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FRA *today*



5 The Importance of Training

12 Coverage of FRA's 84th National Convention



OCTOBER 26-29, 2011

Kansas City, Mo.

84TH ANNUAL FRA & 79TH ANNUAL FRA AUXILIARY NATIONAL CONVENTIONS

17 FRA Branch Listing for 2012

369

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Featured

- 12 CONVENTION HIGHLIGHTS**
Delegates gathered in Kansas City, Mo., to discuss FRA business, elect and install national officers and enjoy the camaraderie of their fellow shipmates.

Departments

- 2 COMMUNICATIONS**
- 5 NED PERSPECTIVE**
The Importance of Training
- 6 SHIPMATE FORUM**
- 8 ON & OFF CAPITOL HILL**
Retiree Benefits in Peril
- 17 BRANCH LISTING FOR 2012**
- 30 CONVENTION WORKSHOPS**
- 31 CONVENTION AWARDS**
- 32 NATIONAL OFFICERS**
- 34 MEMBERSHIP MATTERS**
Membership & Retention Awards
- 38 NEWS FROM THE BRANCHES**
- 40 CONVENTION SPONSORS**
- 41 TAPS**
- 42 REUNIONS**
- 44 FRA AUXILIARY NEWS**
Message from National President Gini Larson

12



11



12

LOYALTY, PROTECTION AND SERVICE

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ON THE COVER

FRA National President Jeffrey Gilmartin was installed at FRA's 84th National Convention and poses here at the National Museum of the U.S. Marine Corps in Quantico, Va. FRA photo by Chris Slawinski.

What Can You Do on www.fra.org?



Eileen Murphy

THIS ISSUE OF FRA TODAY covers the highlights of FRA's 84th National Convention. It was a busy week in Kansas City, and it's always hard to distill all the information down to just a few pages! Additionally, we have included our annual list of branches in a convenient pull out section to keep on hand for quick reference. This list is updated throughout the year, so please refer to the region listings on www.fra.org (under MY FRA) throughout the year for the most current lists.

This issue also included a letter from NP Gilmartin thanking you for your service to the country and to FRA. The Association relies heavily on dues payments and donations to assure that we can provide members:

- Representation on Capitol Hill to make sure Congress hears the voice of the enlisted sea service personnel
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- *NewsBytes* — a free, weekly legislative e-mail update to let shipmates and families know about important issues (also available by phone at 1-800-372-1924, ext 112.)
- Free guides like *Your Personal Affairs* to help organize personal finances and *Communicate With Your Elected Officials*, a guide to contacting members of Congress — available to members on request.
- Scholarships offered through the FRA Education Foundation
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That is certainly a lot of benefit for a mere \$30 per year — and that's why we need your continued donation support. Please feel free to call 1-800-FRA-1924 or go to www.fra.org/support to make a donation as well.

Join NP Gilmartin for a Teleconference

Please join National President Jeff Gilmartin for a live teleconference at noon (EDT) on Wednesday, December 14th. He will go over his goals for the coming year, discuss important issues facing FRA and respond to your questions. To take part, dial 1-800-391-1709 and use bridge number 444143.

We will record this teleconference and post on www.fra.org under Member News (follow the link to the right when you login to the site) for those who are unable to attend at the designated time.

Be sure to read NP Gilmartin's From the Bridge column in the January *FRA Today*.

Eileen Murphy is the Director of Marketing and Communications and serves as the Managing Editor of *FRA Today*. Please contact her at eileen@fra.org.

FRA today

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VOLUME 90 NUMBER 12



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Joe Barnes

The Importance of Training

AS INDICATED IN MY recent NED Memorandum (8–11), there is a need for training and mentoring of incoming FRA national, regional and branch leaders. In addition to workshops at FRA's 84th National Convention on administrative processes, leadership responsibilities and work at the Association's National Headquarters (NHQ), several sessions focused on preparing FRA leaders. These are detailed on page 30 and included presentations by Honorary Shipmate Jim Webb of Capital Financial; FO Paul Rigby; PNP Don Muccheck and members of the Special Committee on Future Strategic Planning and others.

A key aspect of training is familiarization with important reference manuals that I discussed in my October 2011 NED Perspective column. In addition to newly installed FRA leaders, I encourage all shipmates to check out these resources and become familiar with the administrative, membership and other matters detailed within. Most of these publications are available to branch and regional leaders under the "My FRA" tab in the area for "Branch and Regional Officers" on our web site at www.fra.org.

Many organizations schedule multi-day training sessions for their incoming leaders and to my knowledge FRA has never done so. There was, however, a time when training was a routine aspect of regional mid-year conventions and National Board of Directors' meetings — particularly for Regional Vice Presidents in attendance. Unfortunately, not much training is occurring at these meetings, resulting in confusion or lack of attention to routine reporting requirements at the branch level along with increased reliance on NHQ to assist with reports, IRS filings and other

branch matters. Some new branch officers also call NHQ for guidance, since none is being provided at their respective branch. It's also important to remember that each regional president is the representative of the National President for his/her region and should be the first person contacted regarding most branch issues.

"We remain committed to working smart, doing things right, exercising due diligence and fulfilling our Association-related fiduciary responsibilities."

There's also a need for greater understanding about the basics of administrative and reporting requirements, national officer responsibilities, branch relationships with their business enterprises, legal issues and understanding the scope and complexity of day-to-day NHQ operations in support of our membership.

To help address these issues, a second phase of training took place in late November at NHQ and involved in-depth briefings for the newly installed senior leadership, RVPs, PNPs and standing National Committee chairs desiring to attend.

Professionals with whom we work closely provided briefings on priority legal concerns, employee benefits, the new audit firm, our endorsed insurance program products and associated

benefits. Senior NHQ staff members also briefed attendees on the ways the NHQ Team works to fulfill FRA's mission, including Web site and IMIS functions, VA and VAVS programs, public speaking, IT support and the FRA Education Foundation.

FO Rigby and I sincerely hope this program will be a starting point and form a foundation that will expand training, help expand awareness and prompt more shipmates to step forward and assume important committee, branch and regional leadership positions. It's also important to remind all branch secretaries to share information disseminated via branch reports with members of their respective branches.

We also strongly support JrPNP Scarbro's efforts during the last association year to improve communications with RPs per NPSL 2–11. As with every newly installed National Board of Directors, we remain committed to working smart, doing things right, exercising due diligence and fulfilling our Association-related fiduciary responsibilities.

Thanks for your continuing support and congratulations again for all newly installed branch, regional and national officers of our great Association and Auxiliary. Best wishes for a productive 2011–2012 Association year.

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

An Aide to All

Thank you for that excellent article on Religious Program Specialist in the October 2011 *FRA Today*. I became a Navy Chaplain in September of 1980, just shortly after the RP rating was established, so I was privileged to work with many who were helping to set the mark, so to speak, for all to follow. Having been enlisted for 9 years prior to going to college and seminary and then back in the Navy as a Chaplain afforded me the opportunity [to be] more approachable and understanding than some of my fellow chaplains. The RPs I was privileged to serve with were some of the most professional sailors I served with. It is comforting to know that they are still setting a standard for other sailors to follow in their dedication to a much-needed role in the U.S. Navy.



Victor H. Walker

Thank you for such an outstanding article on the RP rating and the men and women who have chosen to serve in this rating. Now a retired RPCS, I was on the first listing of enlisted personnel to change to the RP rating. At that time I was a MN1. I served as an RP at the Weapons Station Charleston, the USS *Independence* and the 2nd Marine Air Wing. All were great tours. I am glad to see the men and women today have the same attitude as earlier RPs and do a great job. Again, thanks for the great write-up.

Jim Daniel

I retired as a Master Chief Personnelman in 1971, so I was not aware of the RP rating being established 1979. Prior to 1979, those duties were performed by the Personnelman and like many other tasks, it was identified by a NEC (Navy Classification Code), under the PN rating.

I found it interesting that when I was taking the service wide exam for PN1, there was a whole section of questions relating to the religious aspect of the rating. In fact, they cracked me up because there were several questions where you had to identify if a hymn was Catholic, Jewish, Baptist, Lutheran, Methodist, etc. Then they gave you excerpts from music sheets and you had to answer related questions. I knew nothing, not even a sharp from a flat, so you can imagine my reaction! I gave out such a loud burst of laughter that the proctor wanted to know what was going on. He smiled when I explained.

Also being a PNCM, I was assigned the collateral duty of Casualty Officer in DaNang, Vietnam, which included writing the letters to the next of kin. In CONUS, I also served as Casualty Assistance Officer and conducted over 25 military funerals. So you can see, before the RP was established, the PN did a lot of related functions, including serving as the Chaplain Assistant and his support staff.

Thought you might enjoy the rest of the story.

Richard E. Dornblaser

Burial Flags

My wife and I visit antique shops often and we're finding U.S. burial flags for sale in quite a few shops. Families of deceased service members are passing on and having auction sales and garage sales, where shop owners are purchasing the flags. The new generation doesn't understand the meaning of keeping these flags. Personally I believe these flags should not be for sale. They belong to the families of the serviceman or they should be destroyed.

I have been successful getting these shops to pull the flags off the shelves here in Erie County, Ohio. It would make me happy if all burial flags were removed from antique and other shops in all states.

Ron Clawson

Correction

We regrettably neglected to provide photo credit for the photos of PNP Ed Zerr on page 14 of last month's issue. The photos were taken by Shipmate Vince Cuthie, who was FRA's resident photographer during Zerr's tenure as National President.

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

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John Davis

Retiree Benefits in Peril

BY THE TIME YOU receive this issue of *FRA Today*, the November 23, 2011 deadline for a deficit reduction plan from the Joint Select Committee on Deficit Reduction (Super Committee) has passed and the panel should have released a federal spending reduction plan totaling at least \$1.2 trillion over 10 years. Assuming the committee reached an agreement, House and Senate committees must report Super Committee recommendations without amendment by December 10th, and by December 23rd, the full House and Senate must vote on the committee's recommendations.

Legislation to reduce the federal deficit by the targeted amount must be passed by January 15, 2012, or automatic spending cuts will take effect beginning January 1, 2013. If implemented, automatic cuts (sequestration) will equally reduce both defense and non-defense programs by whatever portion of the \$1.2 trillion is not achieved by legislation.

As *FRA Today* goes to press, few details about plans have been released. FRA's Legislative Team is closely tracking the Super Committee's deliberations and working to make sure the budget reductions keep faith with those currently serving and those who've served in the past. The Association continues to argue that cutting health care, retirement and other benefits will have a significant impact on recruitment, retention and overall military readiness.

FRA expressed shipmates' increasing anxiety about proposals to significantly reduce military and veterans' benefits through a variety of means, stressing the unique nature of military service. In a letter to Senator Patty Murray (Wash.) and Representative Jeb Hensarling (Texas), co-chairs of the Super Committee, and in testimony before the House Armed Services' Military Personnel Subcommittee, FRA consistently cited the significant risks and sacrifices

associated with military service, reminded lawmakers of the nation's commitment to service personnel and their families, and urged them to examine the impact these proposed cuts would have on future defense capabilities.

In its testimony, FRA also reported results from its recent online survey that asked current and former service members their views on Defense Business Board (DBB) proposals to significantly reform ("civilianize") military retirement benefits. More than 80 percent of active duty and Reserve component respondents said they'd shorten their term of service if military retirement was changed to the 401(k)-style benefit proposed by the DBB. Nearly 95 percent of the 1,700+ survey participants said the current benefit after 20 or more years of service would have the most appeal if they were joining the military today.

FRA's concerns are being echoed by military and legislative leaders alike. Secretary of Defense Leon Panetta stated his opposition to any cuts to the FY 2012 Defense Department budget that go beyond the nearly \$450 billion (over 10 years) already approved in both the pending House (H.R. 1540) and Senate (S. 1253) Defense Authorization bills. Members of the House Armed Services Committee also dispatched a letter to the Super Committee, warning that significant cuts to military retirement, TRICARE, and other benefits could have a "devastating impact." Senator James Inhofe (Okla.) and 15 of his Senate colleagues recently wrote to SecDef Panetta opposing the DBB plan and advising him not to alter or reduce military retirement benefits.

Shipmates are strongly urged to use the FRA Action Center at www.fra.org to contact their legislators on issues being considered by Congress that may impact their quality of life.

Vet Committee Leaders Raise Prospect of Reducing, Delaying Benefits

Sen. Patty Murray (Wash.) and Rep. Jeff Miller (Fla.), respective chairpersons of the House and Senate Veterans Affairs Committees, and ranking members, Sen. Richard Burr (N.C.) and Rep. Bob Filner (Calif.), sent a letter to the Joint Select Committee on Deficit Reduction (Super Committee) listing various programs within the Department of Veterans Affairs (VA) where cost reductions may be realized. Although the

bi-partisan, bi-cameral letter advises the committee to avoid balancing the budget on the backs of America's veterans, the committee leaders suggest that "no constituency better understands the challenge America faces, and no constituency is better suited to, again, lead by example by putting country first."

Congressional staff claims that the letter does not endorse any reduction to specific VA programs, but the document

includes attachments that suggest capping future annual increases to veteran education programs and delaying cost-of-living adjustment (COLA) payments by a month and rounding the increase amount down to the nearest dollar.

FRA takes exception to the concept that our nation's heroes should "lead by example" in reducing the federal deficit when they've already put "country first" in service to our nation.

COLA Increase for 2012

The Bureau of Labor Statistics announced that the official Cost of Living Adjustment (COLA) increase for 2012 is 3.6 percent. This is the first COLA increase in two years and will be reflected in military retired pay, VA benefits for disabled veterans, survivor annuities, and Social Security benefits for next year. The increase takes effect December 1, 2011, and will apply to checks distributed on December 30th. (Payments normally scheduled for Jan. 3, 2012, will be issued on Dec. 30, 2011. This change means military retirees will receive 13 rather than the normal 12 payments in calendar year 2011, which could alter the tax liability of some retirees and those who receive portions of their retired pay.)

The Consumer Price Index (CPI) is used to calculate this annual COLA and is based on the cost of a "basket of goods" for the average American during the period from October 1 to September 30 each year. In conjunction with deficit-reduction options, some lawmakers and others are discussing the use of a new index, the "chained CPI," that takes into account the substitutions consumers make in response to changes in prices, which may result in slightly reduced COLAs. (According to Tom Philpott's syndicated *Military Update* column of 11-4-11, the COLA would be 3.4 percent for 2012 if the new chained formula had been used.)

VSO/MSOs Meet with House Minority Leader

FRA's Director of Legislative Programs (DLP) John Davis participated in a recent roundtable discussion on veterans' issues with other Veteran Service Organizations and Military Service Organizations (VSO/MSOs). During the meeting, hosted by the House Minority Leader Rep. Nancy Pelosi (Calif.), VSO and MSO representatives expressed growing anxiety about proposals that may drastically reduce military and veterans' benefits as part of major budget cuts to reduce the deficit. Representative Tim Walz (Minn.) informed the group that he had recently returned from Iraq, where many service members expressed concern about the prospect of substantially reduced retirement benefits proposed by the Defense Business Board (DBB).

Davis urged the lawmakers in attendance to enact a permanent fix for the impending cuts to Medicare and TRICARE physician reimbursement rates. The "Doc Fix" that temporarily prevented the proposed 30-percent rate reductions from taking effect will once again expire January 1, 2012, unless Congress acts to extend the deadline or make a permanent fix. Last December Congress approved a one-year extension of current reimbursement rates for doctors seeing Medicare and TRICARE patients.

Representatives Xavier Becerra (Calif.) and Chris Van Hollen (Md.), members of the Super Committee, attended the meeting. Other legislators in attendance included: Rep. Susan Davis (Calif.), ranking member of the House Military Personnel Subcommittee; Stanford Bishop (Ga.), Michael Michaud (Me.), Mark Critz (Penn.), Corrine Brown (Fla.), Betty McCollum (Minn.), Rick Larsen (Wash.) and Kathy Hocu (N.Y.).

In related news, Representative Allyson Schwartz (Penn.) is inviting her House colleagues to sign a letter asking the Super Committee to make the "Doc Fix" permanent. She cited five extensions in 2010 that averted drastic cuts in reimbursement rates that will likely make it more difficult for Medicare and TRICARE beneficiaries to access quality care. The extensions were intended to give legislators time to reform the Sustainable Growth Rate (SGR) formula by which reimbursement rates are calculated in order to provide adequate reimbursement for doctors.

The Representative's letter recommends a permanent solution to the reimbursement rate dilemma that includes implementing new technologies to detect fraud in the Medicare system and imposing stronger penalties for fraudulent activity. FRA sent a letter of support to Schwartz and continues to advocate a permanent resolution that ensures TRICARE and Medicare patients have access to quality health care services.

SASC Chairman and Ranking Member Support TFL Fees

Senators Carl Levin (Mich.) and John McCain (Ariz.), the chairman and ranking member of the Senate Armed Services Committee, respectively, each expressed support to the Joint Select Committee on Deficit Reduction (Super Committee) for the Administration's proposal to levee a new \$200 annual fee for TRICARE-for-Life (TFL) beneficiaries.

Senator Levin recommends that future increases for TFL premiums after 2013 should be limited to the percentage increase authorized for the annual Cost-of-Living-Adjustment (COLA), and Senator McCain supports additional TRICARE pharmacy fee increases being tied to DoD and the Department of Veterans Affairs (VA) negotiation of lower pharmaceutical costs and suggests that retirees under age 65 and their dependents be switched from TRICARE Prime to TRICARE Standard. TRICARE Prime would only be available to active duty members and their dependents.

Other details of the McCain plan reveal that it would also require retirees using TRICARE Standard to pay 28 percent of the cost, which would result in an estimated cost increase of \$1,500 for a retiree and \$3,500 for a retiree family in the first year. These fees would be increased to keep pace with health care inflation. The proposal also seeks to increase the annual TRICARE Standard catastrophic cap for out-of-pocket costs from \$3,000 to \$7,500, and ban TRICARE Standard coverage for retirees with civilian employee coverage.

Both Senate leaders also support the White House proposal to create a commission to consider Defense Department (DoD) recommendations to refurbish the military retirement system. The process would be modeled after the 2005 Base Realignment and Closure (BRAC) Commission. Levin and McCain both suggested that the scope of the commission be expanded to include all aspects of military compensation and urged committee members to exclude those currently serving from any changes to military retirement.

U.S. GOV'T GOLD AT-COST

TODAY - The U.S. Money Reserve has scheduled the final release of U.S. Gov't Issued \$5 Gold Coins previously held at the U.S. Mint at West Point. These Gov't Issued Gold Coins are being released on a first-come, first-serve basis, for the incredible markup-free price of only \$185.88 each. This "at-cost" Gov't Gold offer will be available for only a limited time, so do not delay. Call a Sr. Gold Specialist today.

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VETERANS ISSUES

Subcommittee Discusses Patient Safety at VA

FRA staff recently attended the House Veterans' Affairs (VA) Health Care Subcommittee roundtable discussion with several other Veteran Service Organizations and health care industry representatives. The meeting focused on the need to deploy new technology to ensure patient safety from inpatient infectious diseases. Although specific data on VA hospitals was not available, the subcommittee revealed that nearly 1.7 million patients are infected every year after being admitted to hospitals nationwide.

Subcommittee Chairwomen Anne Marie Buerkle (N.Y.) and Ranking Member Michael Michaud (Maine) want VA to lead the way in eradicating dangerous inpatient infections.

Congress Recognizes the Montford Point Marines

The House and Senate unanimously passed FRA-supported legislation (H.R. 2447, S. 1527) to grant the Congressional Gold Medal to the Montford Point Marines in recognition of their patriotism, service, and sacrifice in defending the nation as the first African-American Marines. The legislation received final passage on the eve of the Marine Corps' 236th birthday.



Montford Point Marine Association Marine veterans marched behind 200 current generation Marines in the annual New York Veterans Day parade.

Wounded Warrior Symposium

FRA's Director of Legislative Programs John Davis attended the fifth annual Wounded Warrior Symposium in Washington, D.C. "A Journey Back: A National Commitment to Helping Wounded Warriors and Families Transition" was the theme for the event that included panel discussions pertaining to the challenges warriors, particularly wounded service members and those from the Reserve component, experience when seeking gainful employment when they return from deployment and return to the civilian workforce. Keynote speakers included Army General Peter W. Chiarelli, U.S. Army Vice Chief of Staff, who discussed challenges related to the mental health of service members returning from the combat zone and their families, and VA Undersecretary for Benefits Allison Hickey, who gave a progress report on the department's progress on implementing the electronic health record.

