd., Bend, OR	1300, 1st Wed.
245	WA, BELLINGHAM	Russell T Gullen	Thomas W Flank	(360) 477-4077	gunny@sas.net	123 Knight Glen Ct., Sequim, WA 98382	AmLeg Post 7, 1688 W. Bakerview Rd, Bellingham, WA	1130, 3rd Wed.
247	PI, DAGUPAN CITY	Roberto G Macaraeg	Rudolf P. Lornibao	63-(075)523-7176	RUDLORNIBAO@YAHOO.COM	17 Maramba Bkrs. Vlg. Bonuan Gueset, Dagupan City 2400, 2400 DagupanCity.xx	Br Home, Blue Bell Sub, Bonuan Gueset, Dagupan City, PI	1000, 2nd Sun.
310	WA, SILVERDALE	Bruce F Graham	Walter A Hardin	(360) 437-2348	waltah@olympus.net	1080 Thornrdyke Rd, Port Ludlow, WA 98365-9289	Branch Home, 11281 Old Frontier Road, Silverdale, WA	1430, 1st Sat.
328	OR, ROSEBURG	C T Bessey	Jerry F Portnell	(541) 863-8560	diger@pioneer-net.com	721 Bills Rd., Myrtle Creek, OR 97457-9494	AmLeg Hall, 406 SE Oak St., Roseburg, OR	1900, 2nd Thurs.
333	WA, CHEHALIS	Owen E Ticknor	Robert R Simensen	(360) 736-2449		PO Box 337, Centralia, WA 98531-0337	Chehalis Eagles, 1993 S. Market Blvd, Chehalis, WA	1400, 3rd Wed.
342	AK, ANCHORAGE	Cheryl Lee Rathjen	Frances Lopinsky	(907) 277-3188	peefran@hotmail.com	423 West 22nd Avenue Apt. #209, Anchorage, AK 99503	Susitna Club, Elmendorf AFB, Alaska	Contact Secretary
363	WA, LONGVIEW	Robert M Otheraan	Donald D Phillips, Jr.	(360) 423-4101	indophilips@scattercreek.com	110 Ponderosa Dr, Kelso, WA 98626-1946	VFW Post 1045, 4311 Ocean Beach Hwy, Longview, WA	1930, 2nd Fri.
367	PI, SAN MIGUEL	John T Brady	Dan Harold Stealey	(047) 223-6542	danstealey@hotmail.com	PSG 517 Box RS, FPO, AP 96517-1000	Branch Home, E. Dirlta, San Antonio, Zambales, PI	1100, 1st Fri.
374	OR, SALEM	Keith L Murphy	Alfred E Veronneau	(503) 378-7174	ALFREDV97@AOL.COM	1955 Reading Ct SE, Salem, OR 97302-1928	2633 Candis Avenue, NE, Salem, OR	1215, 4th Tues.
382	ID, BOISE	Daniel E Holloway	Keith W Cottrell	(208) 322-5553	kwcttrrel@clearwire.net	2513 S. Gatewood Lane, Boise, ID 83709-8675	Branch Home, 4515 Stamm Ln, Nampa, ID	1900, 3rd Tues.

Call 1-800-424-1120 to speak with a customer service representative about valuable FRA insurance offerings.

South Central Region

Regional President: Leo Vance, 907 Palmetto Dr, Pasadena, TX 77506-3241, H: (713) 920-1558, snlvance@swbell.net
 Regional Vice President: Melvin R Harper, 123 Ben Loyal Dr, Mountain Home, AR 72653-8572, H: (870) 491-5449, puzzleme@mtnhome.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
011	TX, FORT WORTH	Arthur R McAvoy	Michael H Beville	(817) 483-8562	E-9Retired@charter.net	P.O. Box 515, Kennedale, TX 76060	789 Club, NASRRB, Ft. Worth, TX	1000, 3rd Sat.
092	LA, NEW ORLEANS	Gasper M Michel	Bernard R Cleary	(504) 835-6347	raomol@hotmail.com	2030 N Turnbull Dr, Metairie, LA 70001-2653	St. Benilde School Cafeteria, 1901 Division St, Metairie, LA	1900, 3rd Thurs.
094	TX, CORPUS CHRISTI	Donald Larson	Jerry Oprisko	(361) 937-2107	gfo99@yahoo.com	3825 Jamaica Dr, Corpus Christi, TX 78418-3019	437 Valerie Street, Corpus Christi, TX	1300, 4th Sun.
096	TX, DALLAS	James H Spies	Gaylon Gene Jack	(817) 428-2291	ggjack@sbcglobal.net	PO Box 48008, Watauga, TX 76148-0008	Army Res. Unit, 310 Armed Forces Dr., Grand Prairie, TX	1430, 4th Sun.
098	LA, SHREVEPORT	William W Harrison	Charles F Burkhardt	(318) 742-9847	cburkusn@cox-internet.com	5405 Shasta Dr, Bossier City, LA 71112-4932	VFW Post 5951, 1315 Northgate Rd, Bossier City, LA	1900, 1st Thurs.
119	LA, WEST MONROE	Leon Rachell	John H Scott	(318) 323-5691	jscottb@janrr.com	PO Box 4628, Monroe, LA 71211-4628	AnLeg Post 13, 401 Forsythe Avenue (rear), Monroe, LA	1400, 3rd Thurs.
159	TX, HOUSTON	Michael Dean Chance	Leo V Vance	(713) 920-1558	snlvance@swbell.net	907 Palmetto Dr, Pasadena, TX 77506-3241	4810 Pine Avenue, Pasadena, TX	1400, 2nd Sun.
162	LA, NEW ORLEANS	Clarence Hunter	David A Field	(504) 362-1278	dfield53@hotmail.com	2726 Gehring Dr Apt L, Gretna, LA 70053-6764	Branch Home, 703 Kepler Street, Gretna, LA	2000, 3rd Fri.
201	TX, AUSTIN	Richard A Waltman	Charley Randall, II	(512) 458-8614	charleyrandall@bigfoot.com	PO Box 723, Austin, TX 78767-0723	IHOP, 14310 North Interstate 35, Pflugerville, TX	1900, 2nd Sat.
203	TX, SAN ANTONIO		Dewey D Scarborough	(830) 257-6926	dewey@atc.com	328 Loma Vista Dr, Kerrville, TX 78028-6141	2002 W. Ridgewood Court, San Antonio, TX	1430, 4th Sun.
222	LA, SLIDELL	Charles F McDonald	Francis T Farr	(985) 649-7974	fran.terry@juno.com	3061 Meadow Lake Dr E, Slidell, LA 70461-5550	Contact Secretary	1900, 3rd Wed.
227	AR, SPRINGDALE	John M Baker	Harold N Harris	(479) 751-7397	hnhusmustang@cox.net	1603 Willard Street, Springdale, AR 72762-5968	Westem Sizzin, 3492 West Sunset, Springdale, AR	1500, 3rd Sun.
239	TX, LONGVIEW	Jesse M Newton	Troy N Poteet	(903) 236-8910	tpoteet@sbcglobal.net	111 Katy Drive, Longview, TX 75605-6169	Masonic Lodge 404, 436 N. Center St., Longview, TX	1400, 3rd Sat.
251	AR, MT HOME	Johnny O Simpson	Cheryl A Hord	(870) 492-4662	each@northarkansas.net	1337 Basswood Dr., Mountain Home, AR 72653-6638	AnLeg Post 52, 717 Market Street, Mountain Home, AR	1300, 3rd Sun.
252	TX, AMARILLO	Ronald Wesley	Roger A Carry	(806) 359-3759	rbcarry@sbcglobal.net	PO Box 7922, Amarillo, TX 79114-7922	6014 Hanson Road, Amarillo, TX	1600, 3rd Sat.
264	MS, MERIDIAN	Kenneth Hatley	William C Gordon	(601) 482-5289		3010 W Lake Dr, Meridian, MS 39307-4121	Branch Home, 8874 Highway 39, N. Meridian, MS	1500, Last Sun.
282	AR, LITTLE ROCK	David A Sager	Jerry L Hobson	(501) 268-9031	jjobs@bscn.com	1312 W Booth Rd, Searcy, AR 72143-8629	American Legion Post # 1, 315 East Capital, Little Rock, AR	1400, 3rd Sun.
295	TX, SAN ANGELO	James H Stansbury	William H O'Ferrall	(325) 655-0788	seabeef@aol.com	1102 Seiman Ct, San Angelo, TX 76905-4206	VFW, 125 S. Browning St., San Angelo, TX	1900, 1st Tues.
303	TX, SHERMAN	Arthur J Vandagriff	Arthur D Ellison, Jr.	(903) 813-4924		PO Box 2714, Sherman, TX 75091-2714	AnLeg Post 29, 230 East Sycamore, Sherman, TX	1900, 4th Mon.
311	MS, GULFPORT	James D Zugg	Judith A Zugg	(228) 865-9908	JJIBZ@aol.com	220 Clover Ave, Long Beach, MS 39560-3304	VFW Post 3937, 213 Klondyke Ave, Long Beach, MS	1900, 2nd Tues.
334	AR, ALPENA	James E Putman	Allen Ellis	(870) 437-2440		PO Box 177, Alpena, AR 72611	Old Carrollton Lodge, Alpena, AR	1800, 3rd Tues.
371	LA, BATON ROUGE	James J Johnson	Leon P Perkins	(225) 273-3654	leeperkins@cox.net	17582 Martin Lake Dr., Baton Rouge, LA 70816	VFW, 13214 S. Choctaw Dr., Baton Rouge, LA	1830, 4th Wed.
375	TX, ARLINGTON	Howard T Poole	Howard F Schmitt	(817) 460-5036		2113 Cottle Ln, Arlington, TX 76010-4755	VFW Post 8561, 3221 Howell Street, Arlington, TX	1900, 1st Wed.

