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## 18 2015 National Convention

- 10 FRA Opposes Proposed Changes to Military Retirement, Healthcare Benefits
- 14 Moving FRA Forward

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## April 2015

Number 4

Volume 94

# Featured

## **18** SPOKANE, WASHINGTON

Spokane, Washington, is the site for the 2015 FRA and Auxiliary national conventions and what a great location it is! Natural beauty and a trendy urban influence merge to offer convention attendees a little bit of everything! Hope to see you there in October!

# Departments

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#### ON THE COVER

LOYALTY, PROTECTION AND SERVICE

FRA IS A CONGRESSIONALLY CHARTERED, NON-PROFIT ORGANIZATION ADVOCATING FOR CURRENT AND FORMER ENLISTED MEMBERS OF THE U.S. NAVY, MARINE CORPS AND COAST GUARD ON CAPITOL HILL. FOR MORE INFORMATION ON THE BENEFITS OF MEMBERSHIP, PLEASE VISIT WWW.FRA.ORG OR CALL 800-FRA-1924. The Northern Pacific rail line connected Spokane to far-flung mining and agricultural sites during the 1880s. The Great Northern Railroad sited a rail yard and grand rail station in central Spokane to serve this bustling rail hub. By the 1970s, the rail yard was removed to make way for Expo '74, but the Great Northern clock tower reminds visitors of the city's history and its booming rails. (*Photo by Alan Bisson/Courtesy of Visit Spokane*) Thing to Do

It's the Neighborly

Lauren Armstrong

IT'S A LONG-STANDING FRA Today (and before that, Naval Affairs) tradition to highlight the location of upcoming national conventions in the April issue. We hope you'll take some time to read about a few of the interesting things to see and do in Spokane (pronounced by the locals as "Spo-KAN"), and start making plans to actually see and do them when you're in the area in October. This year's Convention Committee is putting together a great line-up of events and activities, with plenty of opportunities for you to reconnect with old friends and make some new ones, too. Even though our convention venues change from year to year, I often think of these gatherings as homecomings; like returning to an old neighborhood, where the names and faces change a bit between visits, but there's always a friendly smile, welcoming hug and that sense that you're in a familiar and comfortable place. It's not too early for all shipmates and Auxiliary members to make their hotel reservations and other convention arrangements. We hope you'll all come "home" to Spokane.

We're happy to welcome the Blinded Veterans Association (BVA) to our National Headquarters' neighborhood in Alexandria, Va. Following the renovation of our national offices, BVA signed a three-year lease for approximately 5,000 square feet of empty office space on our third floor, with a two-year renewal option. BVA is a veterans' service organization of blinded veterans helping blinded veterans, and their work to assist their fellow service members mirrors FRA's overarching principles of loyalty, protection and service. This lease arrangement is a win-win for all parties. The BVA staff is getting settled in at its new address and everyone seems to be enjoying their new home. The rental income is being channeled toward repayment of our construction loan and, once that's paid off, will generate an income stream of unrestricted revenue for the FRA.

We're happy to welcome BVA to our neighborhood and wish our new neighbors all the best in their new home!

FRA's National Executive Director Tom Snee (left) and National President John Ippert (left) flank BVA Executive Director Al Avina as they pose near the first-floor conference room that will be available for use by both organizations.



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



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 Publisher
 Fleet Reserve Association

 National Executive Director
 Thomas J. Snee

 Communications Director
 Lauren Armstrong

 Managing Editor
 William Kohudic

 Contributing Photographer
 Paul Gunther

 Design and Art Direction
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 Design Director
 Scott Rodgerson

 Production Manager
 Sandy Jones

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## **Testifying Before Congress**

**RECENTLY, I HAD THE OPPORTUNITY** to testify before the Senate Armed Services Personnel Subcommittee on the healthcare issues addressed in the recently-released recommendations of the Military Compensation and Retirement Modernization Commission (MCRMC). Although the commission would have liked all veterans' groups to endorse the 15 recommendations as a package, FRA has serious concerns about some of the proposals. FRA was invited, along with three other associations, to present our views to and answer questions from the subcommittee of nine senators.

It is important to note that FRA was the only enlisted association to testify on this matter, which means we weren't just representing the Sea Service, but the views of <u>all</u> enlisted service members, retirees (regardless of age) and family members. No pressure, right? It was an honor and a privilege to present FRA's professional point of view and share the concerns of our shipmates and the entire enlisted force as they relate to the important healthcare benefit for active duty, reserve, retired personnel and their families.

The preparation for this appearance required many steps, not only to present FRA's position in a cogent and respectful matter, but also to follow Senate protocols. Our legislative team spent hours examining and digesting the MCRMC report and discussing what position FRA should take on each of the 15 recommendations. We then had to draft, review, rewrite and send our written testimony to the subcommittee, which included a full explanation of concerns and questions. We also had to make multiple hard copies of our statement available for distribution at the hearing. Next was the preparation of the oral statement, which was an overview of the full written statement. It was critical to ensure my oral presentation fully expressed FRA's position and could be presented clearly in the allotted three-minute timeframe, which required a good bit of editing and rehearsing. Both the written and oral statements were created with the aid of our shipmates, who participated in our online surveys and shared anecdotal data about their

Our legislative team spent hours examining and digesting the MCRMC report and discussing what position FRA should take on each of the 15 recommendations.

own military healthcare experiences.

On Wednesday, February 25, 2015, I walked into the Senate hearing room, with our able legislative team by my side, and presented our written and oral testimony. We spoke up in a manner that gave the senators pause, asking pointed questions and delivering ideas and warnings, in the best tradition of representing FRA and all enlisted military personnel.

Shipmates can rest assured that FRA is making its members' concerns



known. Our statement during the hearing was referenced in Navy Times, including our position that some of the MCRMC recommendations required further explanation and review before FRA could endorse or oppose them. Rushing to make these recommendations without careful deliberation would invite unforeseen consequences. Testifying about our concerns before these proposals become law, using direct communication from our members and drawing on historical trends, establishes FRA's position in our efforts to ensure the quality and continuation of benefits for our members into the future.

I encourage all shipmates to visit our online Action Center (action.fra. org/action-center) to stay abreast of congressional initiatives that impact your military and veterans' benefits, and share your views with your elected officials. If you don't have Internet access, please write or call FRA National Headquarters (800-FRA-1924, 125 N. West St., Alexandria, VA 22314) to request the latest edition of our *Communicate with Your Elected Officials* booklet, which includes a congressional directory.

Our founders were the first enlisted personnel to testify before Congress more than 90 years ago and it was a profound honor to continue that tradition of bringing the enlisted perspective to Capitol Hill. It is who we are and why we exist. It is what we are as an association and as shipmates. **PRESS ON!** 

**Tom Snee** is FRA's National Executive Director and can be reached at NEDFRA@fra.org.

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## Will Healthcare Changes Impact TFL?

I just read the February issue of FRA Today — great reading. As an elderly military retiree using Tricare for Life (TFL), I'm curious whether my wife and I and other elderly people are required to pay a co-payment to see our primary care doctor at a military treatment facility [if the proposed changes for the TRICARE system take effect]? Or is this only for TRICARE beneficiaries under 65 years of age?