The FRA Legislative team is Joe Barnes, National Executive Director; John Davis, Director of Legislative Programs; Bob Washington, Health Care Advisor and Outreach Manager; Chris Slawinski, National Veterans Service Officer and Ed Dockery, Assistant Director of Legislative Programs.

ACTIVE DUTY ISSUES

New JCS Chairman Reinstates Senior Enlisted Advisor Post

Army General Martin E. Dempsey recently became the 18th Chairman of the Joint Chiefs of Staff. Replacing Navy Admiral Michael Mullen, Dempsey's background includes service as Chief of Staff of the Army and extensive command experience during the recent conflicts.

In his first act as Chairman, Dempsey reinstated the position of Senior Enlisted Advisor (SEA) to the Chairman of the Joint Chiefs of Staff and presided over a swearing-in ceremony for Marine Corps Sergeant Major Bryan B. Battaglia. Battaglia will serve as the principal military advisor to the Chairman and to Defense Secretary Leon E. Panetta on all matters involving the total force integration, the health of the force, and joint development for enlisted personnel.

House Committee Approves U.S. Coast Guard Authorization Bill

The House Transportation and Infrastructure Committee recently approved the "Coast Guard and Maritime Transportation Act" (H.R. 2838) sponsored by Coast Guard Subcommittee Chairman Rep. Frank A. LoBiondo (N.J.). The bill authorizes the U.S. Coast Guard for fiscal years 2012 through 2014, and authorizes an end strength of 47,000 active duty personnel. The bill authorizes \$8.49 billion for the Coast Guard for fiscal year 2012, \$8.6 billion for fiscal year 2013, and \$8.7 billion for fiscal year 2014.

This bill includes critical provisions that will give the Coast Guard and its personnel greater parity with the Department of Defense (DoD). Parity among the uniformed services has been a top priority for the FRA and the committee noted that active, reserve, and retired members of the Coast Guard and their dependents do not always receive the same benefits available to members of the other armed services. The legislation also mandates that the USCG Commandant provide a report on service member housing by the end of FY 2012. Members are urged to use the Action Center at www.fra.org to let their representatives know that they support this important legislation.



Kansas City, Mo.

84TH ANNUAL FRA & 79TH ANNUAL FRA AUXILIARY NATIONAL CONVENTIONS



CONVENTION PHOTOS







OCTOBER 26 -29, 2011

Kansas City, Mo.

84TH ANNUAL FRA & 79TH ANNUAL FRA AUXILIARY NATIONAL CONVENTIONS

CONVENTION HIGHLIGHTS

During FRA's 84th National Convention in Kansas City, Mo., delegates gathered to discuss Association business, elect and install national officers and enjoy the camaraderie of their fellow shipmates.

FRA, Auxiliary Elect National Officers

Convention delegates elected NVP Jeffrey A. Gilmartin of Branch 207 (Dale City, Va.) to be FRA's national president for 2011-2012. (NP Gilmartin's "From the Bridge" column will be published in next month's *FRA Today*.) PRPSE Mark Kilgore of Branch 22 (Pensacola, Fla.) was elected as the Association's national vice-president for the coming year.

Auxiliary delegates elected NVP Gini Larson of Unit 94 (Corpus Christi, Texas) to serve as their national president and NFS Diane Hoover of Unit 24 (Annapolis, Md.) as the Auxiliary's national vice-president.

Honorary Members

Convention delegates granted honorary membership to: Robert "Bo" Trascoy (sponsored by Branch 186, Hernando, Fla.), Lawrence Caristo and The Honorable Mike McIntyre (sponsored by Branch 299, Wilmington, N.C.), The Honorable Frank LoBiondo (sponsored by Branch 181, Arlington, Va.), Vernon McLaughlin (sponsored by Branch 124, Lakehurst, N.J.) and Captain T. D. Smyers, USN (sponsored by Branch 11, Fort Worth, Texas).

A Certificate of Merit was awarded to Apolinario V. Martinez (sponsored by Branch 171, Southern Luzon, P.I.).

Constitution, By Laws & Resolutions

No changes were made to FRA's Constitution & By Laws as all resolutions were rejected by delegates or ruled out of order.

2013 National Conventions

Delegates voted to accept the proposal of the Tennessee Caucus of Branches and Units to hold the 2013 FRA and Auxiliary National Conventions in Chattanooga, Tenn. The event will be held at the Chattanooga Choo-Choo Hotel and Convention Center, October 13 through October 20, 2013. Room costs are \$104.35/night (including tax, single or double occupancy).

FRA Employee Pension Plan

Delegates were advised that all lawsuits against the FRA Employee Pension Plan have been settled and lump sum distributions for all previous employees are being processed. The IRS FR5500 was filed to comply with the FRA Defined Benefit Pension Plan, IRS, ERISA and the National Pension Benefit Guaranty Board Requirements, and annual funding notices have been provided to all active beneficiaries/participants of the Pension Plan. The Committee recommends terminating the FRA Pension Plan and will meet in conjunction with the mid-year National Board of Directors meeting on April 25, 2012.

Travel Insurance

Delegates also authorized Marsh U.S. Consumer to market a travel-cancellation insurance product to FRA members. The Protect Assist Gold plan offers travel assistance, as well as a benefit for trip interruption or delay, missed connections, lost or delayed baggage and medical expenses, including emergency evacuation. The plan also includes a \$10,000 accidental death and dismemberment component. Coverage can be purchased up to 24 hours prior to shipmates' travel departure and additional benefits are available if coverage is purchased within 15 days of the initial trip deposit. Pricing is based on the applicant's age and the cost of the trip (i.e. coverage for a 50-year-old traveler taking a \$1,800 trip would cost \$95). Further details will be available at www.frainsure.com in the near future.

CONVENTION SPEAKERS

Opening Ceremonies

Kevin Secor, the Department of Veterans Affairs (VA) Veterans Service Organization Liaison, and LtGen Steven A. Hummer, USMC, Commander of Marine Forces Reserve and Marine Forces North, addressed shipmates and auxiliary members during the convention's joint opening ceremonies.

Secor opened FRA's 84th and the Auxiliary's 79th national conventions with greetings and thanks from VA Secretary Eric Shinseki. "The FRA for years has been supporting our shipmates and VA through your legislative agendas, your volunteerism and veteran services, just to name a few of your programs. We at VA know that, without your support, we would have a very difficult time in providing the services our veterans and their families earned through their services to our great country."

Secor talked about the two priorities President Obama handed Shinseki when he nominated him to become VA secretary: Make things better for veterans and transform the Department of Veterans Affairs so that it will better serve veterans throughout the 21st century. With White House support and the assurance of much-needed scarce resources, Secretary Shinseki has been given the freedom to make decisions and act upon them, according to Secor.

Veteran Service and Military Organizations like FRA brought a number of issues to the VA's attention. "Too many veterans could not access VA's services and benefits. When they tried, the claims process was difficult to navigate — some said near impossible — creating a massive backlog of disability claims. Some veterans suggested that VA was waiting for them to die so that it would not have to pay them their benefits. Veterans also told him that it was wrong for any veteran in this country to be homeless and some of you told him that VA had an attitude problem. And finally, veterans felt that the VA was too slow to react to real changes in veterans' lives," Secor said.

He highlighted efforts to address these challenges, including expanding presumptions for vets exposed to Agent Orange; further research for Agent Orange exposure, Gulf War Syndrome and PTSD; and efforts to streamline the PTSD claims process. In an effort to address these and other concerns, the VA also established five core values that, when put together, spell I CARE: Integrity, Commitment, Advocacy, Respect, and Excellence.

He acknowledged that more needs to be done and asked convention delegates for their continued support as the VA works to implement digital technology, expand research, improve outreach programs, provide more facilities and rural health programs, combat homelessness, improve medical services and expand our national cemeteries.

"There are many things that your VA is doing," said Secor, who asked delegates to discuss how the VA and FRA can work more closely to help veterans. "Our mission is the same as yours — to care for those who have served, for their families and survivors. We are a team and must continue to work together. Your continued support is essential."

Bringing regards from Commandant of the Marine Corps James Amos, LtGen Hummer thanked FRA for its substantial support for current service members. "Those who are in the fight today are our next great generation, having been tempered and forged in an intense foundry over the last decade. I want to thank you for everything you do for them, because it has a substantial impact. I'm proud to say that the military of our great nation has never been more professional. They have never been more proficient, better equipped, better led and better educated in the history of our great nation. In my 38 years of active service, I've never seen a better military."

Hummer also acknowledged the work of those who served in the past, saying, "[Today's service members have had] an extraordinary generation of veterans who have led the way, who set the bar very high and have provided the example of selfless dedication and sacrifice to which we all, in uniform today, look up to. And I thank you for your continued leadership and your continued support."

He also outlined General Amos' planning guidance which includes four priorities:

1. **The Current Fight** — There are nearly 20,000 Marines making a positive difference in Afghanistan. Marines turned over the capital of the Helmand province to Afghani officials and security forces in July, which is a major step in turning the nation back to its own leaders. Marines will stay focused on Afghanistan as long as our nation requires it.
2. **Rebalance the Force** — In the past 10 years, Marines have been fighting shoulder-to-shoulder with the Army and other services, but the Marine Corps was never intended to be another land army. In support of combatants around the world, the Corps must regain its capability and capacity at sea and Hummer asked FRA delegates to talk about the Corps' amphibious importance and the need to continue resourcing it when speaking with lawmakers.
3. **Service Personnel's Professional Military Education** — In varied environments and distributed operations of the past decade, education has become even more essential to the complexities of today's warfare.
4. **Keeping Faith with Marines, Sailors and Families** — General Amos is intent on continuing to fully support Marines' quality of life, their pay, benefits and retirement entitlements; and continuing to support and serve families, extended families, all ill and injured warriors, as well as Gold Star families who've lost loved ones in the fight.

Hummer spoke of the great challenges our nation is facing, including threats from transnational criminal organizations, radical terrorist groups, homegrown terrorists, environmental challenges, cyber threats and economic changes. "Through it all, your military, as a national institution, continues to be held in the highest regard and will continue to hold that position."

He assured convention delegates that they should feel confident about the abilities of our nation's Navy/Marine Corps team and its amphibious forces. "[They] are intrinsically intertwined to face our nation's uncertain future. As the 82nd Congress mandated, the Marine Corps is intended to be the most ready when the nation is least ready. And as long as we maintain a strong fleet, including our amphibious forces, we remain America's expeditionary force in readiness."

First Business Session – October 26th

Col Ralph Lunt, USAF, Deputy Director for Retired and Annuitant Pay with Defense Finance and Accounting Services (DFAS), addressed shipmates during FRA's first business session, thanking them for their service and highlighting the benefits available to military retirees and annuitants.

The Retired and Annuitant Pay section of DFAS serves 2.7 million retirees and annuitants, opening between 5,000 and 6,000 new accounts monthly. The division receives more than 2,000 administrative requests each day, including change of address or change of beneficiary notices. Lunt assured delegates that progress is being made in addressing beneficiaries' needs as quickly as possible and suggested they would experience shorter wait-times if they called DFAS on days other than Mondays, particularly Mondays after payday.

He encouraged shipmates to use the MyPay link at the DFAS Web site (www.DFAS.mil) to access their electronic retiree account statement, which includes an overview of allotments, the number of Survivor Benefit Plan (SBP) payments that have been made, year-to-date earnings, a list of beneficiaries, as well as other data that is updated regularly. "It's a simple, fast and cost-effective way for beneficiaries to access this important data," said Lunt, who also outlined additional online capabilities that are coming soon, including an online notification-of-death form and enhanced ability to add allotments.

Lunt reminded retirees that they will receive 13 payments in 2011 and 12 payments in 2012 and thereafter. He also advised shipmates that the change was mandated by Congress, not DFAS.

He also discussed ideas for improving the process by which retirees apply for pay and benefits and urged shipmates to assist new retirees as they navigate the DFAS system. "Branches could invite new retirees to use the branch's computer and offer assistance in properly filling out forms or teach them to log into MyPay," suggested Lunt who added that eliminating mistakes on forms would save money and allow the retiree to receive better, faster service.

Second Business Session – October 27th

Dave Pennington, coordinator of the Navy's Safe Harbor Anchor and Adaptive Sports Programs, spoke to shipmates about the unique relationship FRA has with the Navy's Safe Harbor program, which provides non-medical support for wounded, ill and injured Navy and Coast Guard personnel. Safe Harbor provides care managers who help participants navigate the administrative details related to their recovery, rehabilitation and reintegration.

Formerly the Navy Reserve Force Master Chief, Pennington is now responsible for connecting medically retired service members with retirees and veterans who live nearby and are willing to assist. "We're not asking you to spend any money or

be a legal or medical expert," he said. "We're looking for folks to be a friend to a shipmate by making contact once a month and, if you see something that's not right, let us know."

He spoke specifically of two FRA shipmates who are making a difference in the lives of wounded warriors by helping them make their living environments more accessible and ensuring they don't feel abandoned or alone.

Pennington also thanked FRA for its support of Safe Harbor's Adaptive Sports program, which helps disabled Navy and Coast Guard veterans participate in the Warrior Games, sponsored by the Department of Defense. "The first year we went, we took 25 athletes. They had no coaching, no equipment, no uniforms. They came in last place. This year, the Office of the Secretary of Defense (OSD) provided funds to get uniforms, coaches and four days of training camp."

While the OSD resources were greatly appreciated, they didn't cover necessary incidentals for the competition that took place in Colorado Springs, Colo. FRA Branch 49 in Denver contributed funds to provide Gatorade, bananas and energy bars for the athletes. "This year, we took a close second, behind the Marine Corps," said Pennington. "FRA is definitely leading from the front to support Navy and Coast Guard wounded, ill and injured personnel."

Third Business Session – October 28th

Master Chief Petty Officer of the Coast Guard Reserve Force Mark Allen spoke to shipmates during the third business session, thanking shipmates for all they do to support current, retired and veteran members of the Coast Guard. He also shared some of the important work Coast Guard personnel are doing for our nation. As an example, he related details of a recent search-and-rescue mission that saved 11 people who were in a small boat in very rough seas. Shipmate Allen then introduced Petty Officer Johnathan Eudy, a Coast Guardsman who will soon become a chief petty officer.

As part of his chief's induction, Eudy was asked to identify his personal USCG hero and he shared his story with FRA delegates. He spoke about Senior Chief Edward Berg, who served aboard USCGC *Cheyenne* during Eudy's first assignment. "I

CONVENTION SPEAKERS continued on page 30

Charlie Williams Tribute

Shipmates at FRA's 84th National Convention draped the Association's charter and observed a moment of silence in honor of Shipmate Charlie Williams, president of Vallejo (Calif.) Branch 8, who joined the staff of the Supreme Commander on October 26, 2011. Williams, 72, became a shipmate in 1996 and was a Life Member of the FRA. He is survived by his son, Guy.



BRANCH LISTING FOR 2012



FRA and Marsh U.S. Consumer are proud to provide a listing of all FRA branches for the coming year. Arranged by region, the directory also includes branch meeting times and locations as well as contact information for each regional president and vice president. Branches are the heart of FRA — and we encourage involvement from every shipmate!

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

Want to be more involved in your branch? Call your secretary today and express your interest in supporting the branch by volunteering to help with:

- Public speaking
- Becoming a mentor to other shipmates
- Community service opportunities
- Assisting with the branch Web site
- Recruiting members
- Calling new members to welcome them
- Hosting an online discussion community
- Working on branch newsletter

Interested in starting a new branch? Call Penny Collins, Director of Membership Development at 1-800-FRA-1924 ext. 123.