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South East Region

Regional President: Anthony Cassata, 7741 Pine Hollow Ct, Orlando, FL 32822-7928, H: (407) 275-7791, ushoney@aol.com

Regional Vice President: Roger E Mitchell, 1902 N Gordon St, Plant City, FL 33563-2007, H: 813-752-5288, mavycw04@aol.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
015	SC, WALHALLA	Harvey E Spencer	Thomas E Smith	(864) 868-9397	tsmith46@att.net	118 Hidden Cv, Six Mile, SC 29682-9452	103 N. Church Street, Walhalla, SC	0900, 3rd Sat.
022	FL, PENSACOLA	Robert F Hall, Jr.	Mark A. Kigore	(850) 458-0559	kgigore.fra@att.net	107 Ruberia Ave, Pensacola, FL 32507-2458	AMWETS Post 292, 955 Dog Track Rd, Pensacola, FL	1900, 2nd Mon.
025	FL, ST AUGUSTINE	Timothy C Griffing	Donald R Gray	(904) 797-2715	dongray@aig.com	112 Jupiter Rd, Saint Augustine, FL 32086-6720	St. Aug S. Homeowners, 709 Royal Rd., St. Augustine, FL	1900, 3rd Mon.
030	GA, BRUNSWICK	Hilton L Logue	Edward Ligay	(912) 295-1006	eligay@adelphia.net	109 Fairman Ave, Brunswick, GA 31525-1929	Elk's Lodge, 1509 Union Street, Brunswick, GA	1930, 2nd Thurs.
034	FL, TALLAHASSEE	Robert T Weichelt	Robert A Langley	(850) 562-6985	langley@netjally.com	3632 Westmoreland Dr, Tallahassee, FL 32303-2028	N&MC Res. Ctr, 2910 Roberts-Ave, Tallahassee, FL	1930, 2nd Thurs.
044	TN, COLUMBIA	James R Hartsfield	John W Davis	(931) 363-0852	jwdavis@usit.net	116 Richland Dr, Pulaski, TN 38478-2616	Sen Citizen, 1018 Maury Cnty Pk Dr, Columbia, TN	1900, 1st Thurs.
050	SC, CHARLESTON	F Donald Muebeck	Harvey M Taylor	(843) 553-3743	dmuebeck@aol.com	PO Box 70266, Charleston, SC 29415-0266	Branch Home, 2815 Spruill Avenue, N. Charleston, SC	1430, 2nd Sun.
051	FL, MIAMI	Samuel G Owens	William J O'Boyle	(954) 450-8091	cwfouf@aol.com	19143 NW 19th St, Pembroke Pines, FL 33029-4602	657 Fisherman Street, Opa Locka, FL	1200, 3rd Sun.
086	TN, MILLINGTON	Kenneth W MacKenzie	James D Gresty	(901) 872-2676	samuelgarnson@bellsouth.net	7237 Juana Drive, Millington, TN 38053-3815	VFW Post 7175, 4681 Cuba Millington Road, Millington, TN	1800, 3rd Mon.
089	GA, ATLANTA	B. Charles Blair, Jr.	Samuel D Garrison	(770) 917-0761	feife@bellsouth.net	5115 Cantrell Pt, SE, Acworth, GA 30101	Pfeiffer's Club, MAS Atlanta, Marietta, GA	1000, 3rd Sat.
091	FL, JACKSONVILLE	Dale Baldwin	Todd Richter	(904) 778-1565	charles-currice_7@msn.com	5391 Collins Rd, Jacksonville, FL 32244-5305	5391 Collins Road, Jacksonville, FL	1900, 2nd Tues.
102	FL, ST PETERSBURG	Alphonse J Vacca	Charles Curtice	(727) 321-3966	ke4usn@aol.com	4601 Emerson Ave S, St Petersburg, FL 33711-1437	VFW Post 6827, 4145 34th St. N., St. Petersburg, FL	1400, 3rd Sun.
109	FL, CLEARWATER	John T Smith	Ronald C Shane	(727) 392-0420	rdshane@aol.com	8671 Rose Way, Seminole, FL 33772-3622	VFW Post 2550, 360 Douglas Ave, Dunedin, FL	1900, 2nd Thurs.
110	TN, NASHVILLE	Benjamin F Donahoo	Robert J Dentici, Sr.	(615) 292-0838	rdjstros@comcast.net	PO Box 160355, Nashville, TN 37216-0355	VFW Post 1291, 1907 Lebanon Pike, Nashville, TN	1400, 3rd Sun.
112	AL, BIRMINGHAM	James L Middlekauff	Juan A Bowden	(256) 245-2232	jabbow@bellsouth.net	PO Box 57, Sycamore, AL 35149-0057	8920 Reebuck Blvd., Birmingham, AL	1630, Last Sat.
117	FL, ORLANDO	Peter J Di Bella	Henry J Malendski	(407) 273-5179	hankster1958@msn.com	3118 Socorro Ave, Orlando, FL 32829-8541	VFW Post 4287, 3500 South Goldenrod Road, Orlando, FL	1900, 2nd Thurs.
118	FL, CAPE CORAL	William T Kuller	Ronald J Wilder	(239) 543-8273	ronsan44@aol.com	2107 Gardenia Cir N, Fort Myers, FL 33917-0000	Elks Lodge, 4631 S.E. 10th Pl, Cape Coral, FL	1200, 2nd Thurs.
126	FL, JACKSONVILLE	David Munday, II	Donald F Walsh	(904) 282-4650	dwalsh@bellsouth.net	644 Branscomb Rd, Gm Cove Spgs, FL 32043-5202	Branch Home, 7673 Branding Boulevard, Jacksonville, FL	2000, 3rd Thurs.
144	FL, LEEHIGH ACRES	Dwight H Woodys, Jr.	Gregory J Felton	(239) 369-6287	screenmade647079@aol.com	PO. Box 1870, Lehigh Acres, FL 33970	Branch Home, 500 Sunshine Boulevard, Lehigh Acres, FL	1400, 4th Sun.
147	FL, SANFORD	Robert P Marshall	Ralph S Feeback	(407) 232-2252	RSFMFP@aol.com	205 Poinsettia Dr, Sanford, FL 32773-7329	Branch Home, 3040 W. State Road 46, Sanford, FL	1400, 2nd Mon.
179	FL, GAINESVILLE	Max K Reid, CHSHPRETECH	Raymond D Bembry	(386) 462-4549	gatorraybo@aol.net	PO Box 34, Alachua, FL 32616-0034	Branch Home, 19700 N.E. 22nd Lane, Campville, FL	1330, 1st Sun.
183	FL, INTERLACHEN	William V McKnight	Selma E. Carrow	(386) 328-6407	s_carrow@yahoo.com	PO Box 180, Hollister, FL 32147-0180	Branch Home, 207 Commonwealth Ave., Interlachen, FL	1730, 3rd Wed.
184	GA, WARNER ROBINS	Robert E Woods, Jr.	James R White	(478) 781-1864	rhetta64@cox.net	2865 Allen Rd, Macon, GA 31216	Flint Energies, 1600 Eberta Road, Warner Robins, GA	1600, 2nd Mon.
186	FL, HERNANDO	Kent Walker	Robert W Huschler, NCC	(352) 344-0727	bojo1@shadrach.net	4100 Vassar St, Inverness, FL 34452-6830	DAV Bldg., 1039 N. Paul, Inverness, FL	1500, 3rd Thurs.
187	TN, CHATTANOOGA	Robert F Waterman	Gerald Bruce	(423) 821-1147	bjrice@greeley-hvac.com	3622 Tennessee Ave, Chattanooga, TN 37409-1662	DAV Bldg., 1039 N. Paul, Inverness, FL	1500, 3rd Thurs.
188	FL, TAMPA	Bobby L Smith	Victor C Lamontagne	(352) 567-9208	mavycw04@aol.com	1902 N Gordon St, Plant City, FL 33563-2007	Ozries, 790 Dr. MLK Blvd, W. Seffner, FL	1100, 3rd Wed.
194	TN, KNOXVILLE	Theodore L Mauldin	James F Rogers	(865) 769-4000	fringers123@bellsouth.net	452 Brookshire Way, Knoxville, TN 37923-5836	Colesbury U. M. Church., 9908 Kingston Pike, Knoxville, TN	1400, 1st Sun.
202	SC, COLUMBIA	William J Gallagher	Ronald (Ron) E Hoadley, Jr.	(803) 482-4456	ronfra@chestertel.com	59 Inlet Harbour Court, Wimsboro, SC 29180-9122	Naval Reserve Center, 2620 Lee Road, Fort Jackson, SC	1300, 3rd Tues.
210	FL, MILTON	Robert F Waterman	Russell E Belt	(850) 380-5815	russbelt@bellsouth.net	6409 Fleet Ave, Milton, FL 32570-3271	6409 Fleet Avenue, Milton, FL	1930, 1st Wed.
215	GA, SAVANNAH	Otto E Ratzlaff	Terry Jenma Ellis	(912) 236-1941	tjellis11@comcast.net	2127 McLeod St, Savannah, GA 31405-2873	FOP Bldg, 1537 Grove Point Road, Savannah, GA	1900, 1st Thurs.
220	FL, LIVE OAK	Kenneth E Cowies	Shelly Williams, Jr.	(386) 755-7718	chop01@bellsouth.net	410 NE Granger Mill Avenue, Lake City, FL 32055-6534	AnLeg Post 57, Highway 41 South, Lake City, FL	1500, 1st Thurs.
234	SC, ANDERSON	Ronald E Keller	William Allen McGregor	(864) 369-7014	billmcgregor@charter.net	10 Pinson Dr., Honea Path, SC 29654-2236	4605 Belton Hwy., Anderson, SC	1900, 2nd Mon.
248	GA, CAMDEN COUNTY	Richard E Nelson	Russell John Borchert	(912) 283-9847	rborchert@ptel.net	PO Box 5485, Saint Marys, GA 31558	Cumberland Island Inn, 2710 O'sborne Rd., St. Marys, GA	1800, 3rd Tues.
250	FL, SARASOTA	William C Helmrich	James Smith, Sec/Treas.	(941) 729-1915	shpmatemith@earthlink.net	9111 31st Ave E, Palmetto, FL 34221	Apt. Clubhouse, 5200 Carlton Arms Blvd., Bradenton, FL	1800, 4th Wed.
254	SC, MYRTLE BEACH	Lawrence H. Williams	William D Cole	(843) 692-7465	WCOLE5@SC.RR.COM	9581 Maison Ct, Myrtle Beach, SC 29572	VFW, 43559 Hwy. 17, Murrells Inlet, SC	1900, 4th Thurs.
256	FL, FT LAUDERDALE	Harold J Olafson	Thomas Weil	(954) 435-3664	navy35@bellsouth.net	620 SW 113th Ave, Pembroke Pines, FL 33025-3415	AnLeg Post 142, 171 SW 2nd Street, Pompano Beach, FL	1930, 4th Fri.
263	FL, COCOA	Charles A Hines	Dean O Schaeff	(321) 452-0365	dschaeff@brevard.net	1310 Shady Lane, Merritt Island, FL 32952	AnLeg Post 22, 22 Legion Lane, Cocoa, FL	1800, 1st Wed.
269	SC, GOOSE CREEK	Amiel R Lewallen	Darlene Kay Hines	(843) 824-2589	darlene.hines@comcast.net	137 Thousand Oaks Cir, Goose Crk, SC 29445-7094	Branch Home, 99 Wisteria Road, Goose Creek, SC	2000, 3rd Thurs.
278	AL, HUNTSVILLE	Charles R Dewitt	Joan M DeIogiano	(256) 650-5748	jsandyman@earthlink.net	9719 Wallwood Dr SE, Huntsville, AL 35803-1763	Greenbrier BQ, 15050 Hwy 20 W, Madison, AL	1200, 4th Sat.
290	FL, MIAMIPORT	Philip A Smereczniak	James W Suttton	(904) 221-2160	fleetsurveyor@bellsouth.net	PO Box 331538, Atlantic Beach, FL 32233-1538	Branch Home, 390 Mayport Road, Atlantic Beach, FL	2000, 1st Thurs.
291	FL, NEW PORT RICHEY	David W Tipton	Philip A Smereczniak	(727) 868-1934	8891327@aol.com	10704 Oleander Dr, Port Richey, FL 34668-2937	DAV, 6711 Jefferson, New Port Richey, FL	1900, 3rd Wed.
323	TN, JOHNSON CITY	Stanley S Mead	Frank K Dugger	(423) 928-2170	johnheaphy00@wmconnect.com	101 Joy Dr, Johnson City, TN 37601-5273	VFW Post 9629, Bluff City, TN	1900, 2nd Fri.
335	FL, PORT ORANGE	Billy R Loney	Ruth S Valore-Heaphy	(386) 788-5382	Frichs339@aol.com	916 Tall Pine Dr, Port Orange, FL 32127	Club House Rest., 600 Wilder Blvd., Daytona Beach, FL	1900, 3rd Thurs.
339	GA, ALBANY	Donald C Lloyd	Frank O Richardson	(229) 432-9865	Stennis@AuburnAlum.org	PO Box 50204, Albany, GA 31703-0204	VFW Post 2785, 315 Philena Avenue, Albany, GA	1800, 2nd Tues.
346	FL, PANAMA CITY BEACH	Robert J Bradley	Dennis A Stocumb, Jr.	(850) 235-6809	sonofzaze@mindspring.com	2117 Wilkinson Avenue, Panama City, FL 32408-4907	Br. Home, 2117 Wilkinson Avenue, Panama City Beach, FL	1830, 1st Wed.
366	FL, S BREVARD COUNTY	James E Odom	Danal C Wiese	(321) 984-0701	sonofzaze@mindspring.com	2190 Wilson Ln, Malabar, FL 32950-3123	1455 Main Street, Palm Bay, FL	1900, 4th Wed.
386	AL, DOTHAN	James E Odom	George B Fairchild	(334) 693-2742	jomodom@aol.com	105 Morningview Drive, Headland, AL 36345	VFW, 1426 Taylor Road, Dothan, AL	1300, 2nd Sat.