Gary A. Veblen

FRA Response: Great question, Shipmate! At the present time, TFL beneficiaries do not have to pay a co-pay if seen at a Military Treatment Facility (MTF). Although the recently released report by the Military Compensation and Retirement and Modernization Commission (MCRMC) recommends replacing TRICARE Prime and Standard with commercial healthcare plans, TFL is excluded from this proposal. So far, all the MCRMC proposals (outlined on page 10) are only recommendations and not confirmed changes. In related news, the Obama Administration's FY 2016 budget request includes the establishment of an annual enrollment fee for TFL. This isn't a done deal, but FRA is closely monitoring the budget as it moves through the halls of Congress and will be working hard to ensure such fees are not included in the final budget.

#### **FRA Member Album**

I received a card in the mail yesterday asking me to phone a toll-free number in order to ensure my listing for an upcoming publication, the Fleet Reserve Association Member Album, is up to date. Is this a legitimate request?

RMC

FRA Response: Yes, it is absolutely legitimate! The Harris Connect Company is assembling a directory/yearbook-type album for FRA and the postcard is asking you to call in to share your contact information, as well as some details about your military career, etc., for inclusion in the book. There is no obligation to purchase the book, but you'll be given the op-

portunity to buy a copy once it's published.

The project was outlined on page 16 of the January issue of FRA Today and we're reminding readers about it again in this issue. (See page 16.) We hope you'll consider sharing some of your information for the book-we'd like every shipmate to be included!



## Happy Birthday, Chief!

The following is from the Goatlocker website (www.goatlocker.org/resources/cpo/about/halsey.htm) and is published here in honor of the 122nd anniversary of the Navy's Chief Petty Officer (CPO) grade. Established on April 1, 1893, CPOs have led and mentored deckplate Sailors — and officers — and upheld the traditions and heritage of the U.S. Navy and the Chiefs' Mess. FRA salutes all current and former Navy Chiefs!

"At the end of World War II, all the towns and cities across the country were looking for a "Home town boy makes good" person to celebrate the victory. Los Angeles chose Admiral William Halsey, whom, it was rumored, had done quite well. The ceremony was held on the steps of the L.A. county courthouse, and at the end of it, when ADM Halsey was leaving, they had a line of sideboys. The sideboys were active duty and retired Chiefs brought in from all over the country. As he walked through the ranks, ADM Halsey was noticed exchanging a wink with one old Chief described as being older than God.

Later at a cocktail party, a civilian asked ADM Halsey if he would explain the wink between him and that old Chief. ADM Halsey said with all seriousness, "That man was my Chief when I was an Ensign and no one before or after taught me as much about ships or men as he did. You civilians don't understand. You go down to Long Beach, and you see those battleships sitting there, and you think that they float on the water, don't you?"

The civilian answered, "Yes sir, I guess they do."

"You are wrong," replied Halsey, "they are carried to sea on the backs of those Chief Petty Officers!"

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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## Everything is on the Table

**PRESSURE TO FURTHER SLASH** defense spending is intensifying as key congressional oversight committees begin to work on the FY 2016 Defense Authorization and budget, with sequestration as an overarching threat. FRA continues to advocate for excluding Defense from sequestration's automatic, across-the-board budget cuts, and supports current efforts in Congress to exclude Defense from sequestration or reduce mandated cuts.

In an attempt to trim costs, the Obama Administration's proposed FY 2016 budget request includes a complex plan to merge TRICARE Prime, Standard and Extra into one program for all military retirees under age 65. The proposed change would increase TRICARE fees for TRICARE Standard beneficiaries, as well as reduce benefits and increase co-pays for TRICARE Prime beneficiaries. The budget request seeks to further cap active duty pay increases below civilian pay hikes, reduce Basic Allowance for Housing (BAH) to 95 percent of previous rates, and lower commissary subsidies. FRA will work to oppose these cuts to earned benefits.

The Military Compensation and Retirement Modernization Commission (MCRMC) final report that was released in mid-February included 15 recommendations for improving the cost-effectiveness of benefits related to military service. One recommendation suggests abolishing TRICARE to be replaced by a new system with health benefit choices offered by commercial insurance companies. This would involve shifting substantial costs to *current retirees* under age 65. Another MCRMC recommendation reduces the current 20-year retirement benefit for future retirees in order to offer a 401(k)-type benefit for future military members who leave the service before they reach the 20-year mark. These and the other recommendations are being reviewed by members of Congress and the Defense Department, but none had been introduced as legislation at press time. (See page 10 for more news about FRA's position on the MCRMC report.)

Other challenges are also threatening military benefits. The U.S. Coast Guard budget, which is part of the Department of Homeland Security (DHS), was entangled with other, unrelated immigration DHS issues at press time. As this issue of FRA Today went to print, Congress was debating whether to extend the "doc fix" beyond the April 1, 2015, deadline in order to prevent a 22-percent cut in Medicare and TRICARE physician reimbursement rates — a reduction that would reduce the number of doctors accepting Medicare and TRICARE patients. (FRA wants a permanent "doc fix" and we expect legislation later in the year to address this issue.) The FRA Legislative Team is also working to expand eligibility for the concurrent receipt of military retired pay and veterans' disability compensation, reform the Uniformed Services Former Spouses Protection Act (USFSPA) to ensure service members are not unduly penalized in divorce proceedings, reduce the VA disability claims backlog, expand presumption for Agent Orange-related illnesses for "Blue Water Navy" Vietnam veterans (those who served off the coast of Vietnam) and many other issues.

Many of these items are listed on FRA's online Action Center (action.fra.org/action-center) and members are urged to use it to weigh in on these and other important issues. For those without Internet access, contact FRA National Headquarters for your free copy of *Communicate With Your Elected Officials*, which includes a congressional directory. (See below for more details.)



GEICC

## **Communicate with Your Elected Officials**

FRA and GEICO are proud to offer *Communicate With Your Elected Officials*, a guidebook that contains a congressional directory, as well as suggestions for composing, addressing and sending correspondence to lawmakers. This handbook is an adjunct to FRA's online Action Center (at action.fra.org/action-center) and is part of FRA's ongoing campaign to encourage military personnel to effectively communicate with their respective U.S. representatives and senators.

To receive your free copy of *Communicate With Your Elected Officials*, contact FRA at 1-800-FRA-1924 (ext. 108) or e-mail your request and mailing address to VictoriaD@fra.org. Written requests can be sent to Fleet Reserve Association, Attn: Communicate With Elected Officials, 125 N. West Street, Alexandria, VA 22314.



John Davis

## ACTIVE DUTY/RESERVE ISSUES

## Move to Take Defense Out of Sequestration

House and Senate Armed Services Chairmen Mac Thornberry (Texas) and John McCain (Ariz.) are pressing their respective Budget Committees to approve defense spending for the next fiscal year (FY 2016) at more than \$50 billion above the mandatorily-reduced sequestration budget level required by the Budget Control Act of 2011 (P.L. 111-25). Also, 70 majority representatives signed a letter to House Speaker John Boehner (Ohio) to express their support for a Defense budget that, at a minimum, is equal to the president's proposed FY 2016 budget request, which is \$38 billion above sequestration levels. Although the caps would need to be altered by law to actually increase Defense funding, the first test will be how each chamber (House and Senate) treats Defense spending in its upcoming budget resolution.