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East Coast Region

Regional President: Darrell F McKinley, Jr., 1716 Providence Rd, Elizabeth City, NC 27909-4539, H: (252) 338-3061, darrellmckinley@gmail.com
 Regional Vice President: Donald A Hoover, 737 Dogwood Ln, Annapolis, MD 21409-6019, H: (410) 757-9325, dajhoover@bigplanet.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
4	DC, WASHINGTON	Claudio B Pedery	Alejandro S Bravo, Jr.	(301) 248-2412	abravo9121@verizon.net	8901 Palmer St, Ft Washington, MD 20744-3637	Ceremonial Honor Guard Bldg 47, NAVSTA Anacostia, DC	1300, 2nd Sat.
5	VA, NORFOLK	Jacob R Schwartz	Thomas L Leisher	(757) 853-1586	secbrt@cox.net	4912 Cape Henry Ave, Norfolk, VA 23513-2717	VFW Post 4809, 5728 Barteet Street, Norfolk, VA	1000, 4th Tues.
6	MD, BALTIMORE	James E. Tracey	Bryan McCray	(410) 294-2979	mccraybo@comcast.net	7700 Johnnycake Rd, Baltimore, MD 21244-1218	War Memorial Building, Gay & Fayette Streets, Baltimore, MD	1930, 1st Fri.
24	MD, ANNAPOLIS	Donald A Hoover	Valerie Reed	cell (619) 254-0263	FRAbranch24@gmail.com	100 Compromise St, Annapolis, MD 21401-1808	100 Compromise Street, Annapolis, MD	1900, 2nd Tues.
37	VA, PORTSMOUTH	William D Hansen	Joseph E Cobb	(757) 597-2354	cobbj66@yahoo.com	PO Box 7215, Portsmouth, VA 23707-0215	101 Alabama Extension, Portsmouth, VA	1400, 3rd Sun.
40	VA, CHESAPEAKE	James W Scarbro	Carol L Custer	(757) 202-5149	clcuster@hotmail.com	1404 Chesapeake Ave, Chesapeake, VA 23324-2204	Four O Club, 4060 S. Military Highway, Chesapeake, VA	1900, 3rd Tues.
41	VA, ROANOKE	Joe Black	Joe Black	(540) 892-5757	blackja@aol.com	1526 Virginia Ridge Dr, Hardy, VA 24101-3777	St. Citizen's Chr, WMM, 804 E. Wash. Ave, Vinton, VA	1830, 3rd Tues.
60	VA, NORFOLK	John J Willis	William Paul Knight	(757) 531-7158	williamknight1@cox.net	8475 Pythian Ave # B, Norfolk, VA 23518-2663	Branch Home, 9611 1st View Street, Norfolk, VA	1900, 2nd Thurs.
67	MD, SUITLAND	William A Speight, Sr.	William AS Speight, Sr.	202-582-4949	william20019@gmail.com	5006 Suitland Rd, Suitland, MD 20746-1263	Branch Home, 5006 Suitland Road, Suitland, MD	1930, 2nd Thurs.
93	MD, PATUXENT RIVER	Anthony W Smith	Kelly A. Fosen	(240) 298-9432	saiforette94@aol.com	PO Box 93, Patuxent River, MD 20670	21707 Three Notch Road, Lexington, Park, MD	1800, 2nd Mon.
99	VA, VIRGINIA BEACH	Charles A Baldwin	Donald L Davidson, Jr.	(757) 486-0888	donald12019@aol.com	357 Edwin Dr, Virginia Beach, VA 23462-4522	Branch Home, 357 Edwin Drive, Virginia Beach, VA	1900, 2nd Wed.
123	NC, MORGANTON	Timothy B Propst	Wendell Shelton	(828) 437-9119	Staff@FRA99.org	PO Box 132, Morganton, NC 28680-0132	Contact President: (828) 438-5021	1800, 3rd Thurs.
141	NC, HAVELOCK	Dwight E. Bowman	W. G. Butler	(252) 514-9827	cjburtie@suddenlink.net	902 Swallow Ct, New Bern, NC 28560-7238	Branch Home, 601 Webb Boulevard, Havelock, NC	1900, 2nd Tues.
166	VA, VIRGINIA BEACH	Gunnar Gudjonsson	Ray E Santee	(757) 431-0262	rsantee@cox.net	3212 Lakecrest Rd, Virginia Bch, VA 23452-4910	VFW Post 392, 2408 Bowland Parkway, Virginia Beach, VA	1900, 3rd Mon.
168	MD, BAINBRIDGE	Robert W McMahon	Kenneth Miller	(410) 658-4858	enomi@zoominternet.net	11 Nottingham Dr, Nottingham, PA 19362-9123	AnLeg Post 194, 338 E. Main Street, Rising Sun, MD	1930, 1st Wed.
172	VA, YORKTOWN	Ira P. Millen	Henry J Mahaney	(757) 877-8332	suehank07@yahoo.com	400 Old York Hampton Hwy, Yorktown, VA 23692-4819	400 Old York-Hampton Highway, Grafton, VA	1900, 2nd Mon.
181	VA, ARLINGTON	Edward J. Dockey	Chris Slawinski	(703) 354-3988	cslawinsk1@toast.net	4608 John Hancock Ct Apt 202, Amandale, VA 22003-4998	AnLeg Post 139, 3445 N. Washington Blvd, Arlington, VA	1800, 1st Thurs.
182	MD, BETHESDA	Donald Keith Kaider	Paul R Gunther	(240) 338-0929	PaulG48104@aol.com	12867 Sage Ter, Germantown, MD 20874-2050	AnLeg Post 86, 2013 Viers Mill Road, Rockville, MD	1930, 3rd Wed.
204	NC, ROCKY MOUNT	Gerry W Phelps	John L Zavadii	(252) 446-7816	lzavadii@embarqmail.com	224 Foxhall Dr, Rocky Mount, NC 27804-8817	Contact Secretary	1930, 4th Tues.
207	VA, DALE CITY	Abe Zino	Julie C Powell	(703) 589-6729	secretarybranch207@gmail.com	3210 Riverview Dr, Triangle, VA 22172-1420	VFW Post 1503, 14631 Minnieville Road, Dale City, VA	1000, 2nd Sat.
208	NC, JACKSONVILLE	Gerard D Healy	Joseph R. Reichler	(910) 455-8386	randy.reichler@usmc.mil	708 Gardenview Dr, Jacksonville, NC 28540-3816	Shriner's Building, 6 E. Thompson St., Jacksonville, NC	1900, 2nd Mon.
212	MD, MEADE	Lowell P Throngard	James Guy Hall	(410) 761-2592	USMC376@juno.com	376 Wee Ct, Glen Burnie, MD 21061-4650	VFW Post 160, 2597 Dorsey Road, Glen Burnie, MD	1900, 2nd Wed.
217	NC, WINSTON-SALEM	Clarence E. West, Jr.	Marvin C Yew	(336) 766-6420	myow1@bellsouth.net	PO Box 69, Lewisville, NC 27023-0069	AnLeg Post 35, 111 Miller Street, Winston-Salem, NC	1900, 3rd Tues.
219	VA, RICHMOND	John D Herber	Brooks M McCormick	(804)266-1446	mccormick2011@comcast.net	8409 Franconia Rd, Richmond, VA 23227-1210	Central Baptist Church, 1510 Courthouse Rd., Richmond, VA	1400, 3rd Wed.
257	VA, PORTSMOUTH	Lorenzo T Harvey	Arthur L Manley	(757) 403-1299	arthur.manley@yahoo.com	908 Sir Lancelot Dr, Chesapeake, VA 23323-2528	DAV Chapter 27, 3019 Portsmouth Blvd., Portsmouth, VA	1400, 4th Sat.
259	NC, FAYETTEVILLE	Leonard R Galloway	Jimmie B. Wright	(910) 904-0884	jrh07@gmail.com	178 Center Dr, Raeford, NC 28376-8020	RMA Building, 120 Elizabethtown Road, Fayetteville, NC	1900, 4th Tues.
293	NC, ELIZABETH CITY	James A Grumbles	Darrell F McKinley, Jr.	(252) 338-3061	darrellmckinley@gmail.com	PO Box 1753, Elizabeth City, NC 27906-1753	CPQA Bldg., 514 Cardinal St., Elizabeth City, NC	1900, 1st Thurs.
299	NC, WILMINGTON	Harry E Whitted	Joe Walker	(910) 442-9803	walkersk@gmail.com	729 Silver Lake Rd, Wilmington, NC 28412-7713	VFW Post 2573, 2722 Carolina Bch Rd, Wilmington, NC	0900, 2nd Sat.
301	NC, GREENVILLE	Jerry Robert Leatherwood	Michael Langley	(252) 714-4934	k4dmt@yahoo.com	PO Box 30922, Greenville, NC 27834	VFW Post 7032, 1108 Mumford Rd., Greenville, NC	1900, 1st Mon.
309	DE, NEWARK	James M Jackson	Ronald B Littlejohn	(302) 798-8481	Rbl197@aol.com	200 Commonwealth Ave, Claymont, DE 19703-2016	Del. Military Academy, 112 Middleboro Rd., Wilmington, DE	1400, 2nd Thurs.
361	NC, ASHEVILLE	Andrew W. Boyko	N Ray Adams	(828) 926-4555	judynray@mac.com	245 Panoramic Loop, Maggie Valley, NC 28751-9311	Fire & Rescue Station, 49 E. Fanning Bridge Rd., Fletcher, NC	1430, 3rd Sat.
369	MD, CUMBERLAND	Charles J Pennington	Richard V Cittes	(301) 463-3180	fra_branch369@yahoo.com	PO Box 124, Lonaconing, MD 21539-0124	6 Commander Ct., Cumberland, MD	1900, 3rd Tues.

FRA offers a Short Term Recovery Insurance plan as a special member benefit. The FRA-endorsed RecoveryCare Plan pays daily cash benefits, in addition to the insurance you already have. Also, NEW higher benefit amounts at the same affordable rates. Call 1-800-424-1120 for more details, including costs, exclusions, limitations, reduction of benefits and terms of coverage.

North Central Region

Regional President: Charles A Neureuther RPNC, 3510 Wyoming Ave SW, Wyoming, MI 49519-3248, H: (616) 538-2685, neureuther@sbcglobal.net
 Regional Vice President: John W Partin, II, PO Box 8594, Saint Louis, MO 63126-0594, H: (314) 842-0982, partin@charter.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
12	IL, CHICAGO	Demis J Kotarba	Eugene L Gillette	(708) 343-3366	brooklyntd@att.net	101 N 23rd Ave, Melrose Park, IL 60160-3655	JC George's Rest., 181 Countyside Plaza, Countryside, IL	1400, 3rd Sat.
14	WI, MILWAUKEE	Marcia L Cunningham	Thomas S Pollock	(920) 459-8724	tomspol@att.net	PO Box 370575, Milwaukee, WI 53237-1675	Brass Key Restaurant, 4952 W. Forest Home Ave., Milwaukee, WI	1000, Last Sat.
17	OH, CLEVELAND	Edward Michael Blind	Dorothy W Burnison	(440) 845-4194	stanie_burnison@sbcglobal.net	7407 Arden Ave, Parma, OH 44129-2501	St. Stephen's Church, 1930 West 54th St., Cleveland, OH	1930, 4th Mon.
27	MI, DETROIT	Dale P Kaiser	Stanley J Maciag	(586) 569-9136	stanley_maciag@att.net	45185 Fox Ln Apt 101, Shelby Twp, MI 48317-5040	USCG Base, 110 Mt Elliott Avenue, Detroit, MI	1900, 4th Sun.
28	OH, CINCINNATI	James H Kern	John J Bekeimer	(513) 868-1509	john_45011@yahoo.com	1965 Cathedral Ln, Hamilton, OH 45013-1519	VFW Post 4369, 3318 E. Sharon Road, Sharonville, OH	1930, 2nd Tues.
32	MO, SEDALIA	Carlton J King	Estil D Turner	(660) 831-6237	navjyo20@socnet.net	1683 S Lincoln Ave, Marshall, MO 65340-3425	VFW Post 2591, 121 S. Ohio, Sedalia, MO	1830, 4th Tues.
53	IL, GREAT LAKES	Robert E Campbell	Stephen L Risley	(224) 795-7377	srisley@comcast.net	PO Box 7859, Gurnee, IL 60031-7005	AnLeg Post 771, Grand & Milwaukee Avenues, Gurnee, IL	1900, 3rd Tues.
54	OK, McALESSTER	Cash F Charbleuss	William R Sallis	(918) 389-4638	sallisw@dismail.net	VFW Post 1098, 17th & Morris, McAlester, OK	VFW Post 1098, 17th & Morris, McAlester, OK	1830, 2nd Wed.
105	KY, OWENSBORO	Harold T Phillips	Louis F Drawdy	(270) 684-7501	ladrawdy@roadrunner.com	21032 W US Highway 270, McAlester, OK 74501-5560	AnLeg Post 9, 118 West Veterans Blvd, Owensboro, KY	1830, 2nd Wed.
130	IN, INDIANAPOLIS	Harry N Powell	Charles P Cleveland	(317) 834-2051	ccleavel02@aol.com	4100 Kipling Dr, Owensboro, IN 46158-8454	VFW Post 5864, 333 S. Washington Street, Greenwood, IN	1800, 1st Mon.
136	MN, MINNEAPOLIS	Thomas J Dooley	Gary P Miller	(651) 436-5915	FRAL136@q.com	15077 8th St N, Stillwater, MN 55082-1801	VFW Post 494, 5222 Bass Lake Rd., Crystal, MN	1000, 2nd Thurs.
145	NE, LINCOLN	William T Workman	Billie W Maier	(402) 304-8333	billieandjanet@hotmail.com	5600 Pioneers Blvd Apt 374, Lincoln, NE 68506-5377	DAV Club, 3901 N. 70th Street, Lincoln, NE	2000, 3rd Thurs.
160	OK, MUSKOGEE	Craig Osburn	Truck Earl Morning	(918) 681-4959	frabranh160@yahoo.com	4600 Oklahoma St, Muskogee, OK 74401-1563	USS Battfish Memorial Park, Muskogee, OK	1000, 2nd Sat.
161	KS, KANSAS CITY	Curry Sanders	Jerome P Lickteig	(816) 659-2786	j.lickteig@sbcglobal.net	6604 Sterling Ave, Raytown, MO 64133-5451	13137 Womall Road, Kansas City, MO	1930, 1st Wed.
177	KY, LOUISVILLE	Rayburn Jarred, Jr.	Richard W Oller	(502) 937-3329	ro3804@comcast.net	3804 Sedalia Trl, Louisville, KY 40272-2938	Navy Operational Sup. Ctr., 5401 Southside Dr., Louisville, KY	1030, 2nd Sat.
206	KY, BOWLING GREEN	Dawayne Capps	William L Wagoner	(270) 792-1221	dk1ret@insightbb.com	2123 Robin Rd, Bowling Green, KY 42101-3654	Contact Secretary	1830, 2nd Tues.
216	IA, CEDAR RAPIDS	Marvin Schlichte	Shirley Niedermann	(319) 899-9131	sniiedermann@fmcbs.com	601 Maplewood Dr, Center Point, IA 52213-9439	AnLeg Post 5, 4719 J St. SW, Cedar Rapids, IA	1900, 4th Thurs.
221	IL, PEORIA	Lawrence H Zillion	Jerry L Peterson	(309) 359-9460	matepete@frontier.com	606 Golden Ct, Mackinaw, IL 61755-7645	Navy Club of Peoria #34, 1310 Seiberling, Peoria Heights, IL	1800, 3rd Sat.
223	KY, BENTON	Timothy A King	Danny G Poole	(270) 876-7259	dipooles@hrcnc.net	2129 Hinkleville Rd, La Center, KY 42056-9744	AnLeg Post 31, Legion Drive, Paducah, KY	1400, 3rd Tues.
238	WI, PLOVER	Wayne Gary Johnson	Gerald M Place, Sr.	(715) 423-3689	bonjer@solarius.net	511 Ruby Ave, Wise Rapids, WI 54494-7810	Plover Village Municipal Bldg., 2400 Post Rd., Plover, WI	1300, 2nd Sat.
241	KS, WICHITA	Mason F Bramer	Robert G Hall	(316) 788-4549	fra241@cox.net	1620 E 84th St S, Haysville, KS 67060-9254	Good Shepherd Church, 1451 E. 47th St. S, Wichita, KS	1900, 2nd Thurs.
242	IA, DAVENPORT	George J Brown	William T Craig, Jr.	(563) 322-7808	wtscraig@aol.com	2317 E Pleasant St, Davenport, IA 52803-2325	Denny's Restaurant, 5304 23rd Avenue, Moline, IL	1000, 1st Sat.
267	MO, ST LOUIS	John W Partin, II	James B Taylor	(618) 931-4504	taylor.james@sbcglobal.net	109 Cynthia Ln, Granite City, IL 62040-2802	VFW Post 2866, 66 VFW Lane, St. Charles, MO	1400, 1st Sat.
268	OK, OKLAHOMA CITY	Jesse L Whitney	Susan Hammond	(405) 210-1405	s.hammond@sbcglobal.net	2249 NW 52nd St, Oklahoma City, OK 73112-8053	8635 SE 15th St, Midwest City, OK	1900, 3rd Tues.
273	ND, FARGO	Jeffrey Formo	Anthony M. Doll	(701) 306-6821	tonydoll@gmail.com	1305 14th St N, Moorhead, MN 56560-1648	Contact Secretary	1900, 3rd Tues.
276	NE, OMAHA	Carl P Burnham	Darrel Willoughby	(402) 658-6631	mensaboy@gmail.com	1915 S 44th St Apt 216, Omaha, NE 68105-2837	40 & 8 Club, 70th & Spring Street, Omaha, NE	1930, 1st Thurs.
280	OK, TULSA	Joe D Cantrell	Jack A Rice	(918) 836-3239	jrnavy1@hotmail.com	5766 E 27th Pl, Tulsa, OK 74114-5112	AnLeg Post 308., 11321 E. Admiral Place, Tulsa, OK	1100, 3rd Sat.
283	KY, ELSMERE	Charles E. Clark	James Hammond	(859) 341-1934	jimbtcpe@aol.com	1007 Stevenson Rd, Erlanger, KY 41018-2522	VFW Post 6423, 4435 Dixie Hwy., Elsmere, KY	1900, 3rd Tues.
284	KY, LEXINGTON	Ambrosio Sanchez	Robert E Meade, Jr.	(859) 296-8130	bobmeade@windstream.net	2056 Huckleberry Cir, Lexington, KY 40514-1318	Golden Corral, 185 E. New Circle Rd., Lexington, KY	1900, 4th Thurs.
298	MI, GRAND RAPIDS	Janice A Roy	Marty J Posekany	(616) 225-9264	posekany@chartermi.net	10930 Wildlife Dr, Greenville, MI 48838-8182	Grand Valley NCO Club, 1200 44th St. SW, Wyoming, MI	1900, 4th Fri.
300	IA, OTTUMWA	William L Shankster, Jr.	Charles A Lineback	(641) 895-0893	calemcm@gmail.com	310 Main St, Udell, IA 52593-9707	Ottumwa AmLeg Home, 550 W. Main St, Ottumwa, IA	1330, 2nd Wed.
315	MO, JOPLIN	Jimmie P Ridenour	Charles M Head	(479) 636-0456	janm11957@sbcglobal.net	904 E New Hope Rd, Rogers, AR 72758-0525	Ryans Family Steakhouse, 510 Rangeline, Joplin, MO	1300, 3rd Thurs.
316	MO, SPRINGFIELD	Nolan R. Moody	Charles B Ewy	(417) 887-3115	cmewy@sbcglobal.net	4028 S Kentwood Ave, Springfield, MO 65804-6517	Veterans Building, 34 Park Ave, W. Mansfield, OH	1900, 4th Thurs.
319	OH, MANSFIELD	Richard D Bland	William K Reed	(419) 756-6147		1740 Devonshire Ln, Mansfield, OH 44907-2904		1700, 2nd Wed.
324	OH, AKRON	Joseph A Prusack	James J. Nash	(330) 588-9071	jinaash@hotmail.com	2203 Baldwin Ave NE, Canton, OH 44705-4023	VFW Post 3747, 1935 Avalon Ave NE, Canton, OH	1500, 3rd Tues.
327	OH, DAYTON	James D Shope	Ronald C Gray	(937) 294-4255	fra_br327@att.net	3101 Delaney St, Dayton, OH 45420-1105	VFW Post 8312, 2389 Dayton-Xenia Rd, Beavercreek, OH	1530, 3rd Mon.
348	IN, FT WAYNE	Robert A Tillman	William N. Smith	(574) 371-7833	sdbilly42@hotmail.com	1517 Sycamore Dr, Fort Wayne, IN 46825-4732	VFW Post 857, 2202 W. Main Street, Ft. Wayne, IN	1900, 3rd Wed.
358	MI, OSCODA	William B Kubik	William B Kubik	(989) 792-4617	bkubik@landmarkins.com	140 Snow Ave, Saginaw, MI 48602-3157	AnLeg Post 370, 805 E. Greenwood Road, Skidway Lake, MI	1430, 3rd Sat.
364	MO, HOUSTON	David E Hendon	Robert E Simpson	(417) 967-3535	nockel@otrain.org	PO Box 74, Houston, MO 645483-0074	AnLeg Post 41, South Sam Houston Blvd, Houston, MO	1430, 4th Sun.
365	IN, EVANSVILLE	Donald L Harris	Gerald A Davis	(812) 491-6874		5000 Warren Dr, Evansville, IN 47710-3906	Leisure Living Apt Club House, 2518 Leisure Ln, Evansville, IN	1800, 2nd Thurs.
376	WI, MADISON	William C Rose	Cecil E Pittack	(608) 253-3938	WI4542 Fairway Ln, Wisc Dells, WI 53965-9457		VFW Post 1707, 215 Collins St., Portage, WI	1000, Last Sat.
377	IN, TERRE HAUTE	Leonard J Rostek	Donald C Smock	(812) 232-4971	931 Maple Ave, Terre Haute, IN 47804-2836		Contact Secretary	0800, 1st Thurs.
379	MO, ST JOSEPH	Kevin D Flippin	Barry M White	(816) 984-4304	olcrandai@ponyexpress.net	2128 S 11th St, Saint Joseph, MO 64503-2720	AnLeg Post 6760, 306 Cherokee Street, St. Joseph, MO	1900, 2nd Tues.

Join your fellow FRA Shipmates and find out what the FRA-endorsed Insurance Programs can do for you. Call 1-800-424-1120 or visit frainsure.com to learn about the variety of plans available, including costs, exclusions, limitations, reduction of benefits and terms of coverage.