Good news! FRA Short Term Recovery Insurance (RecoveryCare) is available in many states, now including South Carolina. Call 1-800-424-1120 to find out more.
(Plan not available in all states.)

South West Region

Regional President: Charles F Smedley, 13788 Paseo Zaldivar, San Diego, CA 92129-2713, H: (858) 484-1787, csmmedley@san.rr.com
 Regional Vice President: Harry N Lyons, PO Box 1316, Green Valley, AZ 85622-1316, H: (520) 625-5458, ChiefHarry1@cox.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
009	CA, SAN DIEGO	Francis C Lugar	Walter De Felice, Jr.	(619) 460-7184	sdbf9@junio.com	PO Box 4618, San Diego CA 92164-4618	War Mem Bldg. 3325 Zoo Pl, Balboa Park, San Diego, CA	1000, 4th Wed.
026	CA, BAKERSFIELD	Larry H Allen	Susanna Gardner	(661) 871-4564	seanstructo@aim.com	6001 Auburn Street, #124, Bakersfield, CA 93306	USMC RTC, 4201 Chester Ave, Bakersfield, CA	1900, 4th Tues.
043	CA, LONG BEACH	Alfred D Shannon	Betty F Barham	(562) 436-6182		PO Box 20300, Long Beach, CA 90801-3900	575-585 Pine Avenue, Long Beach, CA	1900, 3rd Tues.
047	CA, EL CAJON	Michael K Frontz	Jimmy D Freedle	(619) 447-5774	jfree455@aol.com	455 Sandalwood Dr, El Cajon, CA 92021-5454	136 N. Chambers Street, El Cajon, CA	1900, 1st Wed.
061	CA, CHULA VISTA	Robert L Bailey	Charles M Nelson, Jr.	(619) 421-4719	frabr61@junio.com	288 3rd Ave, Chula Vista, CA 91910-2701	288 Third Avenue, Chula Vista, CA	1900, 2nd Tues.
062	CA, SAN DIEGO	Arthur O Rawlings	Ernest L Tyler	(619) 236-1787	etyler@pacbell.net	3346 Gillette St, San Diego, CA 92102-4326	3638 Ocean View Boulevard, San Diego, CA	1500, 3rd Sun.
070	CA, POWAY	Darvin F Dalrymple	Charles F Smedley	(858) 484-1787	csmmedley@san.rr.com	13788 Paseo Zaldivar, San Diego, CA 92129-2713	14231 Garden Road, Poway, CA	1900, 1st Wed.
077	AZ, GREEN VALLEY	Jon B Ruse	Harry N Lyons	(520) 625-5458	ChiefHarry1@cox.net	PO Box 1316, Green Valley, AZ 85622-1316	The Cow Palace Restaurant, Amado, AZ	1130, 2nd Tues.
084	CA, SAN DIEGO	Emmanuel O Cabildo	Espirano T Leano	(619) 421-2964	etleano@cox.net	5942 Lazy Trail Ct, Bonita, CA 91902-3034	FNA Bldg. 2926 Market Street, San Diego, CA	1400, 2nd Sat.
085	CA, SAN GABRIEL VALLEY	John W Stewart, Jr.	John L Campbell	(818)248-3359	okkyungc@pacbell.net	1278 Oak Circle Dr, Glendale, CA 91208-1106	209-211 E. Garvey Avenue, Monterey Park, CA	1330, 3rd Sun.
090	NV, CLARK COUNTY	Glenn T Miller	Kevin J Doyle	(778) 751-1057	Gatorman1ant@yahoo.com	3481 West Ramona Lane, Pahump, NV 89048-5240	YMCA Bldg. 3521 N. Durango Dr, Las Vegas, NV	1400, 1st Sun.
095	CA, CHINA LAKE	Richmond Nickles	Dale Harper	(760) 371-3923	harperda20@hotmail.com	PO Box 1621, Ridgecrest, CA 93556-1621	VFW Post 4084, 117 N. Alford Street, Ridgecrest, CA	1500, 4th Sun.
108	CA, NORCO	James R Valdez, Jr.	Francis R Ruml, Sr.	(951) 685-6771	fransther@aol.com	4080 Pedley Rd. #116, Riverside, CA 92509-2872	Salvation Army, 3695 First Street, Riverside, CA	1300, 2nd Mon.
120	CA, OXNARD	Willis H Wolfe	Darrel E Kuitse	(805) 981-0330	res18vj0@verizon.net	2204 Cedar Ridge Ct, Oxnard, CA 93036-7705	Branch Home, 154 E. 6th Street, Oxnard, CA	1300, 2nd Sun.
163	AZ, PHOENIX	Russell A Hrouda	Dwight G Hall	(480) 963-2634	fra163@cox.net	526 N. Meadows Drive, Chandler, AZ 85224-4339	AmLeg Post 107, 20001 N. Cave Creek Road, Phoenix, AZ	1200, 2nd Sat.
175	CA, ORANGE COUNTY	Olga W Hamerlinck	Gerald L Bayless	(714) 891-3118	Jforncma@linkline.com	6252 Navajo Rd., Westminster, CA 92783-2038	7661 Garden Grove Boulevard, Garden Grove, CA	1400, 3rd Sun.
176	AZ, TUCSON	Kenneth C Graun	David J Hart	(520) 790-7695	daw33bea1@earthlink.net	7634 E Apple Tree Dr, Tucson, AZ 85730-4329	Davis-Monihan AFB, Chapel 2, Hope Chapel, Tucson, AZ	1300, 2nd Fri.
200	NM, ALBUQUERQUE	Leo B McCann	Peter P Quirocho	(505)867-5524	pquirocho@msn.com	PO Box 81005, Albuquerque, NM 87198-1005	VFW Post 401, 2011 Girard Blvd., SE, Albuquerque, NM	1400, 2nd Sat.
260	AZ, KINGMAN	Michael A Reed	Steve L Towner	(928) 565-4611	missmamagai@yahoo.com	3272 Kaba Rd, Golden Valley, AZ 86413-8908	VFW 10005, 1611 Marble Canyon Drive, Bullhead City, AZ	1300, 2nd Sat.
272	CA, SAN LUIS OBISPO	Leighton M Willard	Marilyn G Teeple	(805) 466-7184		14102 San Antonio Rd, Atascadero, CA 93422-6326	Rec Bldg. 3395 S. Higuera St, San Luis Obispo, CA	1300, 2nd Sat.
279	NV, LAS VEGAS	Charles B Floyd	John E Harney, Jr.	(702) 870-3042	jfrharney@aol.com	1815 Westwind Rd, Las Vegas, NV 89146-0304	AmLeg Post 8, 733 N. Veterans Mem. Dr, Las Vegas, NV	1500, 4th Mon.
289	CA, IMPERIAL BEACH	Eric McGregory	Michael F Fulton	(619) 423-9274	michael.f.fulton@navy.mil	PO Box 97, Imperial Beach, CA 91933-0097	659 Silver Strand Boulevard, Imperial Beach, CA	1930, 2nd Wed.
302	CA, CARSON	Romeo Galeon	Antonio M Enriquez	(310) 830-8119		21322 Island Ave, Carson, CA 90745-2129	Carson Vets Park, 22400 Moneta Ave., Carson, CA	1300, 1st Sun.
312	CA, SAN DIEGO	Emmet E Reed	Emmet T Bolger	(858) 560-8701	emmeth@netthere.com	3927 Mt Blackburn Ave, San Diego, CA 92111-3816	Clairemont Comm. Room, 4731 Clairemont Dr, San Diego, CA	0930, 1st Sat.
313	CA, CAMP PENDLETON	Robert E Engler	Daniel L Spalding, PNP	(760) 439-7817	danspa1@cox.net	1450 Machado St, Oceanside, CA 92054-5442	Masonic Lodge, 511 Eucalyptus Avenue, Oceanside, CA	1400, 3rd Sat.