Sequestration budget cuts pose a threat to national security and FRA wants Defense excluded from the impact of these mandatory budget cuts. The cuts, half of which must legally come from DoD, will substantially impact military pay and benefits, and negatively affect retention and recruitment. FRA wants Defense excluded from sequestration.

Now is the time for members to use the Action Center (action.fra.org/action-center) to ask their legislators to exclude the Defense budget from sequestration budget caps.

## House Panel Reviews CG Budget

Coast Guard Commandant Admiral Paul Zukunft and Master Chief Petty Officer of the Coast Guard (MCPOCG) Steven Cantrell recently testified during a hearing of the House Transportation and Infrastructure Subcommittee on Coast Guard and Maritime Transportation, commenting on the U.S. Coast Guard (USCG) budget. The Obama Administration's proposed FY 2016 budget for the Coast Guard is \$9.96 billion, which is \$402 million less than the current budget (part of the Continuing Resolution).



U.S. Coast Guard photo by Petty Officer 2nd Class Patrick Kelley

The FY 2016 budget reduces Coast Guard end strength by 268 service members and reduces professional service contracts by \$45 million. These contracts include technology support, strategic planning and engineering design work that will be brought in-house. The FY 2016 request also reduces Coast Guard Reserve end strength by 600, putting the Reserve end strength at approximately 7,000 – the smallest Reserve component since 1957. The proposed USCG budget (part of the Department of Homeland Security budget) also reduces Coast Guard Reserve training by \$9.4 million or 7.8 percent below the current budget. The budget request provides no funding to rehabilitate housing for Coast Guard personnel and their dependents.

FRA dispatched a letter to the chairman and ranking member of the House Coast Guard and Maritime Transportation Subcommittee to seek additional funding for the service. FRA seeks to ensure Coast Guard funding parity on pay, quality of life programs and other personnel benefits with the Defense Department.

In related news, the House approved a nine-month funding bill for the Department of Homeland Security (DHS), breaking a lengthy stalemate over President Obama's immigration policies. The bill, which had already been approved by the Senate, now goes to the president to be signed into law.

## Senate Approves Secretary of Defense Nomination

The Senate Armed Services Committee unanimously approved Ashton Carter to serve as Secretary of Defense. Full Senate confirmation of the nomination (93-5) followed promptly.

During his nomination hearing, Carter said that sequestration-driven budget caps could lead to a "significant risk" of rewriting the U.S. defense strategy and would imperil recent and "extremely fragile" readiness gains. If military personnel costs keep rising amid flat budgets, it could lead to a "hollow force," he added. Carter also predicted a "smaller and more efficient" military in the next five years.

## Senior Enlisted Testify Before MilCon/VA Appropriations Subcommittee

Sergeant Major of the Marine Corps (Select) Ronald Green, Master Chief Petty Officer of the Navy (MCPON) Michael Stevens, and their Army and Air Force counterparts, summarized prepared testimony and ranked their respective quality-of-life concerns before the House Military Construction (MilCon), VA and Related Agencies Appropriations Subcommittee.

MCPON Stevens noted that ongoing discussion regarding possible changes to future pay and compensation has created an air of uncertainty among Navy personnel. He stated that "health care is [also] an area that must be valued and protected for both force readiness and guality of life."

Sgt.Major of the Marine Corps (Select) Ronald Green noted that, due to end strength reductions, the Marine Corps has implemented a retention board for separating staff sergeants who have between 15 and 18 years of service. This board involuntarily separated 230 staff sergeants last year. The Marine Corps' end strength will be reduced to 182,000 by the end of FY 2017.

## FRA's Full Month's Retired Pay Bill Introduced

Representative Walter Jones (N.C.) recently introduced legislation (H.R. 454) authorizing surviving spouses (or other designated survivors) to retain the full month's retired pay for the month in which a military retiree passes away. The "Military Retiree Survivor Comfort Act" was introduced at FRA's request and seeks to ensure survivors are not unfairly burdened when overpayments occur.



The problem most often occurs when a military retiree dies late in the month. As survivors mourn and work to sort out the details of their loved one's passing, there is sometimes a delay

in reporting the death to the Defense Finance and Accounting Service (DFAS). If the death report and other administrative details aren't handled before the next retirement payment is processed, an overpayment occurs for the period between the retiree's death and the end of the month. DFAS has the authority to recoup this overpayment directly from the survivor's bank account with little or no warning, often creating financial and emotional hardship for the family.

Jones' proposal would allow survivors to retain the full month's retired pay for any month in which the retiree was alive for at least 24 hours. To offset the cost associated with this proposal, a provision of the bill would delay the first Survivor Benefit Plan (SBP) annuity payment until the month after the retiree dies.

Congress passed a similar law in 1996, allowing surviving spouses to retain veterans' disability and VA pension payments issued for the month of the veteran's death. FRA believes military retired pay should be no different.

Members are urged to use the FRA online Action Center (action.fra.org/action-center) to ask their representatives to support this legislation.

## FRA Opposes Proposed Changes to Military Retirement, Healthcare Benefits

Of the 15 recommendations outlined in the recently released report by the Military Compensation Retirement Modernization Commission (MCRMC), FRA is most concerned about those that impact retirement and healthcare benefits for service members and their families.

The commission's first recommendation would alter the structure of military retirement by providing future service members with a reduced defined benefit plan (retainer pay after 20-years of service that would be lower than today's retirees receive), a re-enlistment bonus after 12 years of service (for an additional four-year commitment), and a Thrift Savings Plan (TSP), in which service members make voluntary, pre-tax contributions from their pay with additional contributions from the federal government. The TSP benefit could be transferred to other investment vehicles if the military member leaves the service before vesting in the 20-year defined benefit plan. The service member must pro-actively decline or change the voluntary employee contribution, and the benefit becomes available at age 59-and-a-half.

FRA is concerned that this "blended" retirement package does not provide enough incentive for future service members to serve a full military career of 20 or more years. Analysis shows that providing such a retirement benefit to those who serve less than 20 years is partially paid for by reducing benefits to those who serve 20 or more years.

In testimony before the Senate Armed Services Personnel Subcommittee in late February, FRA National Executive Director Tom Snee called for further review of this proposal, saying, "The Association believes that over time this recommendation could devalue the current 20-plus year career of military service. We need to ask if we are advocating a culture of early departure over a viable career, with a potential negative impact on manning requirements through recruiting and/or retention models."

MCRMC Recommendation #6 suggests that Congress replace the current TRICARE program with a new system that provides beneficiaries with choices offered by commercial insurance companies. "[This recommendation has raised many] concerns for our members under the age of 65," said Snee in his testimony. FRA believes other options to make TRICARE more costefficient should be implemented before increasing costs for TRICARE beneficiaries. "It has been noted that higher costs will ensure better access and care response. Will this be a measured, contractual guarantee?" Snee asked pointedly.

During Snee's testimony, he also noted that FRA shares the commission's concern about timely access and waiting for care at VA facilities. "FRA recommends a measurable pilot program in specific geographical locations currently not served by TRICARE Prime that might demonstrate if the plan is effective and meets the needs of beneficiaries." Snee concluded his remarks on recommended healthcare changes by stating that FRA fully supports Recommendation 8 that addresses the sharing of electronic health records between DoD and Va. "FRA strongly encourages a quicker, collaborative action between DoD and the VA on the joint electronic healthcare record system to provide a seamless transition for our members as they [move from service member to veteran.]"