North East Region

Regional President: David Munday, III, 43A Molly Pitcher Blvd, Whiting, NJ 08759-1561, H: (732) 350-6403, davenavner@comcast.net
 Regional Vice President: James E Brown, 925 Carlton Blvd, Staten Island, NY 10312-3338, H: (718) 356-5997, isorijim@msn.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
1	PA, PHILADELPHIA	Charles E Rainey, Sr.	Raymond Suarez	(267) 872-2960		66 Sewell St Apt C, Glassboro, NJ 08028-2469	USCG Sector Delaware Bay, 1 Washington Ave., Philadelphia, PA	1300, 1st Mon.
13	NJ, ATLANTIC CITY	Henderson C. Hemphill	Robert M Burruss	(609) 646-8650		208 Ridgewood Dr, Northfield, NJ 08225-1721	AnLeg Post 295, 232 Mill Rd., Northfield, NJ	1000, 3rd Tues.
23	NY, BUFFALO	David R LaGraves	Richard K Hadley	(716) 634-9723	irock372@juno.com	1298 Cleveland Dr, Cheektowaga, NY 14225-1808	AnLeg Post 735, 35 Legion Drive, West Seneca, NY	1930, 3rd Wed.
57	NJ, SOUTH JERSEY	Donald F Burkhard	Mary W Frauch	(856) 468-6569	mrauch@comcast.net	842 Saint Regis Ct, West Deptford, NJ 08051-2049	Marine Corps League, 334 Harvey Ave., Wenonah, NJ	1900, 3rd Wed.
71	NY, RIVERHEAD	Anthony E Merolle	Richard G. Sprague	(631) 924-4526	klondykeson@aol.com	17 Cathedral Ct, Middle Island, NY 11953-1953	Contact Secretary	Contact Secretary
87	PA, BEDFORD	Harry A Smith	Gary W Simmons	(814) 224-5571	gasimmons@state.pa.us	2009 Frosty Hollow Rd, Rearing Spg, PA 16673-9318	Contact Secretary	1930, 3rd Thurs.
106	PA, HARRISBURG	Albert K Engle	George J McDonell	(717) 728-5460	gmcdone1@comcast.net	3926 Brookridge Dr, Mechanicsburg, PA 17050-2103	5006 E. Trindle Rd., Ste. 103, Mechanicsburg, PA	1900, 2nd Mon.
115	PA, ALLENTOWN	George E Folk	Larry J Roth	(610) 866-1737	lroth_1@earthlink.net	706 Pembroke Rd, Bethlehem, PA 18018-3006	City View Diner, 1831 MacArthur Rd., Whitehall, PA	0800, 2nd Tues.
124	NJ, LAKEHURST	William R Anthony	Sharon A Munday	(732) 350-6403	sammj124@comcast.net	43A Molly Pitcher Blvd, Whiting, NJ 08759-1561	Branch Home, 204 Union Avenue, Lakehurst, NJ	1900, 2nd Tues.
146	PA, JOHNSVILLE	David E Carver	William J Seaverns	(215) 348-8328	Sitoaskic97@aol.com	213 W Sandy Ridge Rd, Doylestown, PA 18901-2023	VFW 6493, 645 Louis Dr, Warmminster, PA	1900, 2nd Tues.
214	NY, SCHEENECTADY	Daniel P Miller	Floyd G Hunt	(518) 465-9458	frhunt876@gmail.com	29 Sherwood Ave, Rensselaer, NY 12144-3318	MCL, Bernard St. Ext. 81 Rotterdam Pk, Rotterdam, NY	1900, 2nd Tues.
226	NY, STIENEN ISLAND	James E Brown	Louis M Bunch	(718) 273-2342	rbunch@aol.com	50 Sharpe Ave, Staten Island, NY 10302-1234	46 Ontario Ave., Staten Island, NY	1930, 2nd Thurs.
229	NY, NEWBURGH	Robert M. Ibe	Norman M Sivertsen, Jr.	(845) 778-5181	usmifra@hvc.rr.com	6 Johnson Rd, Montgomery, NY 12549-2200	USMC, Globe & Anchor Club, 291 Raz Ave., New Windsor, NY	1830, 2nd Wed.
253	PA, PITTSBURGH	George L Degremont	James R Smith	(724) 437-5218	veteransmith@yahoo.com	145 Old Furnace Rd, Hopwood, PA 15445-2027	Brentwood VFW 1810, 3801 Clairton Blvd, Pittsburgh, PA	1400, 3rd Sat.
258	PA, ERIE	Raymond Barber	John E Harriger	(814) 825-9336	jusnet@roadrunner.com	1225 Bellevue Dr, Erie, PA 16504-2713	AnLeg Post 11, 2123 Peach St., Erie, PA	1900, 2nd Tues.
285	NY, SYRACUSE	Lynn E Swetland	Michael F Merko	(315) 463-0023	mmerko4@twcny.rr.com	1012 Kimee St, East Syracuse, NY 13057-1733	Pastimes Athletic Club, 1314 N. Salina Street, Syracuse, NY	1900, 3rd Thurs.
288	PA, WILKES BARRE	Francis D Tyson	Donato Nicolais	(640) 344-3324		3605 Springer St, Scranton, PA 18507-1739	VFWPost 1227, 492 Stephenson Street, Duryea, PA	1900, 3rd Tues.
306	NY, UTICA	Branch Suspended						
308	NJ, COITTS NECK	John F Testa	John Regan	(732) 495-0655		319 Edgemoor Rd, Belford, NJ 07718-1302	Contact Secretary	1900, 3rd Mon.
320	PA, DUBOIS	James D Welker	Edward L Poole	(814) 371-6760		59 Pacific Ave, DuBois, PA 15801-1321	AnLeg Post 17, Liberty Boulevard, Dubois, PA	1400, 3rd Sun.

New England Region

Regional President: Philip A Justin, 4 Preserved Arnold Ct, Lincoln, RI 02865-2505, H: (401) 475-6028, pajustinret@verizon.net
 Regional Vice President: Paul F Loveless, Jr., 36 Williams Dr, Topsham, ME 04086-1708, H: (207) 725-0946, Paul.Loveless@comcast.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
3	MA, BOSTON	Robert J Gallagher	Robert E King	(781) 866-1581	RKing995@aol.com	28 Elmview Cir, Dover, NH 03820-4110	USS Constitution Inn, Navy Shipyard, Charlestown, MA	1300, 3rd Sun.
7	NH, PORTSMOUTH	Richard E Hamilton	Robert A Pomella	(207) 439-0996	poncar@aol.com	6288 Parakeet Rd, Englewood, FL 34224-9775	Contact President: (207) 748-0080	1300, 3rd Thurs.
20	CT, GROTON	Richard W Aiken	Billye A. Serabian	(860) 448-0063	Br20FRASecretary@tvcconnect.net	61 Corey Rd, Groton, CT 06340-4303	Branch Home, 242 Thames Street, Groton, CT	1900, 3rd Thurs.
31	MA, PEABODY	Alfred R Prudhomme	Donna M Jansky	(978) 531-9286	jansky@comcast.net	9 Basford Ct, Peabody, MA 01960-3501	VFW Post 1011, 20 Stevens Street, Peabody, MA	1930, 3rd Wed.
42	RI, QUONSET POINT	Kenneth A Senker	Philip A Justin	(401) 475-6028	pajustin@verizon.net	4 Preserved Arnold Ct, Lincoln, RI 02865-2505	Seabee Museum and Memorial Park, Davisville, RI	1900, 3rd Tues.
66	MA, S WETMOUTH	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	1300, 2nd Fri.
72	MA, FALL RIVER	Edward T.W. Bailey, Sr.	Allen R Given	(508) 646-7130	argiven3@aol.com	128 Lemieux Ave, Cumberland, MA 02723-2928	VFW Post 1011, 20 Stevens Street, Fall River, MA	1400, 1st Wed.
132	RI, PAWTUCKET	Robert L Balhazard	James F Hollis	(401) 333-2928	jholis9@cox.net	18 Lemieux Ave, Cumberland, MA 02764-5514	VFW Post 306, 171 Fountain Street, Pawtucket, RI	1900, 1st Mon.
156	ME, BRUNSWICK	Read E Rich, Jr.	Paul F Loveless, Jr.	(207) 725-0946	Paul.Loveless@comcast.net	PO Box 591, Brunswick, ME 04011-0591	AnLeg Post 202, Foreside Road, Topsham, ME	1330, 2nd Thurs.
246	MA, SPRINGFIELD	Daniel F Bonyeau	John W Gannon	(413) 568-8174	igan42@comcast.net	9 Danwin Dr, Westfield, MA 01085-3401	Holyoke Soldiers Home, 110 Cherry St., Holyoke, MA	1300, 3rd Sat.
338	NH, NASHUA	Earl A Dwire	John C Kothmeier	(603) 434-3213	kothmeier1@myfairpoint.net	66 N Shore Rd, Derry, NH 03038-5115	VFW Post 5791, 15 Bockes Road, Hudson, NH	1900, 3rd Thurs.
344	ME, PORTLAND	Raymond B Morin	William Glen Maners	(207) 799-3595	GleSar@live.com	551 Sawyer St, S Portland, ME 04106-4846	Contact Secretary	

FRA Membership has its benefits! Take advantage of valuable insurance plans that are an easy way to supplement medical and life insurance you already have at affordable group rates. Coverage available for members and dependents.

North West Region

Regional President: Pete C Lazzaretti, 33819 36th Ave SW, Federal Way, WA 98023-2956, H: (253) 444-7516, RPNW@fra-nwregion.org
 Regional Vice President: Margret A Burke, 14707 N Farragut Ln, Mead, WA 99021-9286, H: (509) 315-8818, peg_burke@comcast.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
18	WA, SEATTLE	Thomas A. Ekman	Stephen R Malroy	(206) 364-4656	seattle.fra.branch.unit.18@frontier.com	1803 NE 171st St, Shoreline, WA 98155-6024	Br Home, 23003 56th Ave., W., Mountlake Terrace, WA	1300, 2nd Sat.
29	WA, BREWERTON	James T McCabe	Kenneth C. Nail	(360) 620-4344	knail41196@comcast.net	521 S National Ave, Bremerton, WA 98312-3682	521 National Avenue S, Bremerton, WA	1800, 2nd Tues.
36	PI, CAVITE CITY	Jose M Panganiiban	Edilberto B Santos, Jr.			962 Interior 3, Sampaguita St., Dalahtican, Cavite City, 4100	Bahay Kubo, 688 A Del Rosario St., San Roque, Cavite City, PI	0930, 2nd Sat.
38	WA, SPOKANE	Robert S Bean, Sr.	Margret A Burke	(509) 315-8818	peg_burke@comcast.net	14707 N Farragut Ln, Mead, WA 99021-9286	Contact Secretary	1200, 4th Sat.
46	HI, HONOLULU	Glenn Siang	John D Ippert	(808) 623-3521	mcpojd@hawaii.rr.com	891 Valkenburgh St, Honolulu, HI 96818-4400	Branch Home, 891 Valkenburgh Street, Honolulu, HI	1700, 2nd Wed.
55	OR, PORTLAND	Roger R Harr	George H Bickford, Sr.	(503) 656-6643	bick@teleport.com	10701 SE Highway 212 Unit 18, Clackamas, OR 97015-9130	AnLeg Post 150, 8329 SE 89th Avenue, Portland, OR	1900, 2nd Fri.
59	WY, CHEYENNE	Michael H Archer	James W Marshall	(307) 637-6617	jcmarshall44@msn.com	303 Star Valley Dr, Cheyenne, WY 82009-8554	VFW Post 1881, 2816 E. 7th St., Cheyenne, WY	1830, 1st Thurs.
63	ID, LEWISTON	John C. Currin	Charles E Whitman	(509) 758-3959		PO Box 634, Lewiston, ID 83501-0634	VFW Hall, 1104 Warner Avenue, Lewiston, ID	1900, 1st Mon.
64	PI, ILOILO CITY	Wilfredo S Saquibal	Antonio M Batoco			PSC 517 Box RS-IL, FPO, AP 96517-1000	RAO, Iloilo, Philippines	1130, 3rd Fri.
68	OR, GRANTS PASS	Kenneth A Ishmael	Nicholas E Peters	(541) 474-1535	nickbei@charter.net	2210 SW Webster Rd, Grants Pass, OR 97526-5946	Redwood Grange Hall, 1830 Redwood Ave., Grants Pass, OR	1730, 3rd Wed.
73	GUAM, AGANA	Harold Dean Kirk	Scott D Duenas	(671) 637-5103	mayorduenas@yahoo.com	176 W Santa Barbara Ave, Dededo, GU 96929-5309	CO Conference Room, Naval Hospital, Agana Heights, Guam	1400, 4th Sun.
74	PI, OLONGAPO CITY	Azizie J Potat	Francisco L Escudero			PSC 517 Box R-S, FPO, AP 96517-1000	TBR Hall, 21 Arthur Street, Olongapo, Philippines	1500, 2nd Sat.
83	PI, SAN MARCISO	Romeo F. Rosete	Modesto M Fullucido			#9 Fajardo St San Pascual, San Narciso, Zambales, 2205	Branch Home, San Narciso, Zambales, Philippines	0930, 3rd Sat.
97	WA, WHIDBEY ISLAND	George Brown	Alex Nicole Hanney	(609) 827-4691	njsurf21@gmail.com	8-133 Psc 473, FPO, AP 96349-9998	331 SE 8th Avenue, Oak Harbor, WA	1900, 3rd Thurs.
103	JAPAN, YOKOSUKA	Jon E. Oliver	Christopher N Hunt	09099680974	niftmyleions@hotmail.com	6206 82nd St E, Puyallup, WA 98371-5557	FRA Honcho-1 Chome, Yokosuka, Japan	1800, 1st Wed.
104	WA, TACOMA	Mark W. Thompson	Marvin W. Johnson	(253) 770-5955	mjohn4@q.com	95 Pinaqkurusuan Alitagtag, Batangas, 4205	VFW Post 2224, 120 2nd St. N.E., Puyallup, WA	1900, 2nd Mon.
111	PI, BATANGAS	Faustino A Ortega	Leonardo A. Valmorida, Jr.	(043) 772-0526	gracevalmorida@yahoo.com	209 E Rosewood Ave, Eugene, OR 97404-2668	A&M Restaurant, Batangas City, Philippines	1000, 2nd Tues.
127	PI, BICOL MABUA	William T Solevin	Ely P Barachina	054-475-0260	branch127bicolregion@yahoo.com	PO Box 9276, Naga City, 4400	Br Home, San Francisco, Mabua, Camarines Sur, PI	0930, Last Sat.
151	OR, EUGENE	Donald A Cook	Robert B Potter	(541) 461-0572	matluprd@comcast.net	#87 Sta Scholastica Village, Baguio City, 0201	Veterans Memorial Bldg, 1626 Willamette Street, Eugene, OR	1930, 3rd Tues.
154	PI, BAGUIO CITY	Thomas B Morado	Rodolfo H. Dulce	(074) 442-1872	rudyluce7@gmail.com	6103 102nd St SW, Mukilteo, WA 98275-4673	Golden Pine Hotel & Restaurant, Baguio City, Philippines	1100, 2nd Thurs.
170	WA, EVERETT	Mike W. Mowatt	Clarence R. Johnson	(425) 290-1637	portengr@juaro.com	25 San Gabriel, Sequim, WA 98382-5044	6802 Beverly Boulevard, Everett, WA	1700, 2nd Wed.
171	PI, SOUTHERN LUZON	Viviano M Cruz	Daniel Mendoza Banayo	(049) 562-6498	danbanayo@yahoo.com	426 10th St, Blaine, WA 98230-8111	Ricardo's, Maharlika Hwy, Alaminos, Laguna, PI	1000, 3rd Wed.
174	WA, SEQUIM	Thomas W Flanik	Martin Arnold	(360) 457-4683	kc7eq@arrl.net	5 Quezon St Mangatarem, Pangasinan, 02413	Marriners Cafe, 707 E. Washington St., Sequim, WA	1100, 1st Sat.
245	WA, BELLINGHAM	Theodore O Olson	Bernard W Barrick	(360) 332-7833	barney_b@comcast.net	11633 Old Frontier Rd NW, Silverdale, WA 98383-8884	Contact Secretary	1130, 3rd Tues.
247	PI, DAGUPAN CITY	Roberto G Macaraeg	Margit J. Querimit	00163750525	miquerimit@hotmail.com	1201 N Old Pacific Hwy, Myrtle Creek, OR 97457	Br Home, Blue Bell Sub, Bonuan Gueset, Dagupan City, PI	1000, 2nd Sun.
310	WA, SILVERDALE	Bruce Floyd Graham	Thomas R. Boren	(360) 692-6895	subman96@q.com	245 W 22nd Ave, Anchorage, AK 99503-2007	Branch Home, 11281 Old Frontier Rd. NW, Silverdale, WA	1700, 1st Thurs.
328	OR, ROSEBURG	George H. Loghty	Dale Nelson	(541) 863-3144	seaweed@frontier.net	4377 Columbia Heights Rd, Longview, WA 98632-9579	AnLeg, 406 S.E. Oak St., Roseburg, OR	1900, 2nd Thurs.
342	AK, ANCHORAGE	Joseph R Wright	Frances Lopinsky	(907) 277-3188	peefran@hotmail.com	PSC 517 Box RS, FPO, AP 96517-1000	Contact Secretary	1130, 3rd Tues.
363	WA, LONGVIEW	Robert M Otteraen	Ross K Davis	(360) 414-3268	kd_jf@msn.com	PO Box 884, Mill City, OR 97360-0884	VFW Post 1045, 4311 Ocean Beach Hwy, Longview, WA	1930, 2nd Fri.
367	PI, SAN MIGUEL	Thomas Mishenko	Scott M Simms	+63-939-506-8888	swms@hotmali.com	2513 S Gatewood Ln, Boise, ID 83709-8575	Branch Home, E. Dirita, San Antonio, Zambales, PI	1100, 1st Fri.
374	OR, SALEM	Kerry A Wymetalek	Robert B Johnston, Jr.	(503) 897-4926	johnston@wvi.com		VFW Post 661, 630 Hood St. NE, Salem, OR	1600, 3rd Sat.
382	ID, BOISE	Robert E Keith	Keith W Gottrell	(208) 322-5553	kwcottrel@cableone.net		Branch Home, 1012 Eleventh Ave. N., Nampa, ID	1000, 2nd Sat.

FRA Shipmates can obtain up to \$150,000 in economical Term Life coverage and an additional \$1,000 critical-illness benefit thanks to the FRA-endorsed Easy Acceptance Term Life Insurance Plan. For more information, including costs, exclusions, limitations, and terms of coverage, visit www.frainsurance.com.

South Central Region

Regional President: Arthur R McAvoy, 5404 Thomas Ln, River Oaks, TX 76114-3331, H: (817) 732-2303, a_mcavoy@sbcglobal.net
 Regional Vice President: Robert A Holcomb, 12902 Lantana Trl, Buda, TX 78610-2860, H: (512) 295-3691, bob-holcomb@verizon.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
11	TX, FORT WORTH	Arthur R McAvoy	Michael H Bevil	(817) 483-8562	E-9Retired@charter.net	PO Box 515, Kennedale, TX 76060-0515	VFW Post 8235, 5533 White Settlement Rd., Ft. Worth, TX	1000, 3rd Sat.
92	LA, NEW ORLEANS	James L Fuentes	Bernard R Cleary	(504) 835-6347	raonola@hotmail.com	2030 N Turnbull Dr, Metairie, LA 70001-2653	St. Benilde School Cafeteria, 1901 Division St, Metairie, LA	1900, 3rd Thurs.
94	TX, CORPUS CHRISTI	Walter J Moore, Jr.	Donald Larson	(361) 548-8919	dlar937195@aol.com	2187 Capeheart St., Ingleside, TX 78362-6222	1651 Flour Bluff Dr., Corpus Christi, TX	1900, 4th Sat.
98	LA, SHREVEPORT	Charles R Lester	Charles Frank Burkhardt, Jr.	(318) 742-9847	cburkustn@suddenlink.net	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@comcast.net	PO Box 4628, Monroe, LA 71211-4628	AnLeg Post 13, 401 Forsythe Avenue, Monroe, LA	1400, 3rd Thurs.
159	TX, HOUSTON	William C Smith, Jr.	Ralph A Schmidt	(281) 257-0982	RSchmidtPWP@aol.com	10719 Gifford Crest Dr, Spring, TX 77379-3072	4810 Pine Avenue, Pasadena, TX	1400, 2nd Sun.
162	LA, NEW ORLEANS	Coy L Gillenwater	David A Field	(504) 362-1278	dfield23x@yahoo.com	2711 Gehring Dr, Gretna, LA 70053-6707	Branch Home, 703 Kepler Street, Gretna, LA	1900, 3rd Fri.
201	TX, AUSTIN	Robert A Holcomb	Charley Randall, II	(361) 865-2832	charleyrandall@yahoo.com	PO Box 723, Austin, TX 78767-0723	IHOP, 14310 North Interstate 35, Pflugerville, TX	1900, 2nd Sat.
203	TX, SAN ANTONIO	Ronald S Boucher	Sebastian D Martinez	(210) 365-9832	sebastianmartinez7@netzero.net	PO Box 65, Von Ormy, TX 78073-0065	2002 W. Ridgewood Court, San Antonio, TX	1430, 4th Sun.
222	LA, SLIDELL	Larry L Cole	Larry L Cole	(985) 863-6206	colela@bellsouth.net	104 Briarwood Cir, Pearl River, LA 70452-3728	AnLeg Post 374, 2233 Carey St., Slidell, LA	1830, 3rd Wed.
227	AR, SPRINGDALE	Victor L Walker	Odie J Tresner	(479) 640-6536	trepo79@cox.net	4 Beckfoot Ln, Bella Vista, AR 72714-4024	Western Sizzin, 3492 West Sunset Ave., Springdale, AR	1400, 3rd Sun.
251	AR, MT HOME	Ceryl A Hord	Curtis Grant	(870) 492-6149	CurfG@meowmail.com	99 Doreen Dr, Mountain Home, AR 72653-6759	AnLeg Post 52, 717 Market Street, Mountain Home, AR	1300, 3rd Sun.
264	MS, MERIDIAN	Teresa J Brantley	Michelle E Spangler	(601) 479-8440	michellespangler@bellsouth.net	10415 Rabbit Rd Lot 69, Lauderdale, MS 39335-9613	Branch Home, 8874 Highway 39, N. Meridian, MS	1500, Last Sun.
282	AR, LITTLE ROCK	Allan D Wagner	Forest E Harrell	(501) 796-8270	feharrell@yahoo.com	9 Nannie Goat Ln, Vilonia, AR 72173-9420	American Legion Post # 1, 315 East Capital, Little Rock, AR	1400, 3rd Thurs.
295	TX, SAN ANGELO	Danny M Patridge	Terry D Cook	(325) 942-8036	trmc99@suddenlink.net	3002 Canyon Creek Dr, San Angelo, TX 76904-6912	Elks Lodge, 2121 S. Chardbourne St., San Angelo, TX	1900, 2nd Mon.
303	TX, SHERMAN	Fred E Stith	Arthur D Ellison, Jr.	(903) 813-4924	bobbra376@yahoo.com	101 Raintree Rd, Bells, TX 75414-2363	VFW, 1717 Baker St., Sherman, TX	1900, 4th Mon.
307	MS, GULFPORT	Diana Lynn Sojka Dopp	Robert Rutherford	(228) 363-5561	bobbra376@yahoo.com	1800 Beach Dr Unit 198, Gulfport, MS 39507-1559	AFRH-Gulfport, 1800 Beach Dr., Gulfport, MS	1400, 2nd Thurs.
311	MS, GULFPORT	James D Zugg	Judith A Zugg	(228) 865-9908	JJJBZ@aol.com	220 Clover Ave, Long Beach, MS 39560-3304	VFW Post 3397, 213 Klondyke Ave, Long Beach, MS	1900, 2nd Tues.
334	AR, OSAGE	James E Putman	James E Putman	(870) 437-2440		2918 County Road 912, Alpena, AR 72611-2850	Osage Museum, US Hwy 412 at CR 912, Carrollton, AR	1000, 1st Sat.
371	LA, BATON ROUGE	James J Johnson	Leon R Perkins	(225) 273-3654	leeperkns@cox.net	17582 Martin Lake Dr, Baton Rouge, LA 70816-3621	Elks Lodge 490, 2854 Fellsyway Dr., Baton Rouge, LA	1300, 3rd Sat.