317	CA, LOS ALAMITOS	July C Dear	George S Thomson	(562) 596-1970		4400 Birchwood Ave, Seal Beach, CA 90740-3111	Marine Bks, Los Alamitos Reserve Base, Los Alamitos, CA	1900, 2nd Tues.

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West Coast Region

Regional President: Charles R McIntyre, 8 Hemlock Ln, Milpitas, CA 95035-5005, H: (408) 957-9668, cmcin12874@aol.com

Regional Vice President: Lee M Hollowell, Jr., 7725 Oakvue Rd, Shingletown, CA 96088-9510, H: (530)474-1353, braveheartlmh@aol.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
008	CA, VALLEJO	Michael A Bitanga	Gary C Blackburn	(707) 594-4333	sectyb8@earthlink.net	443 Diana Dr, Vallejo, CA 94589-1644	AnLeg Post 550, 420 Admiral Callaghan Lane, Vallejo, CA	1900, 2nd Wed.
010	CA, SAN LEANDRO	Roberto Little Cloud	Bruce C Somelsson	(510) 782-4495	bcsam@mindspring.com	28934 Nottingham Rd, Hayward, CA 94544-6344	Veterans Memorial Bldg, 1105 Bancroft Ave., San Leandro, CA	1900, 1st Wed.
021	CO, FORT COLLINS	Floyd E Taladay	Robert E Brown	(970) 587-2318	brown12736@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	Robert E Lando	Lindell C Clymer	(415) 334-1123	lindel1334@yahoo.com	585 Monterey Blvd Apt 6, San Francisco, CA 94127-2419	401 Van Ness Avenue, San Francisco, CA	1200, 2nd Sat.
049	CO, DENVER		Julian R Dracon	(303) 795-5350	jiffy@rmi.net	6671 S Race Cir W, Littleton, CO 80121-2730	TREA, 13130 E. Colfax Ave, #89, Aurora, CO	1100, 2nd Sat.
069	CA, SACRAMENTO	Steven T Ueda	Francis W Patton	(916) 423-1582	fleetsresvebranch101@msn.com	7404 Bouvais Cir, Sacramento, CA 95828-4610	VFW Post 67, 2784 Stockton Boulevard, Sacramento, CA	1400, 2nd Sun.
101	CA, SANTA CLARA	Dale E Thompson	Rena A Estes	(650) 998-3976	rxpallen@netzero.net	PO Box 776, Mountain View, CA 94042-0776	AnLeg Post 564, 2120 Walsh Ave, Santa Clara, CA	1900, 2nd Tues.
113	CA, STOCKTON	Charles E Mechling	Ronald X Pallen	(209) 464-1630		3622 Wendell Ave, Stockton, CA 95204-1245	Casa Manana, 3700 N. Sutter Street, Stockton, CA	1300, 2nd Fri.
137	NV, MINDEN	Hubert V Harris	John L Shrum	(775) 267-2642	jshrum@zableweb.net	PO Box 1342, Minden, NV 89423-1342	NV Veterans's Hall Hero's 2nd & Curry Sts., Carson City, NV	1900, 4th Fri.
140	CA, SAN JOSE	Donald J Miller	Ray L Clark	(408) 265-6461	riclar1948@aol.com	898 Hummingbird Dr, San Jose, CA 95125-2918	I.O.O.F. Hall, 1035 Emory Street, San Jose, CA	1400, 3rd Sun.
158	CO, COLORADO SPRINGS	Mark Comeau	Jesse Jaramillo	(719) 391-9380	vije@adelphia.net	32 Monk St, Security, CO 80911-2013	AnLeg Post 38, 6685 Southmoor Drive, Fountain, CO	1330, 4th Sat.
178	CA, MONTEREY	Frederick Polumbo	Edgar C Kloth	(831) 394-5198	lored@mbay.net	1117 Sunnyhill Ct, Seaside, CA 93955-6006	Monterey County Courthouse, 1200 Agujajito Rd, Monterey, CA	1900, 3rd Tues.
185	UT, SALT LAKE CITY	Duane M Tolman	William Henry Spatz	(801) 390-5810	secretary@fra185.org	1622 S 1000W, Syracuse, UT 84075-9504	Contact Secretary.	1900, 2nd Thurs.
192	NV, FALLON	Nathan J Nash	Patrick H LeClaire	(702) 423-4168	patplus@phonewave.net	PO Box 689, Fallon, NV 89407-0689	AnLeg Post, 90 N. Ada Street, Fallon, NV	1900, 4th Thurs.
197	CA, MODESTO	James Collins	Henry L Ficken	(209) 529-8192		1608 Wolverine Way, Modesto, CA 95365-4308	AnLeg Post, 1001 S. Santa Cruz Avenue, Modesto, CA	1500, 1st Sun.
230	CA, ROSEVILLE		Robert L Lightfield	(916) 773-9843	blightfield@skyq.com	317 Earl Ave, Roseville, CA 95678-3217	Veterans Memorial Hall, 110 Park Drive, Roseville, CA	2000, 1st Mon.
244	CO, GRAND JUNCTION	Charles F Johnson	Charles M Watkins	(970) 434-0868	cwatkins@acsol.net	3010 Vin Rose Way, Grd Junction, CO 81504-5532	VFW Post 3981, 503 1/2 Florence Road, Grand Junction, CO	1900, 2nd Wed.
249	CA, FRESNO	W C Helton	Angelo F Zito	(559) 439-2274	atzusun@sbgglobal.net	6578 N Raisina Ave, Fresno, CA 93710-3945	AnLeg Post 147, 508 4th Street, Clovis, CA	1400, 2nd Sun.
261	CA, LEMORE	Johnie W Brown	Arthur C Archer	(559) 924-2181	arthurarcher@sbglobal.net	1195 Laurel Ct, Lemoore, CA 93245-3430	Branch Home, 788 East D Street, Lemoore, CA	1930, 4th Sat.
274	NV, RENO	Richard L Childers	Karen K. Kennedy	(775) 359-0612	karen0118@charter.net	195 York Way, Sparks, NV 89431-2348	Girl Scouts Bldg, 605 Washington Street, Reno, NV	1900, Last Thurs.
275	CA, PLACERVILLE	William O Davidson	Lawrence J. Boudreaux	(530) 677-3925	larrybo@pacbell.net	2589 Durdley Dr, Rescue, CA 95672-9684	Veterans Memorial Bldg, 130 Placerville Dr., Placerville, CA	1930, 4th Wed.
281	CA, REDDING	William Stephen Matthews	Alfred M Braden	(530) 275-5137	mbraden@netscape.com	3304 Shasta Dam Blvd, #172 #172, Shasta Lake, CA 96019	1605 Yuba Street, Redding, CA	1400, 4th Sun.
287	CA, LIVERMORE	Clifford A Diller	Roy D Warner	(925) 449-6048	rwamer323@comcast.net	335 Scott St, Livermore, CA 94551-4929	Veterans Memorial Bldg, 5th & L Streets, Livermore, CA	1900, 1st Fri.
296	CA, AUBURN	Elmer Frank	Hayden R. Wisdom	(530) 888-1040	haydenw@sbglobal.net	220 Hammond Drive, Auburn, CA 95603-3208	Veterans Memorial Bldg, 100 East Street, Auburn, CA	1300, 3rd Sun.
326	CA, EUREKA	Emory W Rearden, Jr.	Richard E Poe	(707) 725-3953	dpoe86@sbglobal.net	2000 Smith Ln Apt E, Fortuna, CA 95540-2748	Veterans Memorial Bldg, 10th & H Streets, Eureka, CA	1830, 2nd Wed.