Snee also asked lawmakers to exclude DoD from the "mindless," across-the-board budget cuts required by sequestration. Half of these automatic cuts are required to come from Defense even though DoD expenditures make up less than 17 percent of the federal budget.

FRA made similar recommendations in a written statement to the subcommittee and is engaged in ongoing dialogue with Personnel Subcommittee staff from the House and Senate Armed Services Committees, as well as staff from the Military Compensation and Retirement Modernization Commission. These off-the-record meetings allow FRA staff to provide the Association's legislative perspective and position to key staff members on Capitol Hill.

The complete MCRMC report is available at www.MCRMC.gov and FRA's testimony is available at www.fra.org/testimony. Members are urged to use the FRA online Action Center (action.fra. org/action-center) to ask their legislators to oppose the retirement changes.

APRIL 2015

FRA TODAY

## RETIREE ISSUES

## Stop Reductions to Commissary Budget

FRA is working to ensure adequate funding for the Defense Commissary Agency (DeCA) in order to preserve the value of the current benefit for active duty members and retirees. The Association opposes the Department of Defense (DoD) FY 2016 budget proposal to save money by slashing funding for stateside commissaries by \$1 billion over three years. DoD currently provides \$1.3 billion annually for the commissary benefit.

Commissary funding was already cut by \$100 million last year. Further cuts to funding would be reflected in higher prices paid by patrons whose incomes are simultaneously capped by congressional mandate. Annual pay increases for active duty personnel are capped over the next few years and retirees' cost-of-living adjustments (COLAs) are also limited to just keep pace with inflation. Thousands of junior enlisted personnel with families are already eligible for food stamps and increased prices would create an even more onerous hardship. Additionally, profits generated from stateside commissaries are currently used to offset the operating costs at overseas locations where they are needed most.

Members are urged to use the FRA online Action Center (action.fra.org/action-center) to ask their legislators to oppose further cuts to the commissary budget.



## In search of shipmates who worked with Navy Veteran FTCS BURGHARD, JOSEPH aboard the following:



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Please contact Al Adorno at 800•723•3216 ext. 423 al.adorno@lanierlawfirm.com



FRA TODAY APRIL 2015

## VETERANS ISSUES

## NED Attends Bill Signing Ceremony

FRA National Executive Director Thomas Snee attended the bill signing ceremony in the East Room of the White House for the "Clay Hunt Suicide Prevention for American Veterans Act" (H.R. 203), which was sponsored by Rep. Tim Walz (Minn.). The Department of Veterans Affairs (VA) estimates that as many as 22 veterans commit suicide every day, and this FRA-supported legislation is designed to improve the long-term mental and physical well-being of our veterans.



## Online Prescription Tracker Gives Veterans 24/7 Online Access to Status

Veterans can now track the status of most of their prescriptions online, thanks to an innovative program at the Department of Veterans Affairs (VA). The new 24/7 service allows online tracking for most prescriptions mailed from the VA Mail Order Pharmacy. More than 57,000 veterans are currently using the service through My HealtheVet, an online feature that allows veterans to partner with their healthcare team. The number is expected to grow as the VA starts to educate veterans about the new feature. Soon, the tracking feature will include images of the medication that it dispensed. Over the next year, a secure messaging alert will be added so that veterans know when a medication was placed in the mail.

For more information on the program, go to www.myhealth.va.gov/index.html

## Agent Orange/Blue Water Navy Bill Introduced

Rep. Chris Gibson (N.Y.) has introduced the "Blue Water Navy Vietnam Veterans Act" (H.R. 969), which would clarify a presumption for filing disability claims with the Department of Veterans Affairs (VA) for ailments associated with exposure to Agent Orange herbicide during the Vietnam War. The bill was introduced with 131 original co-sponsors, all of whom support the assertion that socalled "Blue Water" veterans who served off the coast of Vietnam were exposed to the Agent Orange herbicide.

Shipmates are urged to use the FRA online Action Center (action.fra.org/action-center) to ask their representatives to support the "Blue Water Navy Vietnam Veterans Act."



## FRA Discusses Issues with Leader Pelosi and Others

FRA's Director of Legislative Programs John Davis and Assistant Director Ben Young attended a roundtable discussion with representatives from other military and veteran service organizations and several prominent members of the House Democratic Caucus. The gathering was hosted by House Minority Leader Nancy Pelosi (Calif.) and included Rep. Corrine Brown (Fla.), ranking member of the House Veterans Affairs Committee (HVAC); Rep. Tim Walz (Minn.) who is a member of HVAC; Rep. Stanford Bishop (Ga.), ranking member of the House Appropriations, Military Construction/VA



FRA's director of Legislative Programs John Davis chats with Georgia Representative Sanford Bishop, sponsor of a bill to improve concurrent receipt (H.R. 333).

Subcommittee. The discussion focused on difficulties with the recently passed Veterans Choice legislation. The Department of Veterans Affairs (VA) mailed out more than eight million Choice cards to veterans, but only one million of the recipients are eligible to use the program. It was reported that only 30,000 requests for non-VA care have been filed to date.

Legislators also asked for reactions to the report of the Military Compensation and Retirement Modernization Commission (MCRMC). Davis restated FRA's position (see page 10) on the MCRMC recommendation to restructure military retirement, stating that FRA opposes any plan that provides military retirement benefits to those who serve less than 20 years if it is paid for by reducing benefits of those who will serve 20 years or more. Davis also thanked Rep. Bishop for his tireless support of concurrent receipt reform and asked legislators and other association representatives to support Rep. Bishop's recently-introduced concurrent receipt legislation (H.R. 333). FRA also asked for support of the Agent Orange/Blue Water Navy legislation (H.R.969, see above) that would make disability benefits more accessible for Navy personnel who served off the coast of Vietnam and are experiencing health problems related to exposure.

Members can use the FRA online Action Center (action.fra.org/action-center) to weigh in on the MCRMC proposed retirement changes, concurrent receipt and the Agent Orange/Blue Water Navy issue.

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

APRIL 2015

FRA TODAY

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Sparkling with all the color, joy and value of a beloved family, the "Forever in a Mother's Heart Personalized Birthstone Bracelet" lets a mother honor each one of her children with not only their individual birthstones, but their names as well.

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AMANDA

As many as six children can be represented. Two more charmsan open heart with clear Swarovski crystals and a "Love" charm plated in 24K gold with a clear Swarovski crystal-add more beauty and value. Together, the charms on the plated sterling silver 7<sup>1</sup>/<sub>2</sub>" bracelet radiantly express the precious joys of a family.

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This gift of love for a mother is available at the remarkable price of just \$129\*, which you can pay for in 4 installments of \$32.25. Your bracelet comes ready to wear, in a gift box with Certificate of Authenticity, backed by our unconditional 120-day guarantee. To reserve, send no money now; just fill out and mail the Reservation **Application today!** 

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Name	Month
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Address		
City	State	Zip
E-Mail (Optional)	01-10684-001-	27941

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and order acceptance.