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South East Region

Regional President: Frederick Bolz, 113 Coral Reef Dr, Goose Creek, SC 29445-4641, H: 843-797-3515, Htcmret@aol.com
 Regional Vice President: James E Robbins, Jr., 2712 Holly Ridge Dr, Orange Park, FL 32073-6515, H: (904) 269-2136, slgr@bellsouth.net

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
15	SC, WALHALLA	Collin T Jurkovich	Thomas E Smith	(864) 868-9397	frabl15@att.net	118 Hidden Cv, Sk Mile, SC 29682-9452	103 N Church Street, Walhalla, SC	0900, 3rd Sat.
22	FL, PENSACOLA	Robert F Hall, Jr.	Mark A Kilgore	(850) 458-0559	bingowidower@cox.net	107 Ruberia Ave, Pensacola, FL 32507-2458	AWETS Post 292, 955 Dog Track Rd., Pensacola, FL	1900, 2nd Mon.
25	FL, ST AUGUSTINE	Charles R. Hobbs, Sr.	Donald R Gray	(904) 797-2715	donaldrgray@bellsouth.net	112 Jupiter Rd, St Augustine, FL 32086-6720	VFW 2391, 6184 US 1 S., St. Augustine, FL	1900, 3rd Mon.
30	GA, BRUNSWICK	Leonard V Smetcka	John R Mefford	(912) 264-3325	jrmefford@comcast.net	157 Dees Dr, Brunswick, GA 31520-1615	EK's Lodge, 1509 Union Street, Brunswick, GA	1930, 3rd Thurs.
34	FL, TALLAHASSEE	Robert T Werchelt	Robert A Langley	(850) 562-6985	langley@netall.net	3632 Westmoreland Dr, Tallahassee, FL 32303-2028	NAMC Res. Ctr, 2910 Roberts Ave, Tallahassee, FL	1430, 2nd Thurs.
44	TN, COLUMBIA	Allen Hayes	John W Davis	(931) 363-0852	jwdavis@usit.net	116 Richland Dr, Piquaski, TN 38478-2616	Sen Citizen, 1020 Maury Cnty Pk Dr, Columbia, TN	1300, 1st Thurs.
50	SC, CHARLESTON	Jesse J. Cumber, Jr.	Lawrence David Coates	(843) 814-6118	frabl25587@bellsouth.net	P O Box 70266, North Charleston, SC 29415-0266	Branch Home, 2815 Spruill Avenue, N. Charleston, SC	1400, 2nd Sun.
51	FL, MIAMI	Samuel G Owens	William J O'Simpson	(954) 748-7596	billbo29587@bellsouth.net	8601 NW 34th Pl Apt A205, Sunrise, FL 33351-6698	657 Fisherman Street, Opa Locka, FL	1200, 3rd Sun.
86	TN, WASHINGTON	Kenneth E O'Connor	Leonard W Simpson	(901) 873-1278	macwaynes@aol.com	P O Box 181, Millington, TN 38053-0181	VFW Post 7175, 4681 Cuba Millington Road, Millington, TN	1830, 3rd Mon.
89	GA, ATLANTA	Gary G Scheidt	B. Charles Blair, Jr.	(770) 292-0226	blairnays@comcast.net	17 Margio Trl SE, Rome, GA 30161-9489	AnLeg Post 160, 160 Legion Dr., Smyrna, GA	1100, 2nd Sat.
91	FL, JACKSONVILLE	James E Robbins, Jr.	Todd Richter	(904) 778-1565	fcf@bellsouth.net	5391 Collins Road, Jacksonville, FL 32244-5905	5391 Collins Road, Jacksonville, FL	1930, 2nd Tues.
102	FL, ST PETERSBURG	Robert J Powers	Charles Curtice	(727) 344-1217	charles_curtice_7@msn.com	3222 60th St N, St Petersburg, FL 33710-1726	Woodawn Presbyterian Church, 2612 12th St. N., St. Petersburg, FL	1400, 3rd Sun.
109	FL, CLEARWATER	David V Soderland	Robert C Shane	(727) 392-0420	kc4usn@aol.com	8671 Rose Way, Seminole, FL 32772-3622	Police & Military Museum, 500 Douglas Ave, Duneedin, FL	1800, 2nd Thurs.
110	TN, WASHINGTON	Edward J Burns	Robert J Dentici, Sr.	(615) 292-0838	fra110@comcast.net	P O Box 150544, Nashville, TN 37215-0544	VFW Post 1291, 1907 Lebanon Pike, Nashville, TN	1400, 2nd Sun.
112	AL, BIRMINGHAM	Bobby J Findley	Juan A Bowden	(256) 245-2232	jabbow@bellsouth.net	P O Box 57, Sycamore, AL 35149-0057	Parkway East Rec. Ctr., 8920 Roebuck Blvd., Birmingham, AL	1630, Last Sat.
117	FL, ORLANDO	Henry J Malenofski	Stephen J Miglionico, Sr.	(407) 348-8466	FRAN117BR@aol.com	335 Plumwood Cir, Kissimmee, FL 34743-8815	VFW Post 4287, 3500 South Goldenrod Road, Orlando, FL	1100, 2nd Sat.
118	FL, CAPE CORAL	Gregg T. Malepeace	John Panko	(239) 540-4276	john.panko@hotmail.com	2721 El Dorado Pkwy W, Cape Coral, FL 33914-6681	Elks Lodge, 4631 SE 10th Place, Cape Coral, FL	1200, 2nd Thurs.
126	FL, JACKSONVILLE	James J Thomas	Donald F Walsh	(904) 282-4650	donwalsh@bellsouth.net	644 Branscomb Rd, Green Cv Spgs, FL 32043-5202	Branch Home, 7673 Blanding Boulevard, Jacksonville, FL	2000, 3rd Thurs.
147	FL, SANFORD	John S Handtuck	Thomas A Whitaker, Jr.	(386) 447-5420	tomsmail60@bellsouth.net	114 Panoramia Dr, Palm Coast, FL 32164-7575	Branch Home, 3040 W State Road 46, Sanford, FL	1900, 2nd Mon.
179	FL, GAINESVILLE	Dennis D Nickerson	Raymond D Bembry	(386) 462-4549	gatorraybo@windstream.net	P O Box 34, Alachua, FL 32616-0034	Branch Home, 19700 N.E. 22nd Lane, Campville, FL	1330, 1st Sun.
183	FL, INTERLACHEN	Anthony Gene Lockard	Selma E. Carrow	(386) 328-6407	s_carrow@yahoo.com	P O Box 149, Interlachen, FL 32148-0149	Branch Home, 207 Commonwealth Ave., Interlachen, FL	1730, 3rd Wed.
184	GA, WARNER ROBINS	William V McKnight	James R White	(478) 781-1864	rhetta64@cox.net	2865 Allen Rd, Macon, GA 31216-6309	Lanford Library, 6504 Houston Rd., Macon, GA	1300, 2nd Wed.
186	FL, HERNANDO	Timothy E Donovan, Sr.	Robert W Huschler	(352) 344-0727	serfra@tampabay.rr.com	910 Vassar St, Inverness, FL 34453-6830	DAV Bldg., 1039 N. Paul, Inverness, FL	1500, 3rd Thurs.
187	TN, CHATTANOOGA	Gerald Thomas Brice	Kent Walker	(423) 886-4516	winwalker@bellsouth.net	300 Kentucky Ave, Signal Mtn, TN 37377-2413	Contact Secretary	
188	FL, TAMPA	Roger F Mitchell	Victor C Lamontagne	(352) 567-9208	rnayvow@aol.com	134443 10th St, Dade City, FL 33525-5305	Golden Corral Rest., 815 Providence Rd., Brandon, FL	1130, 3rd Wed.
194	TN, KNOXVILLE	David Z Cates	David Z Cates	(865) 247-4350	dzates@comcast.net	1848 Silver Cloud Ln, Knoxville, TN 37909-1211	Colesbury UMC, 9908 Kingston Pike, Knoxville, TN	1400, 1st Sun.
202	SC, COLUMBIA	James Turner, Jr.	Ronald E Headley, Jr.	(803) 482-4456	ronfrat75@aol.com	59 Inlet Harbour Ct, Winnsboro, SC 29180-9122	Navy Operational Support Ctr, 2620 Lee Rd., Ft. Jackson, SC	1300, 3rd Tues.
210	FL, MILTON	Ronald F Watersman, Jr.	Robert W Hayes	(850) 626-1325	rocketrob8300@yahoo.com	6237 Glendale Dr, Milton, FL 32570-5420	6409 Fleet Avenue, Milton, FL	1830, 1st Wed.
215	GA, SAVANNAH	Robert F Watersman, Jr.	Terry Jerome Ellis	(912) 236-1941	tjellis51@comcast.net	2127 McLeod St, Savannah, GA 31405-2873	FOP Bldg., 1537 Grove Point Road, Savannah, GA	1900, 1st Thurs.
234	SC, ANDERSON	Franklin W Collins	William A. McGiegor	(864) 369-7041	secretary@tra234.com	10 Pinson Dr, Honea Path, SC 29654-2236	4605 Belton Hwy., Anderson, SC	1900, 2nd Mon.
248	GA, CAMDEN COUNTY	William S Huebner	Russell John Borchert	(912) 283-9847	rborchert@ptel.net	2952 Johnny Minchew Rd, Waycross, GA 31503-4207	VFW Post 8385, 150 N Camden Woods Pkwy., Kingsland, GA	1830, 3rd Tues.
250	FL, SARASOTA	Ernest C Robinson	Wayne D. Witham	(941) 727-3381	wwitham@tampabay.rr.com	4611 26th Ave W, Bradenton, FL 34209-6207	Sahib Shrine Temple, 600 N. Beneva Rd., Sarasota, FL	1200, 4th Wed.
254	SC, MYRTLE BEACH	Randy L. Stephenson	George R Kaye	(843) 333-9744	gkaye@scoast.net	1913 Heritage Loop, Myrtle Beach, SC 29577-1586	Meadowoods HOA Bldg., Murrells Inlet, SC	1700, 3rd Thurs.
256	FL, FT LAUDERDALE	Lawrence H. Williams	Terry Shumway	(954) 571-7958	hibxptn6@aol.com	1324 SE 1st Ave, Deerfield Bch, FL 33441-6764	AnLeg Post 142, 171 SW 2nd Street, Pompano Beach, FL	1900, 4th Fri.
263	FL, COCOA	Larry L Cox	Dean O Schaaf	(321) 452-0365	deano.schaaf@nasa.gov	P O Box 966, Cocoa, FL 32923-0966	Brevard Veterans Ctr., 400 S. Sykes Creek Pky, Merritt Island, FL	1800, 3rd Wed.
269	SC, GOOSE CREEK	William D Cox	Daniene Kay Hines	(843) 824-2589	darlene.hines@comcast.net	137 Thousand Oaks Cir, Goose Creek, SC 29445-7094	Branch Home, 99 Wisteria Road, Goose Creek, SC	1900, 3rd Thurs.
278	AL, HUNTSVILLE	Kenneth R Reynolds	James E Sutton	(256) 650-5748	jsandyman@att.net	9719 Wallwood Dr SE, Huntsville, AL 35803-1763	Greenbrier BBQ, 15050 Hwy 20 W, Madison, AL	1200, 4th Sat.
290	FL, MANFORD	Richard B. Kiger, II	Dalton Ruth	(904) 607-5098	computergruydalton@yahoo.com	13230 Arbor Vitae Dr, Jacksonville, FL 32225-3186	Branch Home, 390 Mayport Road, Atlantic Beach, FL	1930, 1st Thurs.
291	FL, NEW PORT RICHEY	Philip A Smerczniak	Edward R White	(727) 376-4126	ball79@verizon.net	3345 Van Nuy Loop, New Port Rchy, FL 34655-3118	Contact Secretary	
292	FL, LEEHIGH ACRES	William D Beeler	Edgar F Lantham, II	(239) 489-3339	edlanham@netzeron.net	16920 Windcrest Dr, Fort Myers, FL 33908-3728	AnLeg Post 323, 1124 Ashlar Ave., Lehigh Acres, FL	1400, 4th Sun.
294	TN, CROSSVILLE	Joseph S Smith, Jr.	Jack M Fogel	(931) 456-9783	fogejack0@gmail.com	149 Laurelwood Ln, Crossville, TN 38555-3721	Upper Cumberland Sr. Ctr., 1460 S. Main St., Crossville, TN	0900, 2nd Sat.
335	FL, PORT ORANGE	Robert G Beese	John D Heaphy	(386) 788-5382	johnheaphy@aol.com	916 Tall Pine Dr, Port Orange, FL 32127-4828	VFW Post 3282, 5810 S. Williamson Blvd., Port Orange, FL	1400, 4th Thurs.
339	GA, ALBANY	Ron Lee Delaney	Frank O Richardson	(229) 888-5628	lyownen@bellsouth.net	1815 Philenia Rd S, Albany, GA 31701-4711	VFW Post 2785, 315 Philenia Avenue, Albany, GA	1800, 2nd Tues.
346	FL, PANAMA CITY BEACH	Thomas E Fleischman	Wanda Kay Moore	(850) 624-8992	kmslwa@comcast.net	2117 Wilkinson Ave, Panama City, FL 32408-4907	Br. Home, 2117 Wilkinson Avenue, Panama City Beach, FL	1800, 1st Wed.
366	FL, S BREVARD COUNTY	Robert J Bradley	Danal C Wise	(321) 984-0701	zzerwise@gmail.com	2190 Wilson Ln, Malabar, FL 32950-3123	The Boat House, Palm Bay, FL	1830, 4th Wed.
386	AL, DOTHAN	Kenneth D Teal, Sr.	Alex C McMahan	(334) 671-1881	alexchristine@graceba.net	304 Kirkwood Dr, Dothan, AL 36303-6802	VFW, 1426 Taylor Road, Dothan, AL	0930, 2nd Sat.

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

South West Region

Regional President: Stanley J Lewandowski, 1488 Pequena St, San Diego, CA 92154-3642, H: (619) 690-0421, cookied16@cox.net
 Regional Vice President: Charles Baker, 1928 Falling Tree Ave, N Las Vegas, NV 89031-1670, H: (702) 485-0974, frafvb90@msn.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
9	CA, SAN DIEGO	Eric Sonnenburg	Walter De Felice, Jr.	(619) 460-7184	wariae@att.net	6302 Lake Athabaska Pl, San Diego, CA 92119-3527	The Brothers Restaurant, 5150 Waring Rd., San Diego, CA	0940, 4th Wed.
26	CA, BAKERSFIELD	Walter Stabenow	Walter Stabenow	(805) 397-7674	halfgone4@yahoo.com	3713 Selby Ct, Bakersfield, CA 93309-6235	Marine Corps Reserve Center, 4201 S. Chester Ave., Bakersfield, CA	1900, 4th Tues.
43	CA, LONG BEACH	Brady S. Jensen	Betty F. Barham	(562) 436-6182		PO Box 20900, Long Beach, CA 90801-3900	540 Pine Avenue, Long Beach, CA	1900, 3rd Tues.
47	CA, EL CAJON	Michael K Frontz	Charles F Tompkins	(619) 264-0829	ctf1851@pacbell.net	4432 Jocelyn St, San Diego, CA 92105-5227	136 N. Chambers Street, El Cajon, CA	1900, 1st Wed.
61	CA, CHULA VISTA	Robert L Bailey	Stanley J Jasek	(619) 691-1423	frabr61@yahoo.com	288 3rd Ave, Chula Vista, CA 91910-2701	288 Third Avenue, Chula Vista, CA	1900, 2nd Wed.
62	CA, SAN DIEGO	Anderson Wigley, Jr.	John W. Polk	(619) 479-1353	johnpolk@rocketmail.com	7528 Dunwood Way, San Diego, CA 92114-7227	3638 Ocean View Boulevard, San Diego, CA	1500, 3rd Sat.
70	CA, POWAY	David P Shifflet	Raymond J Caston	(858) 842-1818	me-n-rc@cox.net	13053 Acton Ave, Poway, CA 92064-5901	14231 Garden Road, Poway, CA	1900, 1st Wed.
84	AZ, GREEN VALLEY	Joel M Greenberg	Thomas A Heaney	(520) 648-0868	heaneyrjmv@cox.net	661 W Calle Torres Blancas Apt 1104, Green Valley, AZ 85614-6434	The Cow Palace Restaurant, Amado, AZ	1130, 2nd Tues.
85	CA, SAN GABRIEL VLY	Emmanuel O Cabildo	Epifanio T Leano	(619) 421-2964	erleano@cox.net	5942 Lazy Trail Ct, Bonita, CA 91902-3034	FAVA Bldg, 2926 Market Street, San Diego, CA	1400, 3rd Sun.
90	NV, CLARK COUNTY	Charles Baker	Rogelio A Bacud	(909) 598-3736	Bregor4559@sbcglobal.net	867 Pinellas Ave, Walnut, CA 91789-3132	209-211 E. Garvey Avenue, Monterey Park, CA	1400, 3rd Sun.
120	CA, OXNARD	Richard Hiser	Kevin J Doyle	(775) 751-1057	gatormaniant@yahoo.com	3481 Ramona Ln, Pahump, NV 89048-5240	Amlleg Post 8, 733 Veterans Dr., Las Vegas, NV	1400, 2nd Sat.
163	AZ, PHOENIX	Bryan D Ginter	Willis H Wolfe	(480) 963-2634	wolfe699@verizon.net	1300 Hibiscus St, Oxnard, CA 93036-2220	Branch Home, 154 E. 6th Street, Oxnard, CA	Contact Secretary
175	CA, ORANGE COUNTY	James L Angeley	Dwight G Hall	(714) 895-8423	fra163@cox.net	7661 Gairden Grove Blvd, Garden Grove, CA 92741-4206	Shrine Auditorium, 552 N. 40th St., Phoenix, AZ	1030, 2nd Sat.
260	AZ, GOLDEN VALLEY	Don Johnson	Jeanette L Hayden	(928) 565-5811	jhaydem991@yahoo.com	7661 Gairden Grove Blvd, Golden Grove, CA 92741-4206	7661 Garden Grove Boulevard, Garden Grove, CA	1400, 3rd Sun.
272	CA, SAN LUIS OBISPO	James Weidon Clem	Michael A Reed	(805) 466-7184	mreedsr@frontiernet.net	916 S Emery Park Rd, Golden Valley, AZ 86413-6840	VFW 2535, Highway 68, Golden Valley, AZ	1300, 2nd Sat.
289	CA, IMPERIAL BEACH	Bradford S Lukens	Marilyn G Teeple	(619) 429-5745	missmamagai@yahoo.com	14102 San Antonio Rd, Atascadero, CA 93422-6326	Ree Bldg, 3395 S. Higuera St, San Luis Obispo, CA	1900, 2nd Sat.
302	CA, CARSON	Edgardo M Labao	Ralph E Huskey	(310) 549-8482	ralphh@hotmail.com	PO Box 97, Imperial Beach, CA 91933-0097	659 Silver Strand Boulevard, Imperial Beach, CA	1900, 2nd Wed.
312	CA, SAN DIEGO	Richard R Spies	Romeo Galton	(858) 560-8701	romeogalton@yahoo.com	23028 Archibald Ave, Carson, CA 90745-4717	Carson Vets Park, 22400 Moneta Ave., Carson, CA	1300, 1st Sun.
313	CA, CAMP PENDLETON	James T Jacobs	Emmett T Bolger	(760) 439-7817	emetbolger@yahoo.com	3927 Mount Blackburn Ave, San Diego, CA 92111-3816	4421 Bannock Ave., San Diego, CA	1000, 1st Sat.
			Daniel L Spalding, PMP		danspal@cox.net	1450 Machado St, Oceanside, CA 92054-5442	Masonic Lodge, 511 Eucalyptus Avenue, Oceanside, CA	1200, 3rd Sat.