Did you know that FRA offers Long Term Care coverage? Protect your future, call 1-800-685-1120.

IT IS NO SECRET that like many membership organizations, FRA has seen a decline in the total number of members over the years. The reasons are many, including a hesitancy of the younger generations to join associations, a mistaken perception that one member can't make a difference or that \$25 per year to have representation on Capitol Hill is not a valuable investment. The inevitable aging population and deaths also affect our numbers. As an association, we must take responsibility for the overall numbers ourselves — no single reason is enough to have the impact we have seen, it is important to look at the big picture: To keep membership numbers high, we must consistently focus on recruiting and retaining members. If a member does lapse, we should make a concerted effort to reach out to that member to find out why, and to see what will bring that shipmate back!

This is a team effort. Headquarters creates marketing materials and publications, institutes programs, processes payments and reports, provides technical and customer support to Branches and oversees retention and reinstatement of Members at Large. Branches support and grow their membership base, creating an atmosphere of enthusiasm and interest, and keeping the branch members updated on what is new and why it is so vital to keep membership dues current.

Of course, the larger we are, the louder our collective voice is heard on Capitol Hill! With a strong membership base vital to our future, FRA has embarked on many programs to meet the challenges mentioned and grow our numbers to new highs. In my position, I look at what is happening association wide, the trends of other associa-

tions, demographic data of prospective members and current members, and try with all my might to create effective marketing plans and remain within the budget.

At the end of the day, the most cost effective way to communicate with our membership and meet many of the challenges we face, is to leverage the technology at our fingertips. This issue of *FRA Today* focuses on technology — and we'd like to take this opportunity to explain how we are using technology to help with recruiting, retaining and reinstating members.

It is very exciting to get the phone calls from Branches who tell of their success in retention and recruitment efforts when they couple the tools headquarters has provided with the personal knowledge and interest from the branch level. As I wrote the last sentence, Shipmate Darvin Dalrymple, Branch President of Poway Valley Branch 70 called to discuss his exciting recruitment drive and the creative things he's doing to get branch members

to each recruit three members this year. These ideas include providing *FRA Today* to active duty personnel as a legislative update for their GMT and starting a dart league to reach the veterans and retirees. No sooner did I get off the phone when I received an e-mail from Shipmate John Campbell, Secretary Treasurer of San Gabriel Valley Branch 85 with a request to be able to download the branch list in Excel format to simplify sending out newsletters. I was thrilled to say that is already possible and explained how. (Secretaries: please login to www.fra.org / Area for Branch and Regional Officers for the directions.)

Enthusiasm is building! Please read the following pages with that sense of enthusiasm and let think about what opportunities you have in your life to recruit, retain and reinstate a member. As a team, we will ensure FRA always stays the largest and strongest association serving Navy, Marine Corps and Coast Guard enlisted personnel!



EILEEN MURPHY
*Director of Marketing
and Communications*

Interested in providing a membership to FRA as a holiday gift this year? Go to www.fra.org and click "Join." Choose a username and password for your someone special. (It's the holidays, have a little fun with that!) Pay by credit card and they'll get their new member kit in time for the holidays! You will need to provide their name, birth date, branch requested, length of membership desired and their address. Let them know their username and password — you're all done. You've given a gift that truly says you care about their future!

Recruit
WWW.FRA.ORG

The use of the site continues to increase as a recruitment tool. Joining FRA online has never been easier. Prospective members interested in learning more about FRA can create a site account, read articles and get information — they will be reminded throughout the site to convert to a full membership.

E-MAIL CAMPAIGNS

We have built an extensive list of prospective members' e-mail addresses. Communications revolve around important legislative updates which would impact them. Each update

encourages them to participate in the legislative process — and of course, to join FRA!

Through a banner ad on www.militaryshoppers.com and an e-mail newsletter we are communicating with thousands of prospective members and their families. The e-mail outlines FRA's legislative advocacy and benefits, linking the prospect directly to the "Join" page.

POWERPOINT PRESENTATIONS

When the legislative team presents to Honors Program recipients or groups of senior enlisted leaders, a customized PowerPoint helps focus the message. If you would like to do the same, please help! Are you going to a reunion? Wanting to present legislative updates to a base's Transition Assistance Program class? Have a laptop you are bringing to an event where there will be a large group of prospective members? Go to www.fra.org and download the "What is FRA" PowerPoint! Customize it for your specific needs and away you go!

If you are making a presentation to a group of prospective members, please contact Bob Washington, Director of Membership Development at mdevfra@fra.org to request display materials and/or handouts.

Retain

Recruiting new members is great — retaining our current members is even better! There are two major rules for any association interested in retaining members: provide a valuable association service and provide great customer service. Everyone at Headquarters understands this, and we constantly look for ways to be the best at both. The association service is our legislative program, first and foremost. Customer service includes informing, supporting, engaging, encouraging and relating to members. Shipmates who are actively involved in Branches or national issues are more likely to retain their membership. It is our job, therefore, to provide opportunities for members to be involved. Here are ways you can use technology to be involved — encourage other members to join you!

USE THE ACTION CENTER

The Action Center on www.fra.org is a tremendous way for our current members (and prospective members!) to let their voices be heard by their elected officials. Pre-written messages on a variety of important legislative issues are ready for you to send by e-mail or print out and mail (e-mail is now the preferred method of correspondence for most offices on Capitol Hill). When you weigh in on an issue, we will continue to track what happens and keep you updated through a Making Waves news release. In other words, when you ask a Senator to co-sponsor a bill and he does, we'll let you know and link you to the thank you e-mail so you can show your appreciation. With thousands of members voicing opinions each month, no wonder FRA is so widely respected on Capitol Hill!

NEWSBYTES

We want you to be informed! Every Friday, FRA staff sends *NewsBytes*, a brief e-mail updating members on legislative and benefit news of the week. Don't get *NewsBytes*? E-mail Eileen@fra.org and you will next Friday!

JOIN A TELECONFERENCE

Even if you do not have a computer, you can use technology to be more involved in FRA and learn about key programs and initiatives. On the second Wednesday of each month at 1200 EST, call 1-877-746-9514, enter the code 1924 when prompted and you will participate in a discussion with headquarters staff. This month, the call is December 13, and the topic will be looking ahead for 2007. This is your chance to hear directly what is happening and to share your thoughts. If you want to just listen, enter the code 1400.

JOIN AN ONLINE COMMUNITY

Each branch has their own online discussion communities, and Members at Large also have a community. (for more information on how to use the communities, please see the Web Site Guide on pages 16–17). Headquarters monitors the MAL discussion, and Branches can designate any member to be the administrator for the branch discussion. This tool is a fantastic way for members to share ideas, opinions, meeting minutes and more. It is a great way to engage members who are unable to make meetings and have Internet access.