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## Moving Forward

"WELCOME TO FRA." That is the statement you need to make to new or reinstated members joining the FRA during the new membership year. "Moving Forward" is the theme for this new membership year, which begins on April 1, 2015 and will end on March 31, 2016. For this recruiting year, we are offering some new incentives to assist with recruiting and retention. Here is a summary of all of them.

## **Ongoing Special Incentives**

Recruit 3 Program-Any FRA or Auxiliary member who recruits or sponsors three (3) new or reinstated members will be eligible to receive a newly designed collectible pin for 2015-2016.

Recruit 32 Program—Any FRA member who recruits or sponsors 32 new or reinstated members will be eligible to receive a life membership or \$200 cash award if already a life member. For each subsequent 32 members recruited, a member will be eligible to receive an additional award of \$200.

Recruit Previous Members: Branch Award—This program gives a monetary award of \$100 to the top branch in each of the five (5) Groups I-V for enlisting the highest number of previous members to rejoin the FRA. A check for \$100 will be awarded to each winning branch at the 2016 FRA National Convention.

## **New Special Incentives**

Recruit 5—Any FRA member who recruits or sponsors five (5) new or reinstated members will be eligible to receive a newly designed "Recruit 5"

collectible pin and a one-year extension of his/her membership dues (valued at \$30). If the recruiter is already a life member, a special gift valued at \$30 will be awarded in lieu of paying for one year of membership dues. Each recruiter would be eligible for only one special incentive award during the recruiting year.

Retain 10—As a new incentive

If you meet a prospective member ... tell them about our branches supporting their communities through charitable work, sponsoring youth programs and many other outreach events.

to strengthen retention, we will randomly draw 10 names of new or reinstated members who joined for one or two years and are up for renewal each quarter. This drawing will be held in July, October, December and April. We will renew or extend the winners' membership for one year.

In an effort to keep FRA "Moving Forward," these new incentives, along



with our traditional ones, should assist in strengthening our membership and advancing us toward our recruiting and retention goals. Any FRA member in good standing can recruit or influence retention for shipmates in branches or members at large.

If you meet a prospective member when you're out in the community, at an airport, on vacation, etc., give them a one-minute talk about the FRA. Tell them about our branches supporting their communities through charitable work, sponsoring youth programs and many other outreach events. Let them know about our scholarship program for members, children and grandchildren; shipmates' access to experts to answer questions on DoD and VA healthcare concerns and benefits; active duty and retired pay survivor benefits; and distribution of pertinent information on issues that impact current and former service members and their families through FRA Today, NewsBytes (our free e-mail newsletter on legislative events) and social media. Continue to use the tool box props at local outreach events for recruiting. Close the deal and ask the future member to join the FRA.

The Fleet Reserve Association has been working to protect pay and benefits of America's military personnel for than 90 years. We are the oldest and largest military association dedicated to assisting enlisted active duty, reserve, retired, and veteran personnel of the Navy, Marine Corps and Coast Guard. Be proud of the FRA and promote it as the best association to join.

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.

-RA TODAY APRIL 2015

# **MOVING FORWARD** 2015-2016



## **Continuing Programs**

## **Recruit 3 Program**

Any FRA or Auxiliary member who recruits/sponsors three (3) new or reinstated FRA members will be eligible to receive the red/white/blue collectible pin.

## **Recruit 32 Program**

Any FRA member who recruits/sponsors 32 new or reinstated members will be eligible to receive a life membership or \$200 cash award if already a life member. For each subsequent 32 members recruited, a shipmate will be eligible to receive an additional award of \$200.

## Submit completed applications to:

FRA, 125 N. West St., Alexandria, VA 22314-2754. Remember to include payment and your full name and membership number in the "Sponsored by" section of the application.

## New Recruiting Initiatives (2015)

FOV

## **Recruit 5 Initiative**

Any FRA member who recruits/sponsors five (5) new or reinstated members will receive a "Recruit 5" collectible pin and a one-year extension of his/her existing membership, valued at \$30. If the recruiter is already a Life Member, a special gift valued at \$30 will be awarded in lieu of paying for one year of membership dues. The recruiter is eligible to recruit only one set of five new or reinstated members during the recruiting year and receive the special incentive awards.

## **Retain 10 Initiative**

As a new incentive to strengthen retention, we will randomly draw 10 names of new or reinstated FRA members with one or two years of membership who are eligible for renewal. This drawing will be held quarterly in July, October, December, and April. Winners' memberships will be extended for one year, valued at \$30.00.

Artist's rendering of the Moving Forward Pins. Actual pin design may vary and is smaller than shown.

L25 N. West Street Alexandria, VA 22314-2754 Phone: 703-683-1400 Toll-Free: 1-800-FRA-1924		nembers of the Navy, Marine Corps uirements and want to join FRA. azine.	SPONSORED BY:           Name:		
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SPECIAL	Service: Status:	Membership Preference: Bran	ch No. 🗌	Nearest to Hor	ne 🗌 Member-at-Large
OFFER FOR NEW MEMBERS	Previous FRA Member:  No Yes (If				
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CI C	□ 3 Yrs. \$85.50 □ 5 Yrs. \$135.00	Exp. Date:			

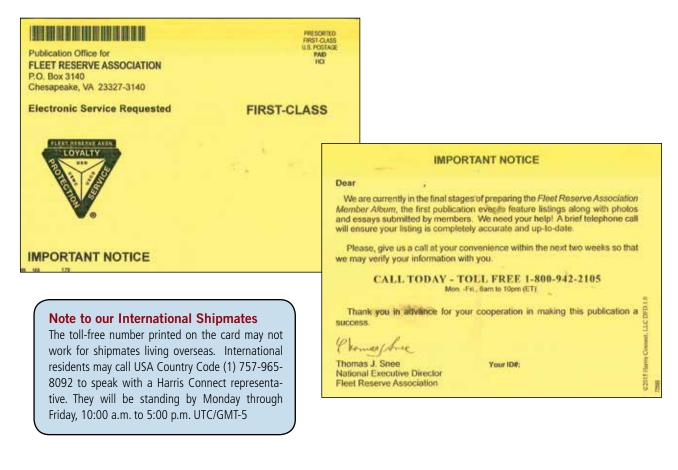
## The FRA Member Album

**AS WE FIRST ANNOUNCED** in the January 2015 issue of *FRA Today*, FRA is creating a yearbook-type album to celebrate our shipmates' Loyalty, Protection and Service over the past 90 years. This beautiful full-color volume will showcase the Association's history and accomplishments and will include color photos and details from every shipmate who participates. It is an album you'll be proud to display on your coffee table or in your branch library and will be a resource and directory shipmates will refer to again and again.

Shipmates have begun receiving postcards similar to the one pictured below, announcing the project and offering a toll-free number they can use to provide information about themselves for publication in the album. These postcards are a legitimate means of gathering the most up-to-date information about our members for the album. Please be assured that our contract with Harris Connect, our partner company in producing the book, strictly forbids the sharing of your contact information with any other organization or entity. Delegates at the 87th FRA National Convention approved the Fleet Reserve Association Member Album and authorized Harris Connect to contact our members about this exciting endeavor.