Did you know that FRA endorses a Senior Term Life Insurance coverage? You can add up to \$25,000 in life insurance (up to \$10,000 if ages 65-74) without a physical exam or medical records. Help protect your future, call 1-800-424-1120 for more information, including costs, exclusions, limitations, and terms of coverage.

West Coast Region

Regional President: Richard J Fetro, 2829 Langhorn Dr, Fremont, CA 94555-1418, H: 510-673-6343, shipmatefetro@live.com
 Regional Vice President: Shane S Dunstan, 691 W 1580 N, Clinton, UT 84015-9523, H: (801) 645-0590, fra185pres@yahoo.com

No.	Location	President	Secretary	Telephone #	E-mail Address	Mailing Address	Meeting Place	Time & Date
8	CA, VALLEJO		Robert S Mattson	(707) 644-6295	rsmattson@att.net	271 Redwing St, Vallejo, CA 94589-1760	AnLeg Post 550, 420 Admiral Callaghan Lane, Vallejo, CA	1900, 2nd Wed.
10	CA, SAN LEANDRO		Paul A Steelhammer	(925) 348-2985	psteelha@navytogetherweserved.com	216 Wellington Ave, Concord, CA 94520-1115	Veterans Memorial Bldg, 1105 Bancroft Ave., San Leandro, CA	1900, 1st Wed.
21	CO, FORT COLLINS	Floyd E Taladay	Robert E Brown	(970) 587-2318	brown7273@yahoo.com	P0 Box 613, Johnstown, CO 80534-0613	VFW Post 1781, 603 Lesser Drive, Ft. Collins, CO	1900, 2nd Tues.
48	CA, SAN FRANCISCO	Leroy Hicks	Lindell C Clymer	(415) 935-6081	lindell334@yahoo.com	585 Monterey Blvd Apt 6, San Francisco, CA 94127-2419	401 Van Ness Avenue, San Francisco, CA	1100, 2nd Sat.
49	CO, DENVER	William L Hanzel	Julian R Dracon	(303) 795-5350	jiffy@q.com	6671 S Race Cir W, Centennial, CO 80121-2730	TREA #39, 15821 E. Centretach Circle, Aurora, CO	1200, 2nd Sat.
101	CA, SANTA CLARA	Joseph L Pava	Dale E Thompson	(408) 749-0468	thompsondale@sbcglobal.net	106 Lawrence Station Rd, Sunnyvale, CA 94086-5309	AnLeg Post 564, 2120 Walsh Ave, Santa Clara, CA	1900, 2nd Tues.
113	CA, STOCKTON	Richard M. Carpino	Frank M Reyes	(209) 465-5839	freys9725@sbcglobal.net	2351 Christina Ave, Stockton, CA 95204-1503	AnLeg Post 16, 2020 Plymouth Rd., Stockton, CA	1900, 3rd Wed.
137	NW, WINDEN	Hubert V Harris	William Gerow	(775) 883-3262	wgerow@charternet	P0 Box 1342, Minden, NV 89423	NV Veterans Hall Hero's, 2nd & Curry Sts., Carson City, NV	1830, 2nd Wed.
178	CA, MONTEREY	Abel M Quinones	Michael N Levine	(831) 375-4356	mlevine@redshift.com	679 Dennett St, Pacific Grove, CA 93950-3802	AnLeg Post 591, 1000 La Playa Ave., Seaside, CA	1900, 3rd Tues.
185	UT, SALT LAKE CITY	Robert A. Buck	Shane S Dunstan	(801) 645-0590	fra185pres@yahoo.com	691 W 1580 N, Clinton, UT 84015-9523	VFW Post 1481, 907 W. 12th St., Ogden, UT	1900, 3rd Wed.
192	NW, FALLON	Larry S Briggs, Jr.	Patrick Allen Erickson	(775) 423-2048	gmlericksonnet@yahoo.com	P0 Box 683, Fallon, NV 89407-0689	AnLeg Post, 90 N. Ada Street, Fallon, NV	1900, 4th Thurs.
197	CA, MODESTO	William E. Schoonover	Henry L Ficken	(209) 529-8192	hankficken@att.net	1608 Wolverine Way, Modesto, CA 95355-4308	AnLeg Post, 1001 S. Santa Cruz Avenue, Modesto, CA	1300, 2nd Sun.
230	CA, ROSEVILLE	Robert L Lightfield	Robert G McColley	(916) 782-1183	jindmc1@surrewest.net	1096 Sandringham Way, Roseville, CA 95661-5360	Veterans Memorial Hall, 110 Park Drive, Roseville, CA	2000, 1st Mon.
244	CO, GRAND JUNCTION	Charles F Johnson	Charles W Watkins	(970) 434-0868	cwatkins@acsol.net	3010 Vin Rose Way, Grand Jct, CO 81504-5532	VFW Post 3981, 503 1/2 Florence Road, Grand Junction, CO	1900, 2nd Wed.
249	CA, FRESNO	Milton Gilbert	Richard L Morrison	(559) 276-3443	rindogman@yahoo.com	5433 W Robinson Ave, Fresno, CA 93722-7128	AnLeg Post 147, 508 4th Street, Clovis, CA	1400, 2nd Sun.
261	CA, LEMOORE	Craig Gonzales	Arthur C Archer	(559) 904-0530	arthur.archer@sbcglobal.net	1195 Laurel Ct, Lemoore, CA 93245-3430	Branch Home, 788 East D Street, Lemoore, CA	1700, 2nd Fri.
274	NV, RENO	Robert A. Snider	Joseph L Maetz	(775) 786-0203	jmaez@sbcglobal.net	P0 Box 7313, Reno, NV 89510-7313	Girl Scouts Bldg, 605 Washington Street, Reno, NV	1900, Last Thurs.
275	CA, PLACERVILLE	Charles T Sweet	Lawrence J Boudreaux	(530) 677-3925	laryboon@pacbell.net	P0 Box 1509, El Dorado, CA 95623-1509	Veterans Memorial Bldg, 130 Placerville Dr, Placerville, CA	1930, 4th Wed.
281	CA, REDDING	Lee M Hollowell, Jr.	Frank L. Russel	(530) 241-3538	bud95@sbcglobal.net	16177 Lower Springs Rd, Redding, CA 96001-9732	1605 Yuba Street, Redding, CA	1400, 3rd Sun.
287	CA, LIVERMORE	Kevin Matthew Collins	Roy D Warner	(925) 449-6048	rwarnr323@yahoo.com	10620 Flynn Rd S, Livermore, CA 94550-	Veterans Memorial Bldg, 522 South L St., Livermore, CA	1900, 1st Fri.
296	CA, AUBURN	Rick C. Jones, Chief	William K. Burgess	(530) 885-9056	billron@wildblue.net	5135 Meadow View Ln, Auburn, CA 95602-9129	Veterans Memorial Bldg, 100 East Street, Auburn, CA	1300, 3rd Sun..

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FRA Contact Information

Main Phone Number: 703-683-1400 or 1-800-FRA-1924

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Chris Slawinski, NVSO vafra@fra.org ext. 115

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Other Important Numbers

DFAS Retired Pay Customer Service (USN/USMC) 1-800-321-1080

DFAS (USN/USMC Active Duty/Reserves) 1-888-332-7411

Coast Guard (Customer Service) 1-866-772-8724

VA main number 1-800-827-1000

TRICARE for Life 1-866-773-0404

National Personnel Records Center in Missouri

For requests for D-214, lost military records, etc. (serves all branches of service) 1-314-801-0800

Using FRA Communities

FRA offers Communities on www.fra.org to help shipmates keep in touch with their branch, communicate with HQ, and to get information. Use the Communities and be involved!

What terms do I need to know?

COMMUNITY: *A group of people who have something in common*

FRA's online "Communities" offer an opportunity to get together online and find people with similar interests. Which community do you belong to? Are you a branch member? Check out the community for your branch. Interested in health care? We have a community for that too. Perhaps you are an avid *FRA Today* reader. You are then in the "FRA Today Readers" community.

FORUM: *An area inside the community for shipmates to share ideas, thoughts, suggestions and requests.*

Inside the "FRA Today Readers" community, for instance, there are several forums. If History and Heritage is your interest, please click that link and check out the discussion topics available to you.

TOPIC: *A specific item of interest.*

What would you like to talk about? Under the History and Heritage forum, there is a popular item called "What does the U.S. flag mean to YOU?" This topic relates to the feature article from the June issue of *FRA Today*.

So how do I get started?

Login to www.fra.org

If you don't know how to login, please call 1-800-FRA-1924 for assistance or click the link on the home page for Login Help.

Communities FAQs

WHY DO I HAVE TO LOGIN?

Even though some of the topics are open to the public, logging in lets the site show you the Communities you should see that aren't public — like the Community for your branch or for Members At Large. It also will put your name next to anything you post so people can respond and know to whom they are writing. Most importantly, perhaps, when you login you get the opportunity to choose if and how often you would like to receive e-mail updates about postings from others.

O.K., I'M LOGGED IN. NOW WHAT?

Click the word "Communities" on the horizontal navigation bar. (It's between News and Publications). Look for the option that says "Global Preferences" and click that. On that page you will see the communities available to you and you can choose to subscribe to any or all. Once you subscribe, you will be able to click "preferences" and decide how often (or if at all) you would like to receive e-mail updates when people post.



I'VE SUBSCRIBED TO THE COMMUNITIES THAT INTEREST ME, CAN I STILL VIEW THE OTHERS?

Yes, you can view and post to any community you are able to see — even if you aren't subscribed. To get updates about a community, however, you must be subscribed to it.

CAN YOU GIVE ME AN EXAMPLE OF HOW TO USE A COMMUNITY?

Glad you asked!

1. Click on the community name that is of interest to you. For this example, let's use the "FRA Today Readers" community. Once you do that, you will see a list of Forums to the right. There will be a notification of how many posts are new since you last visited.
2. Now find a forum that is of interest to you — like "History and Heritage." Click the title to enter that page.
3. Take a look at the topics listed on that page. If you would like to join the discussion about the U.S. flag, please click that link. You will be directed to a page that shows what other people have written.
4. See something you want to comment on? Please click "reply" next to that post and share your thoughts.
5. Don't see a topic you're looking for? Start a new topic by clicking the link "Create New Topic." You'll have the opportunity to start a new discussion and everyone who is subscribed to the *FRA Today Readers* community will be notified according to their preferences of when (instantly, daily, weekly, monthly or never).

That's really all there is to it.

CAN BRANCHES UPLOAD MINUTES, NEWSLETTERS OR OTHER ITEMS OF INTEREST?

YES!! It's free, it's easy and the branch administrator can do it without any additional software and about five minutes of training.

CAN I BE AN ADMINISTRATOR FOR MY BRANCH COMMUNITY?

We thought you'd never ask. Please call Eileen Murphy at 1-800-FRA-1924 ext. 127 and let her sign you up and show you how to do it.

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No More Mr. Nice Watch

Forget sleek and subtle, the Stauer Colossus Hybrid is one tough timepiece.

Never underestimate your competition. Just ask Demetrius, the unfortunate Greek general who set out to conquer Rhodes in 305 BC. He assumed that a massive force of 40,000 men, a fleet of Aegean pirates and an arsenal of wall-smashing war machines would be enough to crush the tiny Greek island. He was wrong. The Rhodians were tougher than he thought. And so is this watch. If you've always believed that the biggest, baddest watches had to cost big, bad money, the \$79 Stauer *Colossus Hybrid Chronograph* is here to change your mind.

A monument to toughness. The people of Rhodes were ready for Demetrius and repelled his attack. To celebrate, they built the Colossus of Rhodes, a 107-foot bronze and iron giant that towered over the harbor like a ten-story trophy. It warned future invaders that "Rhodes is tougher than you think." You give the same message when you wear the Stauer *Colossus*.

The timepiece that works twice as hard. In designing the *Colossus Hybrid Chronograph*, our instructions to the watchmaker were clear: build it as tough as a battleship and fill it full of surprises. Make it a hybrid, because it should work twice as hard as a regular watch. And make it look like a million bucks, because when you put it on, you should get excited about rolling up your sleeves. Mission accomplished.

A toolbox on your wrist. It will keep you on schedule, but the *Colossus Hybrid* is about much more than time. The imposing case features a rotating gunmetal bezel that frames the silver, black and yellow face. You'll find a battalion of digital displays on the dial arranged behind a pair of luminescent hands and a bold yellow second hand. Powered by a precise

quartz movement, the watch is doubly accurate in analog and digital mode. And it's packed with plenty of handy extras including a bright green EL back-light for enhanced nighttime visibility, a tachymeter along the outer dial and a full complement of alarms and split-second countdown timers. The *Colossus Hybrid* secures with a folded steel bracelet that highlights a row of striking dark center links. It's a rugged watch that's more than ready for your daily grind.

Your Satisfaction is Guaranteed. Wear the Stauer *Colossus Hybrid* for 30 days and if you are not 100% thrilled with your purchase, return it for a full refund of your purchase price. But once you get a taste of more watch for less money, it's likely you'll be back for more... and we'll be waiting.

WATCH SPECS: -Easy-to-read analog/digital modes -Back-lighting & luminescent hands - Tachymeter, countdown timers & alarms - Folded stainless steel bracelet fits a 6 3/4"-9" wrist

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CONVENTION SPEAKERS *continued from page 16*

saw and heard him get in a BM1's business for not doing his job, but I also saw him lead with humor and compassion. He was fair, tough and committed to the crew."

Eudy went on to share one of the biggest mistakes he ever made during his Coast Guard career — he fell asleep at the end of his watch, while waiting for his relief. "I knew I was in big trouble, but when I met with Senior Chief, he told me he'd been promoted to petty officer three times. He didn't write me up, but he told me I owed him. I'd betrayed his trust and I worked very hard to restore that trust. I still reflect on his advice and try to follow in his giant footprints. If I could exemplify the Coast Guard's core values as he did, I know I can be a good chief."

Ball and Banquet – October 29th

FORCM (SW/AW) Earl Gray, Jr., Force Master Chief for Navy Recruiting Command, addressed shipmates, Auxiliary members and guests during the convention's closing banquet and ball. He thanked FRA for its support of the Navy's Recruiter of the Year program that includes a variety of FRA-sponsored benefits for awardees and their family members.

Shipmate Gray spoke about the importance of FRA's legislative advocacy to all personnel. He encouraged FRA and Auxiliary members to continue their great work in supporting Sea Services and their loved ones.

CONVENTION WORKSHOPS

Leadership Training: The Basics of Reading Financial Reports

Honorary Shipmate Jim Webb, principal at Capital Financial LLC, and FO Paul Rigby discussed the process by which FRA's annual budget is developed. They provided an overview of the Association's income sources and how revenue is estimated from membership dues, fundraising programs, investment returns and other sources. Webb also discussed expense projections and ways FRA is working to be a good steward of shipmates' resources.

New Convention Attendees' Orientation

PRPSC Don Larson and FRA's Director of Marketing and Communications Eileen Murphy helped first-time convention attendees understand some of the traditions and procedures related to FRA's national conventions. Shipmates learned about the voting process and delegate designations, as well as some of the time-honored customs they'd observe over the course of the gathering. First-time attendees were also recognized during the joint opening ceremonies and encouraged to ask questions of shipmates, Auxiliary members and staff during the week.

Managing Personal Finances

LtCol Bob Wiedower, USMC, Certified Financial Planner and executive director for Military Affinity Development for USAA, offered Smart Steps for Financial Security. He discussed the basics of managing personal finances, including assessing financial fitness, protecting assets, budgeting and investing, planning for retirement and managing investment

portfolios. He also discussed the importance of having a saving and spending plan, being prepared for financial emergencies and managing debt. With longer life expectancies, escalating health care costs and other unpredictable factors, Wiedower emphasized that planning for retirement is not a one-size-fits-all program and stressed the need to tailor financial plans to personal goals, age and risk tolerance. He invited shipmates and Auxiliary members to consult with a USAA financial advisor at 1-800-531-USAA.

Legislative Issues Update

Members of FRA's Legislative Team briefed attendees about recent proposals that could affect their military and veterans' benefits. Discussion included recommendations by the Defense Business Board (DBB) to civilianize military retirement and options being considered that would change the formula by which cost-of-living adjustments (COLAs) are calculated. The workshop followed the meeting of the National Committee on Legislative Services and also included discussion of FRA's 2012 Legislative Agenda, which will be published in the January 2012 edition of *FRA Today*.

VA Programs

Special Assistant to the Secretary of Veterans Affairs (VA) Kevin Secor and FRA's National Veterans Service Officer Chris Slawinski helped shipmates better understand the VA benefits that are available to them. Topics of particular interest were the VA's e-Benefits web portal (www.ebenefits.va.gov) that allows veterans to monitor their claims for benefits, and submit forms and other materials online in an effort

CONVENTION WORKSHOPS *continued on page 37*

CONVENTION AWARDS

American-Patriotism Committee

The Committee on Americanism-Patriotism announced the following awardees:

First Place

Group I – Branch 46, Honolulu, Hawaii
 Group II – Branch 11, Fort Worth, Texas
 Group III – Branch 316, Springfield, Mo.
 Group IV – Branch 77, Green Valley, Ariz.
 Group V – Branch 63, Lewiston, Idaho

Second Place

Group I – Branch 99, Virginia Beach, Va.
 Group II – Branch 136, Minneapolis, Minn.
 Group III – Branch 162, New Orleans, La.
 Group IV – Branch 293, Elizabeth City, N.C.
 Group V – Branch 251, Mountain Home, Idaho

Third Place

Group I – Branch 269, Goose Creek, S.C.
 Group II – Branch 175, Orange County, Calif.
 Group III – Branch 170, Everett, Wash.
 Group IV – Branch 192, Fallon, Nev.
 Group V – Branch 171, Southern Luzon, P.I.

The Walter “Step” Rowell Award for the 1st place overall report goes to Branch 46, Honolulu, Hawaii.

The Leonard “Swede” Nelson Award for Shipmate of the Year goes to Cynthia J. Norcross, Branch 11, Fort Worth, Texas.

The Robert Doherty Award for Shipmate for special recognition goes to Shipmate C. R. Johnson, Branch 170, Everett, Wash.

Hospitality, Welfare & Recreation

The Committee on Hospitality, Welfare and Recreation selected the following winners in Groups I through V:

First Place

Group I – Branch 46, Honolulu, Hawaii
 Group II – Branch 126, Jacksonville, Fla.
 Group III – Branch 162, New Orleans, La.
 Group IV – Branch 298, Grand Rapids, Mich.
 Group V – Branch 15, Walhalla, S.C.

Second Place

Group I – Branch 269, Goose Creek, S.C.
 Group II – Branch 175, Orange County, Calif.
 Group III – Branch 14, Milwaukee, Wisc.
 Group IV – Branch 186, Hernando, Fla.
 Group V – Branch 307, Gulfport, Miss.

Third Place

Group I – Branch 289, Imperial Beach, Calif.
 Group II – Branch 11, Fort Worth, Texas
 Group III – Branch 117, Orlando, Fla.
 Group IV – Branch 371, Baton Rouge, La.
 Group V – Branch 62, San Diego, Calif.