COMMUNICATE WITH HEADQUARTERS

Have a question? Refer to the e-mail list on page 29. Day or night, you can send an e-mail or call 1-800-FRA-1924 and leave a message. We will respond as soon as possible.

POST A REUNION

FRA makes it easy to promote reunions. Every member can submit a reunion each year to be listed in *FRA Today* and to be posted on the Web site. Have a reunion coming up? Login and post it using the handy online form. (see the Web site Guide for more information). When you go to your reunion, consider giving a legislative brief to let your shipmates know what FRA is doing — and be sure to bring applications!

WE'LL CALL YOU!

If an MAL has not renewed within the three month grace period, that member will get a courtesy call from Headquarters to find out why, and to offer a convenient pay-by-phone option. We recommend strongly that Branches do the same for their members — see Membership Matters (page 28) for details!

Calling Former Shipmates!

MEMBER SERVICES IS CONTINUALLY looking for new ways to support our current membership and to help with to bring former members back. Reinstatement of lapsed members is a great way to rebuild our base!

This spring, FRA Headquarters tested a call program to members at large who had let their membership lapse and talk to them about re-activating. The response was great, and not only did five percent rejoin right away, we heard many reasons for non-payment of dues. This helped us with some fine-tuning of our processes — here are some examples:

- Shipmates said they didn't recognize the envelopes as invoices. We have redesigned the envelopes, and the third renewal notice is now sent as a post card to stand out as a reminder.
- Shipmates told us they did not want to receive solicitations from outside sources. We created a very simple way of suppressing the information of any member who asks to be removed from those mailing lists.
- Shipmates on the West Coast said they had problems getting through to Headquarters for assistance due to the time zone differences. We have changed our work hours and extended the hours Member Services is open (now to 5:30 pm EST) to answer those calls.
- Shipmates wanted information and legislative updates but don't have computers. We added *Newsbytes* by Phone — call 800-FRA-1924 ext. 112 to listen. This is updated each Friday.
- And perhaps the most surprising — Shipmates didn't realize their membership lapsed. This happens when a member moves and we aren't notified or if they are just busy with urgent matters and haven't stopped to consider what's missing.

Branches Bring 'em Back!

Because of the value of the call program, we have created *Branches Bring 'em Back*. By accessing the Area for Branch and Regional Officers on www.fra.org, Branch Secretaries can track branch members whose membership has lapsed or is about to lapse. The "Advanced Search" feature enables them to search members by paid through date and reason for termination. For instance, if a branch would like to determine who was terminated for non-payment of dues so far this year, they can enter the paid through date (e.g. of 03/01/2006-08/31/2006), insert the code "NPD" (Non Payment of Dues) and hit "Search." A list is then created from which lapsed members can be contacted and invited to re-activate their membership.

Once a shipmate is called, the Secretary can mark the individual's record online, ensuring the person does not get repeat calls. If the shipmate wants to reinstate, the secretary can simply check a box marked "Send Invoice" and the invoice will go out the next business day.

If you would like to help your branch make these calls and invite former members to rejoin, I urge you to talk to your Branch Secretary today! Each one of us can help bring a shipmate back — we all benefit from a large membership base!



BOB WASHINGTON
*FRA's Director of Membership
Development*

ACTIVE DUTY SHIPMATES:

Please keep your address and other contact information up-to-date during a PCS. We lose many active duty members because of incorrect addresses in the database! Call 800-372-1924, e-mail shirley@fra.org or update online (see page 16 to learn how).

Bob Washington is FRA's Director of Membership Development and serves as the Chairman of the National Membership and Retention Committee.

FRA NHQ STAFF

PROFILE: SHIRLEY MOORE



Shirley Moore, Supervisor of Membership Services, joined FRA six years ago straight out of college, first as a temporary employee, and later as a records clerk.

She oversees a staff of three in Membership Services and is always eager to assist members with their range of queries such as processing member payments, branch transfers, address changes and death reports. She is also very active in the call program, making sure that lapsed members know they are missed and welcomed back!

"I've established a great rapport with many members over the years and it's very fulfilling to solve any problems they may have," said Shirley. "It's an added bonus when members tell you that you've made their day. I feel that I can make a difference."

"We receive a high volume of calls each day from all over the country, and sometimes from places as far away as the Philippines, France and Iceland," she added. "Every call is important to us. We are committed to serving the needs of our membership."

Shirley, who hails from Southwest Virginia, studied computing for two years at TESS College in Alexandria, Virginia. She loves to travel and has recently visited the Cayman Islands and the Bahamas.



NEW BRANCH

Bravo Zulu to Shipmate **James Hammond**, the coordinator and organizer of the recently-launched **Northern Kentucky Branch 283**. At the 79th Annual National Convention in Oconomowoc, Wisconsin, the National Board of Directors authorized the issuance of a charter for the establishment of this branch. Leon Zalewski, North Central Regional President instituted the new officers on 17 October 2006. Branch 283 has 51 members, 12 of whom are veterans. Hats off to Shipmate Hammond for a job well done!

Send us news on your branch initiatives to fratoday@fra.org.

Contact Information

General FRA E-mail	news-fra@fra.org
National Executive Secretary	Joseph L. Barnes nes@fra.org
Finance Officer	Paul Rigby finance@fra.org
Accounting	Erick Granados, Senior Accountant erick@fra.org
Administration	Alicia A. Landis, Director adminfra@fra.org
Legislative Programs	John Davis, Director john@fra.org
Marketing and Communications	Eileen Murphy, Director eileen@fra.org
Membership Development	Robert W. Washington, Director mdevfra@fra.org
Member Services	Shirley Moore, Manager shirley@fra.org
Scholarships	Vince Cuthie, Coordinator it@fra.org
Veterans Services	Chris Slawinski, VSO vafra@fra.org

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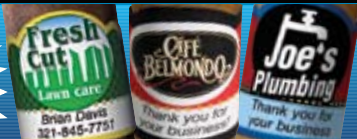
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BRANCH 226 STATEN ISLAND, N.Y.

Shipmate Joseph Hosmer (second from left) receives a 50-year Continuous Membership award from (left to right) RPNE Jim Smith, Branch President James Brown and Branch Secretary Louis Bunch.

BRANCH 261 LEMOOR, CALIF.

Shipmate Nate Smith (right) presents a \$200 check for disaster relief on behalf of the West Coast Beer Club to National President Ed Zerr at FRA's 79th National Convention in Oconomowoc, Wisconsin.



BRANCH 42 N. KINGSTOWN, R.I.

PRPNENG Phil Justin presents continuous membership pins to (left to right standing) Shipmates Al Seguin, 35 years; John Etching, 30 years; Al Soper, 35 years; and (seated) PRPNENG Ken Green, 45 years.



BRANCH 186 HERNANDO, FLA.

Branch Secretary Bob Huscher, Branch President Bob Woods and Treasurer James Delfraisse present a \$500.00 check for disaster relief to RPSE Ron Hoadley. The presentation was made at Charleston, S.C. during the S.E. Regional Convention.



BRANCH 235 RUTLAND, VT.

A special ceremony was held to honor Vermont legislator, Rep. Bob Helm, who was responsible for state legislation that bans demonstrations and protests at funerals. From left to right: Karl Zuege, Branch President and member of Marine Corps League; Tom Keyes, Branch Member; Rep. Helm and his wife, Caren Helm; "Wink" Roberts, Secretary/Treasurer and NVP Jerry Sweeney (now NP).

Brains Conquer Beauty

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Perfection from the laboratory. We named our brilliant cut collection DiamondAura, because simply said, "they dazzle just like natural diamonds but without the outrageous cost." Our DiamondAuras are an absolute marvel of modern gemological science. We insisted that our scientists reproduce the look of a loupe-clean diamond in the laboratory, and would not accept any result other than perfection. We will not bore you with the incredible details of the scientific process, but will only say that it involves the use of rare minerals heated to an incredibly high temperature of over 5000° F. This can only be accomplished inside some very modern and expensive laboratory equipment. After several additional steps, scientists finally created a clear faultless marvel that looks even better than the vast majority of mined diamonds. Noted jewelry expert Steven Rozensky said, "The color and clarity of DiamondAura rivals that of a flawless D colored diamond". Of course, flawless diamonds sell for in excess of \$50,000 a carat, so they are priced out of reach. With precious metal settings and sizes exceeding 1 carat, the visual effects are breathtaking!



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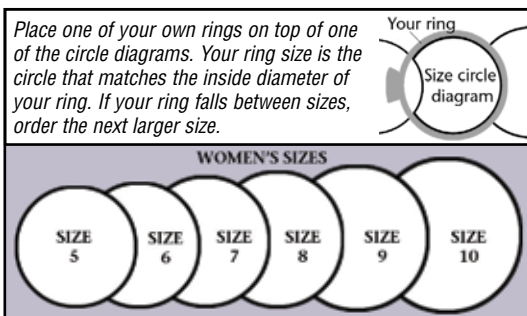
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HOW FRA IS WORKING FOR YOU

As an active duty or reserve member, you are already a beneficiary of FRA's work on Capitol Hill. The Association's highly-respected legislative team ensures that your voice is not only heard but understood by key decision-makers in Washington, D.C.