Shipmates who choose to participate can share details of their military career, such as branch of service, years served, medals and awards, education, work and home contact information. The publication will also include a photo gallery, and members can submit one photograph for inclusion in the album.

Participation is strictly voluntary and there is no obligation for shipmates to purchase the album, even if they elect to be included in it. If you have ever participated in a yearbook project like this before, you know how much you will enjoy reading about the backgrounds of your fellow shipmates. If you have questions, please contact Penny Collins, director of Membership Development, at 1-800-FRA-1924, ext. 123 or penny@fra.org.



16

# This Is How To Walk the Walk

# The must-have men's accessory once carried by kings, presidents, barons and billionaires is back—and can be yours for ONLY \$49!

They call walking the "perfect exercise." It gets your heart pumping, clears your head and fills your lungs with fresh air. Not bad, but we found a way to make it even better. Before you take your next 10,000 steps, add a little strut to your stroll. Take the *Stauer Gentleman's Walking Stick* anywhere and I promise that you'll feel like a conquering hero. Heads will turn. Doors will open. Its powers will astound you.

What's the secret? Pure class. Our *Stauer Gentleman's Walking Stick* is a tip of the top hat to turn-of-the-century tradition. Today, serious collectors gladly pay thousands for rare and handcrafted sticks from the 19th century. But only Stauer can deliver a modern version of this vintage classic—that looks and feels as good as the original—for **ONLY \$49!** 

**Sticks that make a statement.** For centuries, no respectable man was seen in public without a walking stick by his side. They were as indispensable as a fine tailored suit or fancy moustache. Well-heeled men "wore" them as symbols of power and prestige, using elaborately decorated staffs to help navigate trails, dispatch opponents or conceal gadgets and contraband. Simply put, they were the must-have accessory for any sharp-dressed man on the move.

**The ultimate travel companion.** Hold it once and you can feel that it's not some hollow imitation. Our *Gentleman's Walking Stick* is crafted from a solid shaft of imported Sheesham (Indian Rosewood) and finished with layers of black lacquer. The rounded, knob-style head has serious weight and the silver-finished

brass features an elegant engraved design that adds flair while improving your grip. And a black rubber tip steadies your stance on all sorts of surfaces from dirt and asphalt walkways to marble floors and Persian rugs.

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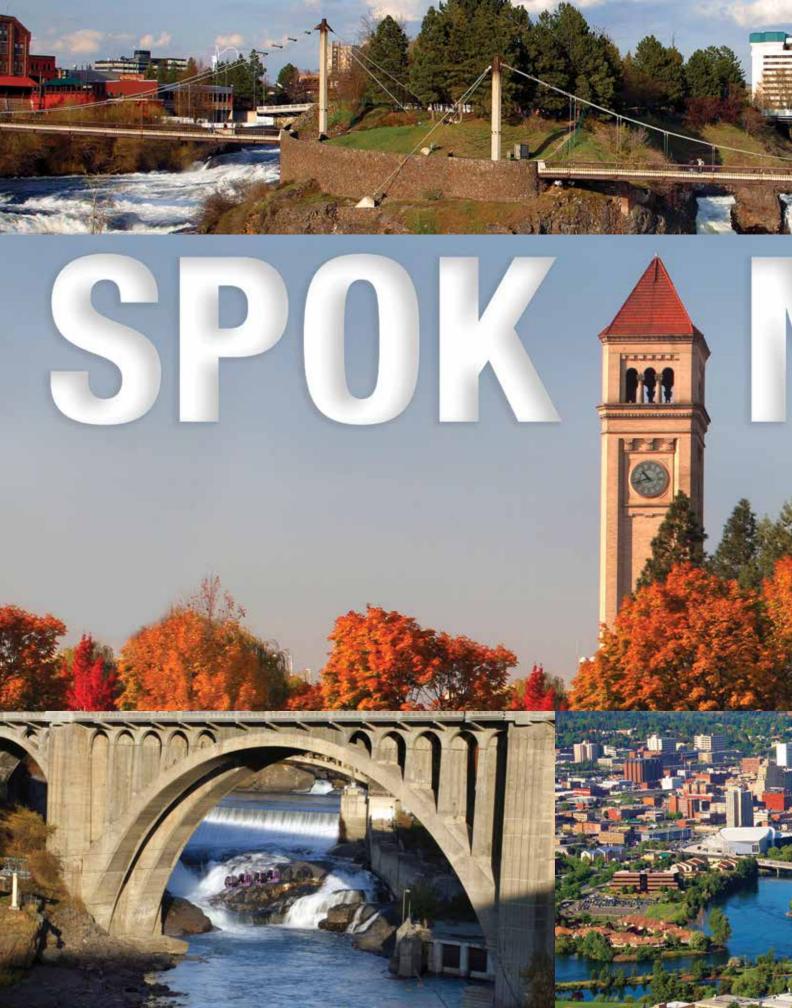
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White water rumbles over Spokane Falls, one of the largest urban waterfalls in the nation. The Spokane River runs through the heart of downtown Spokane and Riverfront Park.

All photos by Alan Bisson/Courtesy of Visit Spokane

# Washington

## Mark your calendars for October 13th through 18th, 2015!

FRA shipmates and members of the Auxiliary will gather in beautiful Spokane, Washington, for this year's national conventions. Washington's second largest city exhibits a natural splendor, infused with lots of sunshine and fresh air and a hip, urban vibe, where art, culture and history await visitors from around the globe. Spokane is the hub for the Inland Northwest, offering a wide variety of dining options, wineries, casinos, cultural venues and a broad array of outdoor adventures.

Plan now to meet and make friends at the FRA and Auxiliary's 2015 national conventions! October will be here sooner than you think!!! FRA TODAY APRIL 201



The Spokane River rushes under the Monroe Street Bridge. Ben Tobin/Courtesy of Visit Spokane

## SPOKANE RIVER AND FALLS

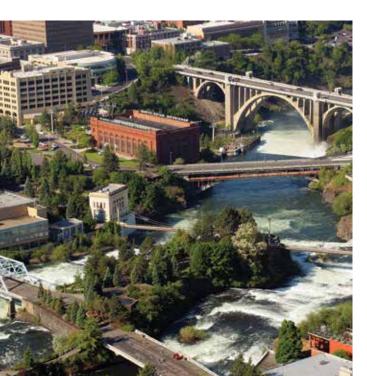
From its historic origins as the home of the Spokane Tribe of Indians, the city was named for the beautiful falls that surge and tumble through what is now the bustling downtown area of the city. The Native Americans named their village "Stluputqu," which means "swift water," and this series of cascading waterfalls constitute the second largest urban waterfall in the United States. The river and falls are an integral part of Spokane and are not to be missed when visiting the city.



A breathtaking gondola ride, the Spokane Falls SkyRide takes you across the Spokane Falls. *Alan Bisson/Courtesy of Visit Spokane* 

The Native Americans enjoyed plentiful salmon fishing along the falls and the river continues to provide for the people of Spokane. In 1890, the Washington Power Company built the first dam along the Spokane River and this **Monroe Street Dam** is still generating hydroelectric power from the Lower Falls. In fact, it's now the longest-operating hydroelectric facility in Washington State. A second dam was constructed near the Upper Falls in 1920 as a diversion for the water to be passed through the lower falls turbine, adding additional electricity for the city.