The committee has selected the following shipmate to be the National Shipmate of the Year: Richard Priest, Branch 298, Grand Rapids, Mich.

Public Relations

The Committee on Public Relations evaluated the branch committee reports as follows:

First Place

Group I – Branch 269, Goose Creek, S.C.
 Group II – Branch 175, Orange County, Calif.
 Group III – Branch 162, New Orleans, La.

Group IV – Branch 186, Hernando, Fla.
 Group V – Branch 15, Walhalla, S.C.

Second Place

Group I – Branch 46, Honolulu, Hawaii
 Group II – Branch 11, Fort Worth, Texas
 Group III – Branch 117, Orlando, Fla.
 Group IV – Branch 275, Placerville, Calif.
 Group V – Branch 185, Salt Lake City, Utah

Third Place

Group I – Branch 61, Chula Vista, Calif.
 Group II – Branch 261, Lemoore, Calif.
 Group III – Branch 316, Springfield, Mo.
 Group IV – Branch 115, Allentown, Pa.
 Group V – Branch 98, Shreveport, La.

Shipmate of the Year – Shipmate Robert W. Huscher, Branch 186, Hernando, Fla.

Youth Activities

The committee reviewed the reports submitted from each region of each Group to receive national recognition and have recommended the following:

First Place

Group I – Branch 269, Goose Creek, S.C.
 Group II – Branch 163, Phoenix, Ariz.
 Group III – Branch 42, Quonset Point, R.I.
 Group IV – Branch 186, Hernando, Fla.
 Group V – Branch 63, Lewiston, Idaho

Second Place

Group I – Branch 289, Imperial Beach, Calif.
 Group II – Branch 11, Fort Worth, Texas
 Group III – Branch 161, Kansas City, Kans.
 Group IV – Branch 77, Green Valley, Ariz.
 Group V – Branch 37, Portsmouth, Va.

Third Place

Group I – Branch 46, Honolulu, Hawaii
 Group II – Branch 20, Groton, Conn.
 Group III – Branch 162, New Orleans, La.
 Group IV – Branch 293, Elizabeth City, N.C.
 Group V – Branch 34, Tallahassee, Fla.

Shipmate of the Year: David R. Kerwood, Branch 42, Quonset Point, R.I.

National Officers



National President
Jeffrey A. Gilmartin
Potomac Region Branch 207



National Vice President
Mark A. Kilgore
Pensacola Branch 61



National Executive Director
Joseph L. Barnes
Branch 181



JR. Past National President
James W. Scarbro
Chesapeake Branch 40



New England
Philip A. Justin
Quonset Davisville Branch 42



Northeast
David Munday, III
Lakehurst Branch 124



East Coast
Darrell F. McKinley, Jr.
Elizabeth City Branch 293



Southeast
Frederick Bolz
Low Country Branch 269



North Central
Charles "Chuck" Neureuther
Wolverine Branch 298



South Central
Arthur R. McAvoy
Lone Star Branch 11



Southwest
Stanley J. Lewandowski
Imperial Beach Branch 289



West Coast
Richard J. Fetro
Santa Clara Valley Branch 101



Northwest
Pete Lazzaretti
Mt. Rainier Branch 104



Finance Officer
Paul Rigby
Honorary Member



National Parliamentarian
PRPNE William E. Starkey, Jr.
South Jersey Branch 57



National Chaplain
Katherine Grey
Potomac Region Branch 207

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This is my story

I used to be more active. I used to run, play basketball, tennis, football... I was more than a weekend warrior. I woke up every day filled with life! But now, in my late 30's, I spend most of my day in the office or sacked out in front of the TV. I rarely get to the gym – not that I don't like working out, it's the nagging pain in my knees and ankles. Low energy and laziness has got me down. My energy has fizzled and I'm embarrassed to admit that I've grown a spare tire (I'm sure it's hurting my love life). Nowadays I rarely walk. For some reason it's just harder now. Gravity has done a job on me.

Customer Satisfaction Speaks for Itself!

4 out of 5 customers purchase a 2nd pair within 3 months.

Wear them and you'll know

That's what my doctor recommended. He said, "Gravity Defyer shoes are pain-relieving shoes." He promised they would change my life—like they were a fountain of youth. "They ease the force of gravity, relieving stress on your heels, ankles, knees and back. They boost your energy by propelling you forward."

The longer he talked, the more sense it made. He was even wearing a pair himself!

Excitement swept through my body like a drug

I received my package from GravityDefyer.com and rushed to tear it open like a kid at Christmas. Inside I found the most amazing shoes I had ever seen – different than most running shoes. Sturdy construction. Cool colors. Nice lines... I was holding a miracle of technology. This was the real thing.

GDefy Benefits

- Relieve pain
- Ease joint & spinal pressure
- Reduce fatigue & tiredness
- Be more active
- Have more energy
- Appear taller
- Jump higher, walk and run faster
- Have instant comfort
- Cool your feet & reduce foot odor
- Elevate your performance

I put them on and all I could say was, "WOW!" In minutes I was out the door. I was invincible; tireless in my new Gravity Defyer shoes. It was as if my legs had been replaced with super-powered bionics. What the doctor promised was all correct. No more knee pain.

I started to lose weight. At last, I was pain free and filled with energy! I was back in the game. Gravity had no power over me!

Nothing to lose: Start your 30 Day Trial Today!

So, my friend, get back on your feet like I did. Try Gravity Defyer for yourself. You have nothing to lose but your pain.

Tell us your story!
Login at Gravitydefyer.com
and share your experience.



ABSORB SHOCK
Eliminate pain from every step.



REBOUND PROPELS YOU FORWARD
Reduce fatigue. Be more active



Semi-Rigid Heel Stabilizing Cage

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VersoShock™ Trampoline Shock-Absorbing Membrane Heel

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Rocker construction protects metatarsal bones and aids fluid stepping motions

Rugged Polymer Sole



\$129.95

MEN (Shown above)
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sizes 7 - 13
Med/Wide and ExtraWide/XXWide Widths

WOMEN (Silver with Navy)
TB902FWB5
sizes 5 - 11
Med/Wide and ExtraWide/XXWide Widths



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TRY THEM FREE* – PAY IN 30 DAYS

Take advantage of this exclusive offer at www.GravityDefyer.com/MM4LCB5 or by phone, dial (800) 429-0039 and mention the promotional code below.

Promotional Code: **MM4LCB5**

*Offer not available in stores. Shipping & Handling not included.



Membership & Retention Awards

FRA'S 84TH NATIONAL CONVENTION in Kansas City MO, was an outstanding success. The National Committee on Membership & Retention held its annual meeting to discuss issues pertaining to recruiting and retention, communications programs with branch members, conducting outreach at local events, recruiting awards program, establishing new branches, expanding life membership and resources available to shipmates and leadership to assist with increasing membership and stabilize retention. There were two workshops offered to convention attendees about important topics pertaining to membership.

Membership & Retention

Overall, 3,578 new and/or reinstated members joined the FRA during the 2010-11 recruiting period.

FRA 100% Award

Of the Association's 250 branches, 43 (17.2%) qualified for the 100% Award for 2010-2011. Those branches qualifying with percentage recruiting gain were as follows:

GROUP I

(10 Branches)

No gains reported

GROUP II

(23 Branches)

No gains reported

GROUP III

(2 of 34 Branches – 5.88%)

Yokosuka Branch 103 – 3.77%
Northwest Region

Peninsula Branch 172 – 1.98%
East Coast Region

GROUP IV

(14 of 73 Branches – 19.17%)

Del Herrmann Branch 299 – 142.59%
East Coast Region

Elizabeth City Branch 293 – 20.41%
East Coast Region

Dungeness Branch 174 – 17.65%
Northwest Region

Hangtown Branch 275 – 7.53%
West Coast Region

Mt. Rainier Branch 104 – 6.43%
Northwest Region

Baton Rouge Branch 371 – 3.65%
South Central Region

Middle Tennessee Branch 110 – 2.37%
Southeast Region

River City Branch 365 – 1.90%
North Central Region

USS Oklahoma Branch 268 – 0.85%
North Central Region

Green Valley Branch 077 – 0.00%
Southwest Region

San Miguel Branch 367 – 0.00%
Northwest Region

Tri State Branch 105 – 0.00%
North Central Region

Monterey Peninsula
Branch 178 – 0.00%
West Coast Region

Bicol Region Branch 127 – 0.00%
Northwest Region

GROUP V

(27 of 110 Branches 24.54%)

Eastern North Carolina
Branch 301 – 96.00%
East Coast Region

Green Country Branch 160 – 21.67%
North Central Region



Penny Collins

Colorado West Branch 244 – 15.56%
West Coast Region

Southern Luzon Branch 171 – 15.38%
Northwest Region

Quad Cities Branch 242 – 8.70%
North Central Region

Dagupan City Branch 247 – 8.62%
Northwest Region

W.J. Bessey Branch 328 – 8.33%
Northwest Region

Modesto Branch 197 – 7.27%
West Coast Region

Volusia County Branch 335 – 6.98%
Southeast Region

Crossville Tennessee
Branch 294 – 4.17%
Southeast Region

Stockton California
Branch 113 – 3.08%
West Coast Region

Cherry City Branch 374 – 3.03%
Northwest Region

Mohave County Branch 260 – 1.39%
Southwest Region

San Diego Branch 062 – 1.32%
Southwest Region

Fresno Branch 249 – 1.28%
West Coast Region

Lincoln Branch 145 – 1.27%
North Central Region

Central New York
Branch 285 – 1.18%
Northeast Region

Rough Rider Branch 273 – 0.00%
North Central Region

Ogden Branch 185 – 0.00%
West Coast Region

Fall River Branch 072 – 0.00%
New England Region



Birmingham Branch 112 – 0.00%
Southeast Region

Tar River Branch 204 – 0.00%
East Coast Region

Akom Branch 315 – 0.00%
North Central Region

Baquo City Branch 154 – 0.00%
Northwest Region

Ft. Wayne Branch 348 – 0.00%
North Central Region

San Narciso Zambales
Branch 083 – 0.00%
Northwest Region

Caveland Branch 206 – 0.00%
North Central Region

The Charles E. Lofgren Award

The Charles E. Lofgren Award for Branches is awarded in recognition of excellence in membership promotion in competition with the branches within the same group.

GROUP I

No eligible Branches

GROUP II

No eligible Branches

GROUP III

Yokosuka Branch 103
Yokosuka, Japan
(3.77% recruiting gain)

GROUP IV

Del Herrmann Branch 299
Wilmington, NC
(142.59% recruiting gain)

GROUP V

Eastern NC Branch 301
Greenville, NC
(96.00% recruiting gain)

The Charles E. Lofgren Award

The Charles E. Lofgren Award for Individuals is awarded to one Shipmate from among the branches within each group who has recruited the greatest number during the preceding April 1 – March 31 period.

GROUP I

Don Hoover, Annapolis Branch 024
(46 Members)

GROUP II

Craig Gonzales, Lemoore Branch 261
(18 Members)

GROUP III

Michael T. Mayo, Yokosuka Branch
103 (18 Members)

GROUP IV

O. Frank Roberts, Del Herrmann
Branch 299 (50 Members)

GROUP V

Roberto G. Macaraeg, Dagupan City
Branch 247 (12 Members)

The Abraham M. Rosenberg Membership Trophy

The Abraham M. Rosenberg Membership Trophy is awarded to *Del Herrmann Branch 299, Wilmington, N.C.*, with a recruiting gain of 142.59% as the overall winner from the five Membership Groups.

The Frank J. McPherson Memorial Award

Two nominations were received for the Frank J. McPherson Memorial Award, presented to acknowledge one shipmate who exemplifies the three cardinal principles of the FRA, especially in membership endeavors:

O. Frank Roberts
Del Herrmann Branch 299
East Coast Region

Thomas W. Flanik
Dungeness Branch 174
Northwest Region

The award recipient of the Frank J. McPherson Memorial Award is *Shipmate O. Frank Roberts, Del Herrmann Branch 299, Wilmington, N.C.*

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

Greek God Invents **FREE** Love

Inspired by a mythological romance, this stunning 170-carat amethyst bead necklace is yours for the taking!

She was Amethyst, a maiden devoted to virtue. He was Dionysus, the notorious Greek god of intoxication and revelry. He loved her, but she wanted to wait for someone more suitable. He was a god, used to getting what he wanted. The chase was on. But once Diana saw that Amethyst was serious about keeping her heart pure, the goddess transformed her into a statue of perfect stone. Dionysus stopped partying for a moment and wept. He spilled his wine and infused the statue with the rich violet color we now know as amethyst.

It's not what you would call a happy ending. Luckily we discovered that something good came from their ill-fated romance. Specifically, this spectacular 170-Carat **Amethyst Maiden Necklace**. And the incredible price may just have you shedding tears of joy. For a limited time, you can get 170 carats of polished purple gems valued at \$249...absolutely FREE (you pay only for basic shipping and processing).

The luxury myth has been busted. You're probably wondering why any luxury jewelry company would give away a perfectly beautiful genuine gemstone necklace. But I promise you that we have a reason. The simple answer is that we want to get your attention. Once you get a closer look at our quality and selection, we're certain you'll be back for more. And if you're already a devoted Stauer client, this is just another example of how we keep the incredible offers coming.

Drape yourself in purple perfection. This necklace is a knockout. Each rounded bead retains its own unique shape and just the right amount of translucence to let the light ignite the velvety, violet hues. Each gem is hand set on double-knotted jeweler's thread. The entire length secures with a .925 sterling silver lobster clasp layered in gold. The 18" necklace (with 2" extender) hangs with the same weight and elegance as similar strands that sell for hundreds more.

Extremely limited offer. The good news is that right now, you can get the 170-Carat **Amethyst Maiden Necklace** for **FREE** (you pay only the standard \$24.⁹⁵ shipping and processing fee). We'll also include a \$20 Stauer Gift Coupon with your delivery, good towards your very next purchase. If you're interested in getting 170 carats of genuine amethyst for nothing...we recommend you reserve your necklace now. Because as Dionysus knows all too well, the party can't last forever.

JEWELRY SPECS:

- 170 ctw of genuine polished amethyst
- .925 sterling silver clasp layered in gold

Amethyst Necklace (170 ctw)—~~\$249~~

Your Cost—FREE — pay only \$24.95 shipping & processing.

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CONVENTION WORKSHOPS continued from page 30

to streamline the claims process. They also discussed the MyHealthVet Web site (www.myhealth.va.gov) that offers online access to medical appointments, prescription information and other useful healthcare information. Slawinski also discussed the Veteran Service Officer (VSO) and VA Volunteer Service (VAVS) programs and encouraged all shipmates and auxiliary members to consider participating.

Understanding the TRICARE Pharmacy Benefit

Tracy Egler, Senior Director for TRICARE Pharmacy Division of Express Scripts, Inc., spoke to shipmates and auxiliary members about TRICARE's pharmacy programs and the variety of ways they can access their pharmacy benefit. She highlighted TRICARE's Home Delivery and Retail Pharmacy Network as alternatives to obtaining prescriptions at Military Treatment Facilities (MTFs), citing the cost savings and convenience of the Home Delivery program. To begin receiving prescriptions by mail, call 1-877-363-1433 or visit www.express-scripts.com/TRICARE.

What's In It For Me? (Retaining Current Members)

Eileen Murphy, Director of Marketing and Communication; Membership Development Director Penny Collins, and Communications Manager Lauren Armstrong spoke to workshop attendees about retaining current members. Discussion centered on research data that links the reason shipmates joined the FRA and reasons they continue to renew their membership. Among the retention tips discussed by workshop facilitators and participants were subscribing the entire branch membership to *NewsBytes*, communicating regularly with branch members and ideas for increasing attendance at branch meetings.

Outreach Opportunities

FRA's Outreach Manager Bob Washington and Penny Collins, Director of Membership Development, discussed ways in which shipmates and branches can put FRA front and center in their communities. Shipmates were encouraged to be familiar with FRA's mission and target their messages to the prospective members they meet. Stress the value of FRA membership when participating in ship's reunions, Veterans' Day or Memorial Day events, or other gathering of Sea Service personnel and/or veterans. The presenters also emphasized the importance of establishing and maintaining partnerships and spoke of outreach as an important facet of retention, as well as recruiting. Recruiting and outreach materials are available by contacting FRA Headquarters at bobw@fra.org, penny@fra.org or 1-800-FRA-1924.

FRA Web Site and iMIS Basics

FRA's Director of Marketing and Communication Eileen Murphy outlined the capabilities of the FRA Web site (www.fra.org) and demonstrated a variety of online resources available to branch and regional officers, such as downloading a call list (to welcome new shipmates, remind them of branch meetings or encourage renewals), signing shipmates up for NewsBytes, ordering replacement membership cards or dues notices, sending e-mails to members, etc. Attendees (and readers) are encouraged to provide feedback on reorganization of the Web site to eileen@fra.org as the next generation of the site is currently in the design phase. Discussion of FRA's communities (see the guide on page 28) included great feedback from shipmates and ideas for future use. Branch and regional officers who were not in attendance are encouraged to call Eileen at 1-800-FRA-1924, ext. 127 to get an overview of what is possible on the site.

Future Planning Forum

Long-range planning is essential in addressing FRA's membership and other issues as the Association moves forward. PNP Don Mucheck served as moderator and NED Joe Barnes highlighted some of the challenges facing FRA and spoke about the need to develop a strategic plan for the Association as it moves forward. PNP George Hyland led the discussion on proposals to make FRA's national executive director a contracted position rather than an elected one and PRPSE Mark Kilgore addressed proposals to realign FRA's regions, a concept that's been discussed since 2006. PNP George Kaye addressed proposals to institute two-year terms of office for all FRA national officers.

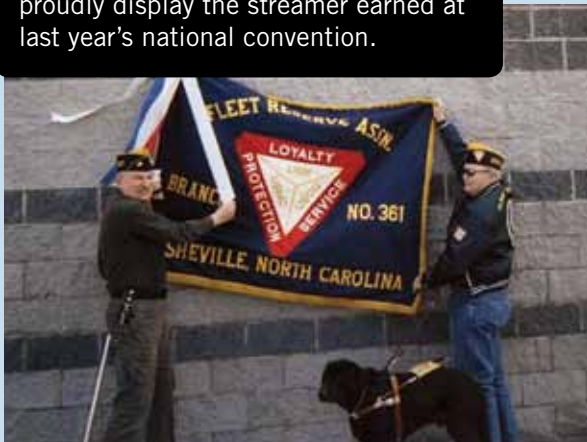
BRANCH 136 MINNEAPOLIS, MINN.

Shipmate John Stein presents an award to Lisa Thor during an NJROTC 2011 awards ceremony at Harding High School in St Paul.



BRANCH 361 ASHEVILLE, N.C.

Shipmates Andy Boyko (left) and Joe Parker unfurl the branch banner and proudly display the streamer earned at last year's national convention.



BRANCH 32 SEDALIA, MO.

Shipmates flank Lindsay Mills, a branch and regional second-place finisher in the 2011 Americanism Essay Contest. Shown (l to r) are Shipmate John Bush, Mills, Essay Chairman Robert Harvey and Youth Chairman Francis Rieber.



BRANCH 301 GREENVILLE, N.C.

Newly elected branch officers pose following installation ceremonies. Shown (l to r, back row) are Shipmates Don McWhorter, Lee Newton, Bob Connelly, Robert Moore, Brian Macminimin, Richard Cox, Jack Ward, (front row) Branch President Jerry Leatherwood, Installing Officer PRPEC Joe Palmer, Branch Vice-President Robert Brock and Branch Executive Secretary Mike Langley.



BRANCH 294 CROSSVILLE, TENN.

Past Branch President Richard Martin (right) was recognized by Branch Secretary/Treasurer Joseph Lentini and his fellow shipmates for his never-ending support of the branch. He was instrumental in founding the branch, was its first president, and continues to serve his shipmates every day.



BRANCH 126 JACKSONVILLE, FLA.

Branch President James J. Thomas and Americanism Committee Chairman David Pippin are pictured with the local student winners of the FRA Americanism Essay Contest following an Awards Ceremony at the Branch Home. The students, from grades 7 through 12, attended Sacred Heart and St. Matthews Catholic Schools, First Coast Christian, Oak Leaf Junior High, Ridgeview High School and Stanton College Prep High School.