ADVOCACY

FRA continues to be at the forefront of major changes for health care, compensation and benefits. FRA-led initiatives include:

- Targeted pay increases for career enlisted personnel;
- Creation of the Military Survivor Benefit Plan (SBP);
- Establishment of CHAMPUS — now called TRICARE Standard. (Before CHAMPUS, active duty personnel could not select a physician of choice.)

More recently, FRA has supported **predatory lending reform** legislation that places a 36 percent cap on predatory lending for service members and their dependents was included in the final version of the FY2007 Defense Bill. FRA-supported legislation was also signed into law by the President, **protecting service members from salesmen pushing substandard or overpriced financial service and insurance products**. This measure allows state insurance regulators to better enforce state and federal law on military bases. It bans discredited financial products that are no longer available on civilian markets, but still sold to service members.

MILITARY LEADERS PRAISE FRA'S ADVOCACY EFFORTS

FRA's strong advocacy efforts received high praise from leaders of the uniformed services who addressed delegates at FRA's recent 79th National Annual Convention in Wisconsin. Among them, Brigadier General John F. Kelly, USMC, and Legislative Assistant to the Commandant; Coast Guard Reserve Force Master Chief Jeff Smith; United States Navy Reserve Force Master Chief David R. Pennington; and CNO Directed Command Master Chief, Navy Recruiting Command, Evelyn Banks thanked FRA for its strong advocacy work and improving the lives of the men and women who serve the Nation.

ACCESS TO EXPERT STAFF

If you are unclear about benefits you are entitled to, FRA has the expertise to give you straight answers on a broad range of issues such as family readiness, health care and how legislation impacts you. As an FRA member, help is just a phone call away (1-800-FRA-1924).

LEGISLATIVE ACTION CENTER

FRA's Legislative Action Center on www.fra.org conveys member's concerns directly to their elected officials. The site provides pre-written letters to your elected officials urg-

ing them to halt potentially harmful legislation or showing support for legislation beneficial to your needs. The Action Center also keeps you posted on legislative developments in a timely fashion and advises you when to act so that your input can have maximum impact on getting laws passed that benefit you.

RELATIONSHIPS WITH KEY MILITARY STAKEHOLDERS

FRA has an open and constructive dialog with senior enlisted leaders, Department of Defense (DoD) personnel and key contacts throughout the sea services. Information is shared through weekly e-mail updates, online discussion boards, monthly teleconferences and articles in our publications. For example, your voice was heard when DoD proposed sharp increases to health care fees for 2007 and 2008 when FRA was asked to testify before the Senate Personnel Subcommittee — the only organization representing enlisted personnel invited!

FRA SCHOLARSHIPS

FRA is dedicated to nurturing a new generation of leaders to meet the challenges of the future. Since the FRA Scholarship Program was established in 1962, the Association has assisted many exceptional candidates achieve their career goals. FRA members, their spouses, children and grandchildren are eligible to apply for more than \$100,000 in post secondary and graduate scholarships annually.

DISASTER RELIEF

FRA facilitates relief to fellow shipmates in their time of need. FRA provided over \$100,000 in aid to shipmates who suffered losses due to Hurricane Katrina and Rita. The Association's members and friends donate generously through our Web site www.fra.org as well as through direct contributions to FRA National Headquarters. All money goes directly to shipmates and their families with no administrative fee taken.

PUBLICATIONS

In addition to extensive coverage in *FRA Today* (formerly *Naval Affairs*) and our online publication *OnWatch*, FRA communicates legislative developments through a free weekly e-newsletter (*FRA Newsbytes*) and topic-specific e-mail updates. To subscribe, visit www.fra.org.

Read our latest issue of *OnWatch*, at www.fra.org/onwatch which focuses on health care. We provide comprehensive feedback on our survey results, inform you about FRA initiatives to maintain and enhance your health care benefits.

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— Darlene and Jack B., CA

not use them at home. They use TV Ears® 2 because other members of the family complain that the TV is too loud. I personally use them to watch TV while I’m riding my exercise bike. I can have the volume of the TV low and therefore not bother my family with the loud TV.”

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DENTAL PLAN

As a member, you and your family are eligible for dental insurance coverage. For information regarding the FRA Dental Plan, call 1-800-522-1857.

LENS CRAFTERS

Show your FRA membership card and mention Lens Crafters Plan #9134727 and receive a 20% discount on frames, lenses, coating and tints, optical accessories, safety frames and lenses, and non-prescription sunglasses at Lens Crafters. Some locations also offer discounts on eye exams and contact lenses. Call 1-800-522-LENS for information.

NAVY TIMES

FRA members qualify for a special subscription rate of 52 weeks for \$39.00 or 35 weeks for \$26.50. Call 1-800-368-5718 to start or renew your subscription. Use FRA priority member code number 1516N3.

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FRA members are offered FRA's exclusive MasterCard card with no annual fee. Choose a Platinum or Classic card that displays an image from the Navy, Marine Corps, or Coast Guard. Call 1-800-GET-MBNA (1-800-438-6262) for more information.

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FRA is pleased to provide the following financial tools through MBNA for the benefit of our members:

- *GoldPortfolio* — deposit accounts through MBNA America Bank N.A.

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Members of FRA can show association pride with high quality, custom designed bank checks, personalized with your name, address, and FRA emblem. Call 1-800-VET-CHEX to order.

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HERTZ CAR RENTALS

When making reservations through Hertz, be sure to use your FRA membership benefit discount: CDP#332104.

ONLINE TRAVEL PORTAL

The online travel portal provides FRA members special government rates for everything from airline tickets, hotels, or cars to last minute travel deals on cruises or golf packages.

FRA'S US BONDS 4U NETWORK

Shop for everyday items, gifts, and even hotel reservations, rental cars, and flights online, and each network merchant gives you a percentage of your purchase back as BondDollars™. Your FRA US Bonds 4U savings account grows with every purchase. Once your account reaches 50 BondDollars™, you can redeem for US Savings Bonds or other valuable benefits.

WWW.FRA.ORG

Please login to www.fra.org to access members-only information and participate in online discussion groups with staff and other Shipmates.

Through the Web site, you can also communicate with your elected officials using FRA's online Action Center, update your personal information, subscribe to *NewsBytes*, FRA's weekly e-mail update, read FRA's *OnWatch*, (quarterly publication for the active duty and Reserve communities), or access the other member benefits listed below.

FRA TODAY

FRA's monthly magazine provides concise articles on legislative developments that affect you and your family.

FRA SCHOLARSHIP PROGRAM

Over \$100,000 in college and graduate school scholarships are awarded to FRA members, their dependants and grandchildren each year. E-mail Vince Cuthie at it@fra.org.

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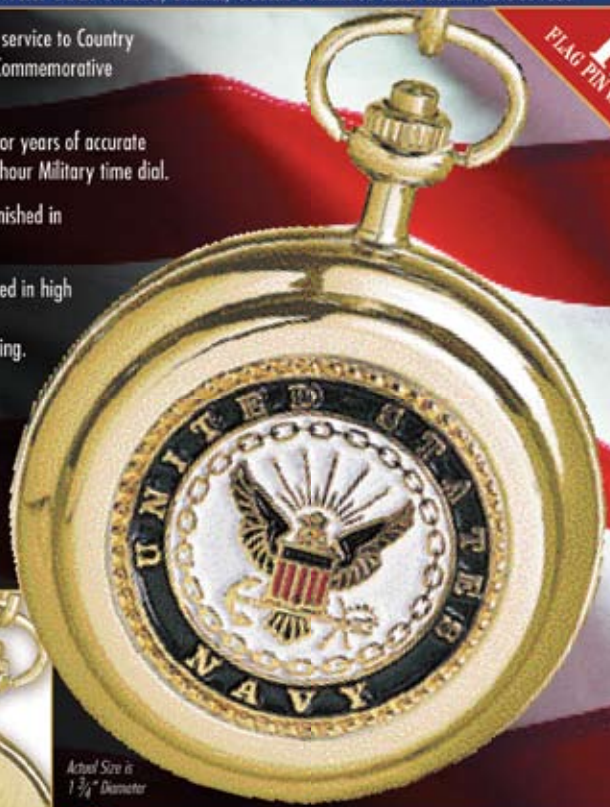
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Jason M.
Manhattan Beach, CA

A: Well Jason,

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Admiral George LeBlanc

Last known assignment was the Naval Special Weapons Testing in Albuquerque, N.M. in mid-fifties. Please contact P.L. Terrell ADC (Ret.) at halfbreed@cox.net or 225-791-5201.

Robert Anders SKCM

Served with him during 1957-1958 on Franklin D. Roosevelt CVA42. Please contact Bill Baxter 941-485-7846.

Shipmates of Recruit Company 278, San Diego (July 1946)

Please contact Galen Tarter, USN (Ret.), 541-664-9963 or t9ranch2@msn.com.

Rich Crowley

Last known assignment was aboard USS Carpenter (DDE 824), 1951. Please contact Louis Spadaro, 19 Disney Drive, Toms River, N.J. 08755-4911, 732-240-1510 or bklynlou59st@comcast.net.

MAC Wayne Cheeseman and MA2 Bob Davoll, Naval Support Forces Antarctica

Please contact MACS Lou Figueroa, USN (Ret.), 10625 Aspen Ave., California City, CA 93505 or 760-373-8920.