And the falls are as beautiful as they are productive. The Upper Falls and Lower Falls can be seen from a series of bridges and dozens of vantage points throughout the city. The triple-arched **Monroe Street Bridge** is a Spokane icon and offers a spectacular view of the Lower Falls from the east side. Completed in 1911, the 281-foot center span of the bridge was the largest in the country when it was built, and the third largest in the world. The design reflects the city's pioneer heritage and includes western decorative motifs, such as four pavilions reminiscent of covered wagons that are adorned with bison skulls made of cast concrete. As if building such a structure above the roaring rapids



wasn't challenge enough, the bridge's construction was fraught with mishaps, including a violent windstorm that destroyed weeks' worth of work. All but the center span of the bridge was demolished and completely reconstructed in 2003 and is listed on the National Register of Historic Places.

Additional panoramas of the falls are available from **Riverfront Park** (see below/page 22), the Centennial Trail, the Post Street Bridge and Huntington Park. The city also boasts 17 walking bridges that offer additional views of the falls and the city.

For a really unique and memorable perspective on the falls, consider the **Spokane Falls Skyride**, a 15-minute ride in a gondola that drops riders 200 feet and takes them underneath the Monroe Street Bridge! Named one of the Top 12 Scenic Cable Rides in the World" by Conde Nast in 2013, the ride costs \$7.50 for adults and \$5 for children 12 and over. To learn more, visit beta.spokanecity.org/riverfrontpark/attractions/skyride/ or call 509-625-6601.

Numerous bridges stretch over the Spokane Falls. Alan Bisson/Courtesy of Visit Spokane Perfect Choice HD<sup>™</sup> is simple to use, hard to see and easy to afford...

# **Invention of the Year**

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The unit is small and lightweight enough to hide behind your ear... only you'll know you have it on. It's comfortable and won't make you feel like you have something stuck in your ear. It provides high quality audio so soft sounds and distant conversations will be easier to understand.

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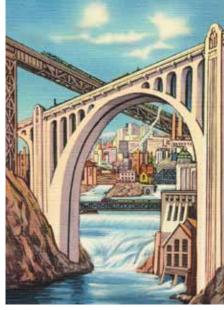
Please mention promotional code 60625. 1998 Ruffin Mill Road, Colonial Heights, VA 23834



## Merging Spokane's Past and Present

Spokane was the site of Expo '74, the first environmentally themed world's fair, which attracted more than 5 million visitors to the city. At the time, Spokane was the smallest city to host a world's fair and its success provided the impetus for revitalizing a blighted urban center and brought more than \$150 million to the local economy and surrounding region.

After Expo '74 was closed, the site was transformed into the city's 100-acre **Riverfront Park**; one of the country's most scenic urban parks that contains the structural remains of the Expo's United States Pavilion (where the first IMAX movie was debuted) and a clock tower that was preserved when the Great Northern rail depot was demolished to make room for the Expo. The park also showcases several tributes to Spokane's past and present, including several memorials and a magnificent sculpture garden nestled among grassy meadows and conservation areas that are home to ospreys, beaver, marmots and a variety of other wildlife.



Postcard from 1930-1945 of the Spokane waterfalls and bridges. *Courtesy of Boston Public Library* 



The INB Performing Arts Center. Alan Bisson/Courtesy of Visit Spokane

Several other Expo legacies remain. The **INB Performing Arts Center** was built and opened as the Washington State Pavilion Opera House during Expo '74. The elegant 2,700-seat theater and entertainment center is the area's premier performing arts venue, hosting comedians, Broadway shows, symphony and opera performances, rock and country music spectaculars, conventions and lectures. The schedule of October performances wasn't available as this issue of *FRA Today* went to print, but you can learn more about the venue (and later what performances might be available while shipmates and Auxiliary members are in town) at www.inbpac.com/about.php

The **Looff Carrousel** is a unique combination of engineering and art, and has been a Spokane fixture since it began operation at the city's Natatorium Park in July of 1909. The park closed in 1967, but the carrousel found new life as part of Expo '74 and its original horses continue to "make the rounds" today, offering amusement to the young and young-at-heart for \$2 per person. Tokens can be purchased at a discount and a child (two years old and younger) may ride free with a paying adult. To learn more, visit spokanecarrousel.org or call 509-625-6746.



The historic 1909 Looff Carrousel is located in Riverfront Park. Ben Tobin/Courtesy of Visit Spokane



The Childhood Express. Courtesy of Greater Spokane

The young-at-heart will also enjoy the sculptures

scattered throughout Riverfront Park. One of the most whimsical is **The Childhood Express**, a larger-than-life interactive sculpture, designed by artist Ken Spiering. The enormous red wagon is 12 feet high, 12 feet wide and 27 feet long; weighs 26 tons, can hold up to 300 people, and the handle doubles as a slide. This quintessential symbol of childhood is dedicated to Spokane's children, "as a reflection of the past, created in the present, to last into the future." While you're in Spokane, take a rest on a nearby park bench and watch the children play ... or maybe revisit your own childhood and slide down the handle yourself!

Fall trees beautifully flank Riverfront Park's historic Clock Tower. Alan Bisson/Courtesy of Visit Spokane

Actual size is 16.5 mm

## Lock in Pure U.S. Gold Eagles for only \$139 Secure New 2015 \$5 Gold Eagles Now—at a low introductory price!

T ens of thousands of people collect the American Gold Eagle. In fact it's been the country's "Gold Standard" for over two decades.

Try as they might, that makes it a very hard "secret" to keep quiet. And right now, many of those same people are lining up to secure the brand new 2015 U.S. \$5 Gold Eagle placing their orders now to ensure that they get America's newest Gold Eagle coin—in stunning Brilliant Uncirculated condition before thousands of others beat them to it.

## America's Most Affordable Gold Coin

Not only is the American Gold Eagle considered one of the most beautiful gold coins in the world, but the \$5 Gold Eagle is actually **the most affordable American gold coin!** Struck in a Tenth-ounce of pure gold, the beloved coin features the inspiring image of Miss Liberty carrying a torch—a design first authorized for U.S. gold coins by Teddy Roosevelt in 1907. The other side depicts a family of nesting bald eagles alongside the motto "In God We Trust".

## Government Guaranteed Weight and Purity

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authenticity, and legal tender status. The gold content and \$5 denomination are struck directly into the surface of the coin.

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These 2015 \$5 Gold Eagles are freshly minted and display blazing luster and stunning, intricately sculpted details—the hallmarks of coins crafted in Brilliant Uncirculated (BU) condition. They are the perfect American gold legacy for you and your family.

## You Cannot Buy This Coin from the Mint!

The U.S. Mint does not sell Brilliant Uncirculated Gold Eagles directly to the public. You must obtain them through a distributor. Luckily, we have just accepted delivery on a fresh shipment of 2015 \$5 Gold Eagles and are releasing them to the public at a shocking low price.

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A Chinese lantern display. Courtesy of Shutterstock

## **Celebrating Spokane**

There are several unique events happening in Spokane during our organizations' national convention. Don't miss these exciting opportunities!