CENTRAL LIAISON COMMITTEE EAST COAST REGION

Several WWII veterans were in attendance when the Central Liaison Committee celebrated its 50th Anniversary at Branch 93, Patuxent River, Md. Shown (l to r) are Shipmate Alfred H. Thompson (Branch 181, age 95, 25 years in FRA); PRPEC Duane E. Robertson (Branch 182, age 87, 54 years in FRA); PRPEC Wilho Tommila (Branch 182, age 88, 57 years in FRA); Shipmate Nick T. Potts (Branch 93, age 87, 63 years in FRA) and PNP Robert L. Bastian (Branch 4, age 91, 59 years in FRA).

To submit a photo for *News From the Branches*, please e-mail a photo as an attachment in jpeg format to FRAToday@fra.org or mail a high-quality photograph to *FRA Today*, 125 N. West Street, Alexandria, VA 22314. Please include a brief description of the photograph and include the names of those pictured. Laser prints and scanned copies of photographs cannot be accepted.



BRANCH 267 ST. LOUIS, MO.

Shipmate John Hollowood (left) accepts a plaque for his outstanding service and dedication as the outgoing branch president from incoming Branch President John Partin.



BRANCH 185 SALT LAKE CITY, UTAH

Shipmates Robert Buck, Shane Dunstan, Robert Porter and Vyron Dowdle made a fine showing as members of Uncle Sam's Rib Assassins team that participated in a rib-eating contest to benefit the George E. Whalen Ogden Veterans Home. Held at the Texas Roadhouse restaurant, the event raised \$1,500. The team took third place honors out of 11 teams, but the real winner was the Ogden Veterans Home.

BRANCH 266 STATEN ISLAND, N.Y.

CDR John W. Skarin, USN, addresses shipmates and veterans during the Navy's 236th birthday celebration at Borough Hall.



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GOLD LEVEL



SILVER LEVEL



BRONZE LEVEL





NAME	BRANCH	NAME	BRANCH
Cordell, Gerald Rallon, SKC, USN	289	Lane, Harvey S, MMC, USN	MAL
Cox, Maynard H, PTC, USN	126	Larson, Perry L, CUCM, USN	238
		Laymon, Edward E, JOCS, USN	018
Dalzell, John W, BMC, USN	175	Leighton, David B, PRCM, USN	091
Dancy, Francis L, LT, USN	MAL	Leiser, Edward L, LT, USN	MAL
Daniels, Orville L, SM1, USN	011	Leslie, William A, BTC, USN	334
Davis, Charles O, PO1, USN	091	Lugowski, Bronislaus M, CPO, USCG	022
Derosia, Walter R, OTACS, USN	104		
Dewey, Norman E, GMMC, USN	MAL	Magoon, Sidney, BTC, USN	276
Di Tullio, Alfred R, RMCM, USN	004	Manley, Donald L, HTCS, USN	060
		Marcus, Robert W, CPO, USN	MAL
Farin, Freddie A, MRCS, USN	084	Mauk, Jesse J, AE1, USN	126
Farley, William, AE3, USNR	MAL	McCarthy, Charles F, BMC, USN	061
Fenters, Gilbert R, MMC, USN	022	McGehee, Rufus M, RMCS, USN	MAL
Ferri, Ambrose F, PNC, USN	053	McGinn, Thomas M, STSC(SS), USN	MAL
Forell, Harland E, HMC, USN	281	McMichael, Pelham J, ADRC, USN	060
Foster, Dennis C, MMC, USN	029	Meadows, Robert A, AMS1, USN	112
Foust, Glen R, CSC, USN	194	Meyers, John W, SMC, USN	MAL
		Migaledi, John A, POCS, USN	057
Garrison, Laurence A, ATC, USN	274	Murray, John F, SKC, USN	022
Garvin, Donald F, ENC, USN	020	Muschbacher, Emil P, RMCS, USN	009
Gifford, Glen Vestel, MMCM, USN	202		
Glore, Carlton T, EMCM, USN	050	Nagy, George A, BMC, USN	178
Gomez, Ruben D, ADR1, USN	101	Nemitz, Billy L, PNC, USN	136
Gonterman, Gary R, ATCS, USN	147	Norton, Elmer R, PO1, USN	289
Gordon, Harold L, LT, USN	091	Norwood, Audley G, MMC, USN	057
Gray, William J, CPO, USN	MAL		
Green, Charles M, LI1, USN	161	O'Connor, John P, BRC, USN	MAL
Green, Lynne, CWO4, USN	MAL	Odonnell, Howard W, HTC, USN	MAL
		Oliver, Ralph P, BMC, USN	MAL
Hartenstine, Earl W, SFC, USN	057	Overholts, Clayton E, ADJC, USN	091
Hayes, Johnny W, BMC, USN	066		
Healy, Joseph L, CAPT, USN	MAL	Paris, Ralph, PO1, USN	MAL
Herring, Robert D., AE1, USN	061	Paulson, Loren R, ADR1, USN	MAL
Houghton, Raymond D, E9, USMC	175	Pedersen, James, PO1, USN	MAL
Howard, Cecil L, YNCM, USN	MAL	Pendleton, Stewart W, AFCM, USN	117
		Person, David, YN1, USN	MAL
Jackson, Earl R, RMC(SS), USN	024	Price, Billie L, LCDR, USN	110
Johnson, Carl B, GYSGT, USMC	141	Pyrz, Thaddeus F, PC1, USN	MAL
Johnstone, William, CDR, USNR	MAL		
		Quemuel, Ernesto T, MS1, USN	018
Kakavis, Elef P, ADR1, USN	163	Quesnel, Maurice S, USN	289
Kanavel, Jack R, CWO4, USN	208		
Kennedy, Norman D, ADR1, USN	MAL	Ragland, Rudolph W, HMC, USN	067
Kersten, Robert G, ADR1, USN	267	Rea, Thomas, FTCS, USN	MAL
Kewley, Kenneth W, ETC, USN	109	Reynolds, Robert H, ADC, USN	029
Keyser, Elise M., DKSJ, USN	063	Rineer, John H, GMMC, USN	175
Kinman, Everett A, CTRCM, USN	374	Robinson, Dick, LCDR, USN	307
Kitchin, Walter R, ICC, USN	MAL	Rogers, Maxie J, DTC, USN	022
Klink, Daniel L, MSGT, USMC	188	Rymanowski, Joseph A, AEC, USN	136
LaBella, Nicholas, HON Member	071	Sample, Marion F, BTCM(SW), USN	163

NAME	BRANCH
Allen, Byrus E, USN	126
Allgire, John M, CSC, USN	097
Amadio, Ricco T, CPO, USN	181
Amero, Neil J, LT, USN	046
Anderson, Clarence L, BM2, USN	MAL
Anderson, Ernest W, FN, USN	219
Appel, William L, CSC, USN	MAL
Aston, Edward B, YNCS, USN	106
Bahr, Calvin J., LCDR, USN	MAL
Banks, George D, PO1, USN	161
Beaty, Robert, MM3, USN	MAL
Beckmann, Carlton B, LT, USN	212
Behrent, Charles H, USN	061
Bender, Marjorie G, CWO4, USN	146
Bennett, James J, CTCSM, USN	120
Benson, Arthur, QMC, USN	MAL
Biggs, Otis P, EOC, USN	MAL
Blankenship, Billy J, CAPT, USN	094
Bock, Raymond E, AEC, USN	091
Bourque, Thomas J., HM3, USN	254
Boyd, Billy E, PO1, USN	MAL
Brevik, Theodore, LCDR, USNR	MAL
Brokaw, Robert E, PC1, USN	104
Brown, Joe C, CPOCS, USN	MAL
Brown, Thomas F, RMCM, USN	089
Bruenecke, Otto H, SM2, USN	018
Bryant, Leroy, CUCM, USN	109
Burns, Elmo A, SGTMAJ, USMC	077
Burns, James R, AO1, USN	126
Caron, Joseph J, BUC, USN	MAL
Case, Harry W, HMCM, USN	MAL
Castle, Paul M, SH1, USN	MAL
Caesar, Joe B, SCPO, USNR	094
Cecil, Orrel G, HMC, USN	070
Childress, Clemmon V, ADCS, USN	099
Clark, Edward D, AO, USN	091
Coates, Richard J, ATC, USN	070
Connelly, William G., BMCM, USN	061

All 3 Wars Veterans Association, Inc. – WWII, Korea, Vietnam

May 8–10, 2012, Louisville, KY.
Contact Gail Lightfoot (Venable), 849 Mesa Drive, Arroyo Grande, CA 93420, 888-452-3434, sufficit@aol.com.

USS Balch (DD-363)/USS Porterfield (DD-682) Reunion Association

September 9–15, 2012, Kerrville, TX.
Contact John Bryan, 2644 Rosewood Ct., Orange Park, FL 32065-6287, 904-272-4298, sgtdes@comcast.net.

USS Benner (DD/DDR-807)

September 11–15, 2012, Pittsburgh, PA. Contact Jack Conwell, 3221 Greentree Circle, New Castle, PA 16105, 724-658-3615, jaknmare@yahoo.com.

USS Castor AKS-1

March 22–25, 2012, Savannah, GA.
Contact Ray and Susan Kelley, 305 Occidental Dr., Holly Springs, NC 27504, 919-557-7071, castor-reunion@yahoo.com.

USS Donner (LSD-20)

May 17–20, 2012, Louisville, KY.
Contact Dennis Heimbach, 610-775-7539, dheimb@1usa.com.

USS Galveston (CLG-3)

September 26–30, 2012, Colorado Sprgs, CO. Contact Tom “Soupy” Campbell, Jr., 310 Monroe Avenue, Edgewater Park, NJ 08010-1822, 866-398-2655, galveston@comcast.net.

USS Knudson (APD-101)

May 6–8, 2012, San Diego, CA. Contact Wayne J. Reynolds, 386-789-8612, wjr502@cfl.rr.com.

USS MacDonough (DLG 8 & DDG 39)

June 24–28, 2012, Grand Rapids, MI.
Contact Al Buchanan, 12148 Wisner Ave., Grant, MI 49327, 231-250-9600, albuchanan@ncats.net.

USS Orca (AVP-49)

June 7–10, 2012, New Orleans, LA.
Contact Stan Ellexson, 2521 Duke Ave., Richmond, CA 94806, 510-223-4420, Stanellexson@aol.com.

USS Pharris DE/FF 1094

July 19–22, 2012, Baltimore, MD.
Contact G.L. Christenson, 751 Whitehall Bch Rd., Annapolis, MD 21409, 410-757-2313, pharris.1094@gmail.com.

USS Robert H. McCard (DD-822)

May 9–13, 2012, Chicago, IL.
Contact Ben Plante, 186 Brennan St., Manchester, NH 03109, 603-622-0244, blplante@comcast.net.

USS Steinaker (DD/DDR-863)

April 26–29, 2012, Virginia Beach, VA.
Contact Russ Noble, 231-944-2148, OLNoble@att.net.

VAH-21/TRIM (VAH-21)

May 1–3, 2012, Charleston, SC.
Contact Gerald Tripp, 459 Casper Dr., Hemet, CA 92545, 951-926-6047, trippg748@roadrunner.com.



VXN-8/VX8/OASU

June 22–24, 2012, NAS Pax River, MD.
Contact Daryl Williams, P.O. Box 5010, St. Mary's City, MD 20686, 301-862-0034, vxn8reunion@aol.com.

Members can post reunions online at www.fra.org, submit to reunions@fra.org or mail to: FRA Reunions, 125 N. West St., Alexandria, VA 22314.

TAPS continued from page 41

NAME	BRANCH	NAME	BRANCH	NAME	BRANCH
Schindler, Arthur E, BUC, USN	281	Thompson, Robert A, TM1C, USN	163	Whitmer, George, BMCS, USN	120
Schultz, Richard D, USN	367	Thompson, Herbert L, BM1, USN	MAL	Wickliff, William, PO1, USN	MAL
Sheehan, Francis, RMCS, USN	070	Trantham, Perry J, UTC, USN	091	Wilkes, Monroe R, ADCS, USN	040
Sheffield, Robert N, PHC, USN	MAL	Vandagriff, Arthur J, CWO2, USN	303	Wilkins, Kenneth R, SKCM, USN	147
Shelton, Robert A., AT1, USNR	003	Vaughan, Sterling M, MMC, USN	MAL	Williams, Charlie, HMC, USN	008
Smith, Carroll D, WTCM, USN	099	Vaughn, Melvin L, SFC, USN	060	Wishnek, Robert D., AG1, USN	091
Snodgrass, Earl L, CSC, USN	061	Vogel, Robert J, FTCM, USN	061	Zamaria, Stephen, BM1, USN	MAL
Spanbauer, Richard J, DTC, USNR	MAL	Wagers, John R., AT2, USN	289		
Steenon, James P, MSGT, USMC	001	Wahlborg, Ernest A, MCPO, USN	MAL		
Storrings, William A, UTC, USN	055	Walton, Joel H, AMHC, USN	MAL		
Swanson, Frederick, CPO, USCG	MAL	Ward, William C, SFC, USN	290		
Swarts, Henry D, AOC, USN	MAL	Wescott, George F, EMCS, USN	040		
Sweeney, Lyndal H, ADC, USN	091	Weston, Robert T, AECS, USN	009		
Tarver, James E, AOCS, USN	263	Whitlock, Friend J, ENC, USN	175		
Taylor, Calvin L, ABEC, USN	219	Whitlock, Carrol, HTC, USN	MAL		
Terhune, Paul, CDR, USNR	MAL				

Names in red indicate 50 year continuous members.

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Marine Corps League

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National Association for Uniformed Services
National Guard Association of the US
National Military Family Association
Naval Enlisted Reserve Association
Non Commissioned Officers Association of the USA

Reserve Enlisted Association of the US
Reserve Officers Association
The Retired Enlisted Association
Society of Medical Consultants to the Armed Forces
US Army Warrant Officers Association
USCG Chief Petty Officers Association
Veterans of Foreign Wars
Vietnam Veterans of America
Wounded Warrior Project

2011–2012 National President's Project: Susan G. Komen for the Cure and the Prostate Cancer Foundation

SUSAN G. KOMEN FOUGHT breast cancer with her heart, body and soul. Throughout her diagnosis, treatments and endless days in the hospital, she spent her time thinking of ways to make life better for other women battling breast cancer instead of worrying about her own situation. That concern for others continued even as Susan neared the end of her fight. Moved by Susan's compassion for others and committed to making a difference, Nancy G. Brinker promised her sister she would do everything in her power to end breast cancer forever. That promise is now Susan G. Komen for the Cure, the global leader of the breast cancer movement, having invested more than \$1.9 billion since inception in 1982. As the world's largest grassroots network of breast cancer survivors and activists, they are working together to save lives, empower people, ensure quality care for all and energize science to find the cure.

Susan G. Komen for the Cure has played a critical role in every major advance in the fight against breast cancer, transforming how the world talks about and treats this disease and helping to turn millions of breast cancer patients into breast cancer survivors. There is more early detection—nearly 75% of women over 40 now receive regular mammograms, the single most effective tool for detecting breast cancer early. More hope—the five-year survival rate for breast cancer, when caught early before it spreads beyond the breast, is now 98%. More survivors—America's 2.5 million breast cancer survivors, the largest group of cancer survivors in the U. S. are a living testament to the power of society and science to save lives.

They are collaborating with the American Association for Cancer Research to focus on three mutual priorities in cancer: (1) Finding ways to prevent cancer (2) Addressing cancer disparities (3) Ensuring ethical, standardized tissue sample storage and access for patients and researchers.

PROSTATE CANCER IS THE most common non-skin cancer in America, affecting 1 in 6 men—taking upwards of 33,000 lives each year. More than 2 million American men are currently living with prostate cancer according to estimates. One new case of prostate cancer occurs every 2.4 minutes. A man is 35% more likely to be diagnosed with prostate cancer than a woman is to be diagnosed with breast cancer. Studies have shown that the majority of men over 70 have some form of prostate cancer. Small prostate cancer seems to start developing during a man's 30s and the rate of appearance increases by about 10% per decade of life (50% in 50s, 60% in 60s, etc). Prostate cancer is second only to skin cancer in the frequency of its occurrence in the U. S. PCF was founded to give men and their families hope. They set out to harness more resources—both financial and human—to accelerate the development of new breakthroughs and find a cure as quickly as possible. Perhaps most significantly, when PCF first started, only seven FDA-approved drugs were available for use in the treatment of cancer. Through PCF support, that number has grown to 13—and many more treatments are in the pipeline. Your support, along with longtime partners and donors, will fund a growing number of promising research projects. You can help spark new advancements that improve health and increase hope. In fact, with the research now underway, it's possible that a man diagnosed with prostate cancer today may live long enough to see a treatment developed that will save his life.

It is a tremendous honor to be elected as National President, thank you for giving me this opportunity to serve the Auxiliary of the Fleet Reserve Association. Congratulations to the newly elected Board of Directors. I look forward to working with all of you keeping with our three principles—Loyalty, Protection & Service. Wishing everyone a Merry Christmas and Happy New Year.

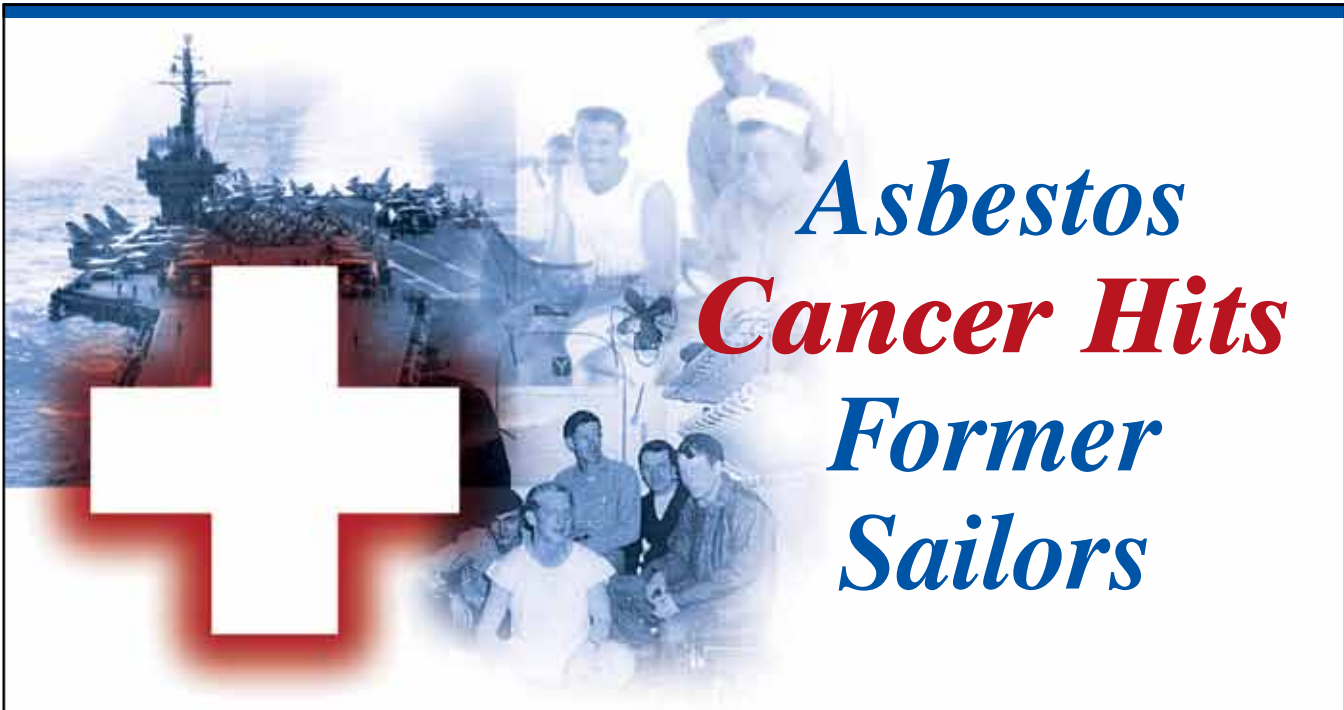


GINI C. LARSON
National President

For more information:

Susan G. Komen for the Cure
5005 LBJ Freeway, Ste 250,
Dallas, TX 75244
www.komen.org

Prostate Cancer Foundation
1250 Fourth Street
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