Shipmate Jim Edmonds

Last known assignment was USS Corry, DD8-17. Please contact Carl Biehner, BTC (Ret.) BTCChief@aol.com or 561-784-0362.

GMC Jay Samuel Williams, USN

Last known assignment was aboard USS Duluth CI 87 1947-1949. Please contact B.J. (Zoomie) Harjer, 231-780-2087 or chief1049@msn.com.

Alan Kenneth Dickerson (wife Amy)

Formerly from Iowa, last known assignment was Little Creek, Va. Please contact Robert (Bob) Elkins, QMC (Ret.) at 803-377-1465 or robertelkins693@yahoo.com.

EMC J.D. Eicher, USN (Ret.)

Last known assignment was aboard USS Direct (MSO 430). Please contact O.L. Stephens, STCS USN (Ret.) at 843-761-2639.

HMC John "Jack" Couch

Last known assignment was El Toro, Calif. Please contact HMC Eugene "Gene" Pasahow, USN (Ret.), 361-852-8416 or epasahow@stx.rr.com.

HM2 Kulcsar

Last known assignment was USS Enterprise (CVA 65). Please contact HMC Eugene "Gene" Pasahow, USN (Ret.), 361-852-8416 or epasahow@stx.rr.com.

David Staul, USN (Ret.)

Last known duty station was at VC-5 NAS CUBI PT, Philippines, 1983-1986. Please contact Stephen Casciotta, USN (Ret.), 951-461-1318 or rainboww99@aol.com.



Shipmates from Recruit Company 354 (1956), Great Lakes and Hospital Corps School Class 2256 (also Great Lakes)

Please contact Robert E. Wagner, 40 Holly Drive, Olathe, KS 66062, 913-764-2521 or Twonbig0@aol.com.

Willis Woolette, SFC, USN (Ret.) and Joseph "Joe" Bruno, PN1, USN (Ret.)

Last known assignment Navy Recruiting, Butte, Montana, mid-1960s. Please contact YNC (SS) Elmer C. Williamson, USN (Ret.) at ecw7@comcast.net .

Shipmates from Recruit Company 103-57, Great Lakes, Ill

Please contact Carl Barber, USN (Ret.) at 417-588-4383.

Shipmates from Platoon 63 Recruit, Norfolk Naval Training Center who served in October, 1939

Please contact Lacey Early, 11281 McGaheysville Rd., McGaheysville, VA 22840, 540-289-5932 or learly17@verizon.net.

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USS Carpenter (DD 825) Shipmates Assoc.

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Arnold, James C., HT1	MAL	<i>Hake, Jack M., ENC(SS)</i>	<i>MAL</i>	Payne, Norman F., MRFN	MAL
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A Message from the National President

THE 74TH NATIONAL CONVENTION of the Ladies Auxiliary was held in Oconomowoc, Wisconsin in late September. Along with electing and installing officers for the upcoming year, the delegates made some major decisions which will affect the Auxiliary members long-term.

This year the delegates voted to change its membership to include husbands, widowers, fathers, brothers, sons, stepsons and grandsons of our female shipmates, and the Constitution and Bylaws will now read:

Article 3, Section 301: Membership in the Ladies Auxiliary of the Fleet Reserve Association shall be limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of members of the Fleet Reserve Association and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of persons who were members at the time of death or eligible to be members of the Fleet Reserve Association at the time of death.
(9/06)

The delegates also voted to accept the offer from FRA to use the iMIS system they have in place for tracking our membership. Over the next several months, our present data base will be downloaded on the iMIS system and will be programmed to meet the Auxiliary's specifications. It is projected that it will be sometime after the first of the year before the change from our present data processing system to iMIS will be completed. Until then, *we will continue with our present system.* Once we migrate to iMIS, members will be able to update their information such as address, phone and spelling corrections to their own file just as the shipmates have been able to do for the past few of years.

The officers for 2006–2007 are: **Sandra Robbins**, Unit 91–National President; **Gail Doloway**, Unit 90–National Vice President; **Georgia Gallagher**, Unit 66–National Executive Secretary; **Cindy Rodham-Tuck**, Unit 42–National Financial Secretary; **Eileen Magnan**, Unit 9–National Treasurer; **Pat Boudreaux**, Unit 275–Jr. Past National President; **Jean Dane**, Unit 246–Regional President New England; **Sue Hershberger**, Unit 124–Regional President Northeast; **Margaret Fisher**, Unit 40–Regional President East Coast; **Donna Mefford**, Unit 30–Regional President Southeast; **Rozena McVey**, Unit 216–Regional President North Central; **Nancy Morrow**, Unit 96–Regional President South Central; **Emma Ivins**, Unit 38–Regional President Northwest; **Jan Carlson**, Unit 296–Regional President West Coast; **Gigi Hermes**, Unit 61–Regional President Southwest. Special thanks to **PNP Kay Lancaster** and **PNP Betty Pounds** for serving as Installing Officers.

The USO was chosen as the National President's Project for 2006–2007. The USO has been in operation for over 65 years and continues to support U.S. Troops and their families wherever they serve. Monies donated to this project will be targeted for the following three programs of the USO: "Operation Phone Home," "Operation USO Care Package" and "Gifts From the Homeland." By supporting the USO, we show our appreciation and gratitude to those men and women who defend us. Please send all donations to: NFS LA FRA, 38 Shannonmarie Way, N. Easton, MA 02356 and note in the memo section "NP Project USO."

As we approach the new year, we promise to keep in mind the reason for our organization and work in the best interest of all the members of the FRA and the Ladies Auxiliary.



Photo by: Vince Cuthie

SANDRA L. ROBBINS
LA FRA National President

FRA Needs Your Recruiting Voice!

Recruit a member for *FRA Today!* The monthly legislative updates are worth more than the \$25 per year membership dues. You are also eligible for a *NewsBytes*, the free weekly e-mail update, full use of the FRA Action Center and more! As a member of FRA, you have a direct connection to Congress, DoD, the VA and Homeland Security. Share this issue with a friend, family member or co-worker who is eligible for membership and let them know you want them to join!

Members of FRA, add their voice to the largest association representing current and former enlisted Navy, Marine Corps and Coast Guard personnel on Capitol Hill. There is strength in numbers - the larger FRA is, the more successes we will have.

There is no law protecting benefits! FRA worked diligently to prevent implementation of both drastic TRICARE fee hikes proposed by DoD for 2007 and annual enrollment fees for Priority Groups 7 and 8 veterans in the VA health care system. But health care cost issues are already being discussed for 2008! As a member of FRA you show Congress you pay attention!

FRA continues to:

- Fight for adequate BAH rates and high priority quality-of-life issues
- Work to ensure a seamless transition for active duty service members to veteran status
- Improve education benefits for veterans by fighting for a "Total Force" Montgomery GI Bill
- Educating service members about the Uniformed Services Former Spouses Protection Act and fighting for fair legislation
- Expand concurrent receipt for disabled military retirees and many other pay and benefit enhancements addressed in FRA's extensive legislative agenda.

Invite others to join today and help us win the fight!

You Need FRA's Voice!

"On 1 September 2006, I discovered that my monthly Navy retired pay was not credited to my checking account. DFAS gave me the runaround. They told me to call VA, VA told me to call DFAS – even when the error was acknowledged, no help came. On 7 September, DFAS said my record was on the supervisors desk "on top of the pile" and that my pay would be released momentarily. On 11 September I was told it usually takes 30 days, and to call back then.

At about 1545 on the 12th, I decided that I had done all I could and called FRA to speak to National Veterans Service Officer, Chris Slawinski and get help.

While playing golf on the morning of the 13th, DFAS called say my payment had been credited to my checking account that morning. Chris also called to make sure I got the news.

Thanks FRA. \$25.00 (FRA's annual dues) is a small price to pay for service such as this! Thanks Chris ... you are a great asset to the FRA Team."

— George R. Kaye, Ocean View Branch 60

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Join the FRA: Membership Application

I certify that I fulfill the eligibility requirements and want to join the FRA.



Name: _____ Rate/Rank: _____

Address: _____
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Date of Birth: _____ Social Security No.: _____ Phone: () _____

Service: _____ Status: _____ Membership Preference: Branch No. _____ Nearest to Home Member-at-Large

Previous FRA Member: No Yes (If yes, previous Member No.: _____)

Recruited By: _____ Member No.: _____ Branch No.: _____

Spouses Name: _____ Your E-mail Address: _____

Applicant's Signature: _____ Date: _____

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Never wonder who to call for help.

Communication is the key to success, so let your voice be heard! FRA members know that with one phone call or e-mail, they can get answers to questions and referrals for information from friendly staff on issues such as:

- Legislation
- Health care
- Education benefits
- Scholarships (for members and family)
- Veterans services
- Survivor issues
- Finding former shipmates
- Reunions
- Communicating with elected officials

Every current and former enlisted service member from the Navy, Marine Corps and Coast Guard should belong to FRA. \$25 is a small price to pay for representation on Capitol Hill, with DoD, VA and Homeland Security. This holiday season, use the application on the inside of this cover and give the gift of an FRA membership. It's the easiest way to show pride in service, and dedication to protecting pay and benefits for your loved ones.

Join now and be heard.

1-800-FRA-1924 www.fra.org



Your Mission • Your Voice



Join today and let FRA help you!
When you have a DoD or VA issue —
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