During the month of October, Spokane visitors can enjoy the **Washington State Chinese Lantern Festival**, the first event of its kind in the western United States. Formerly a part of the Washington State Fair, this celebration of light and culture will take place in Riverfront Park and will include more than 30 beautifully illuminated displays created according to traditional Chinese custom, many of which will be larger than life. Visitors will also be treated to performances, culinary exploration and educational opportunities as part of the unique event.

As our national conventions are drawing to a close, the **Washington State Quilters' Show** will just be starting up. Slated for October 16th through the 18th, the three-day event is the largest quilt show in eastern Washington and will highlight the work of several hundred local and regional quilters, including a variety of traditional, modern and art quilts. There will be demonstrations and lectures, as well as a Quilters' Boutique and Merchant Mall featuring more than 50 local and national vendors.



Mod-Mood Quilt. Courtesy of Sherri Lynn Wood

The Quilt Show will take place at the Spokane County Fair and Expo Center, located at 404 S. Havana Street. The show runs from 10:00 AM to 6:00 PM on Friday and Saturday, and 10:00 AM to 4:00 PM on Sunday. Admission is \$8 for three days. For more information visit www.wsqspokane.org.



Explore Spokane's past, present and future at the *100 Stories* exhibit at the **Northwest Museum of Arts and Culture** (MAC). The exhibit celebrates the Eastern Washington State Historical Society's centennial and the many ways in which the MAC is maintaining, preserving and interpreting the region through themes of the American West. *100 Stories* will be told on the MAC campus, where many of the gallery exhibits are on display for the first time. Relevant locations around Spokane and eastern Washington will also host related events, including art and traditional craft demonstrations, living history programs, film, lectures and symposia; weaving themes of the American West into stories of history, culture and the arts.

The Northwest Museum of Arts & Culture is located in Spokane's historic Browne's Addition neighborhood at 2316 W First Ave. The MAC galleries and museum store are open Wednesday through Sunday, 10:00 AM to 5:00 PM. Admission costs are \$10 for adults, \$7.50 for seniors (60 years old and above) and \$5 for students with ID. There is no admission fee for children ages 5 and under. For more information, visit www.northwestmuseum. org or call 509-456-3931.

The Northwest Museum of Arts and Culture is a Smithsonianaffiliated museum with both local and touring exhibits. *Courtesy of Northwest Museum of Arts and Culture/Visit Spokane* 

# Wow! A Simple to Use Computer Designed Especially for Seniors!

Easy to read. Easy to see. Easy to use. Just plug it in!



"I love this computer! It is easy to read and to use! I get photo updates my children and grandchildren all the time." – Janet F.

Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world

at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen - it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games- you name it... and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time

## NEW

Now comes with... Larger 22-inch hi-resolution screen – easier to see 16% more viewing area Simple navigation – so you never get lost Intel® processor – lightning fast Computer is in the monitor – No bulky tower Advanced audio, Better speaker configuration – easier to hear Text to Speech translation – it can even read your emails to you! U.S. Based Customer Service

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Call now and find out how you can get the new WOW! Computer.

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## **Spokane Sights**

Enjoy Vegas-style gaming while you're in Spokane! Your convention committee has arranged free transportation from the convention hotel to the **Northern Quest Resort** and Casino. Located in the town of Airway Heights (about 10 minutes west of downtown Spokane), Northern Quest offers more than 1,650 games on its 55,000 square-foot casino floor, including slot machines; blackjack, craps and roulette tables; and a variety of poker and other table games. Keno and off-track betting is also available.

The free shuttle will run on Tuesday and Thursday (October 13 and 17), leaving the hotel at 6:30 and 7:00 PM and departing the casino for return trips to the hotel at 9:30 and 10:00 PM.

For more information about Northern Quest, visit its website at Northernquest.com or call 877-871-6772.



Exterior of Northern Quest Resort. Courtesy of Northern Quest Resort

Spokane is also home to **Gonzaga University**, a beautiful 131-acre campus that welcomes the public to visit. Father Joseph Cataldo purchased the land in 1881 with 936 hard silver dollars and turned this "old piece of gravel near the falls" into Gonzaga College, which opened its doors in 1887 to "young Scholastics, whose ambition it is to become priests." Enrollment is no longer limited to males and today Gonzaga is a private, four-year university that offers a variety of undergraduate and graduate programs to more than 7,600 students. Throughout its long history, Gonzaga has never wavered from its philosophy of educating the whole person—mind, body and spirit.

Gonzaga University is located between Sharp Avenue/Blvd and the Spokane River and visitors are encouraged to stop by the Admissions Office (Room 121 of College Hall) to pick up a campus map and other literature to make your visit more informative and enjoyable. For those with Smartphones or other mobile devices, a visit to tour.gonzaga.edu will provide photos and information about the campus. There are QR codes in the windows of many campus buildings and, when you scan those codes, an informational video about that building will be accessible from your device. For more information visit Gonzaga.edu or call 509-328-4220 or 800-986-9585.

Another Spokane landmark is the **Cathedral of St. John the Evangelist**, located at the corner of South Grand Avenue and East 12th Avenue. St. John's occupies a prominent location high above the city and is the site for many public gatherings and cultural events. The cathedral serves as the official seat of the Bishop of the Episcopal Diocese of Spokane and also serves a large congregation of parishioners.

Construction on this magnificent structure began in 1925 and it is one of the few examples in the United States of classic Gothic architecture. Built entirely of cut stone, the carvings, and the figures in stained glass include symbols of many faiths. The cathedral is also home to the 4,039-pipe Cathedral Organ and a 49-bell carillon that chimes from the Bishop Cross Tower. These striking architectural and musical elements are accessible to visitors from 9:00 AM to 4:00 PM, Monday through Saturday. Volunteers offer free, 45-minute guided tours that provide the "stories behind the stones" on the first, third and fifth Wednesdays of the month and Fridays and Saturdays from 11:00 AM until 2:00 PM. Tours are also offered on Sundays after the last worship service of the day. (This schedule is subject to change to accommodate weddings, funerals and other scheduled parish events.) Visitors are also invited to attend Sunday morning liturgical services that begin at 8:00 and 10:30 AM.

For more information visit stjohns-cathedral.org or call 509-838-4277.

A major Spokane landmark, the pavilion in Riverfront Park was initially constructed for the World's Fair hosted in Spokane in 1974. *Alan Bisson/Courtesy of Visit Spokane* 



Interior of the Cathedral of St. John the Evangelist. *Courtesy of Shutterstock* 

## "To you, it's the perfect lift chair. To me, it's the best sleep chair I've ever had."

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We've all had nights when we just can't lie down in bed and sleep, whether it's from heartburn, cardiac problems, hip or back aches - it could be a variety of reasons. Those are the nights we'd give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

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This lift chair puts you safely on your feet!

with correct spinal alignment, promotes back pressure relief, and encourages better posture to prevent back and muscle pain.

— J. Fitzgerald, VA

And there's more! The overstuffed, oversized biscuit style back and unique seat design will cradle you in comfort. Generously filled, wide armrests provide enhanced arm support when sitting or reclining. The high and low heat settings along with the dozens of massage settings, can provide a soothing relaxation you might get at a spa – just imagine getting all that in a lift chair! Shipping charge includes white glove delivery. Professionals will deliver the chair to the exact spot in your home where you want it, unpack it, inspect it, test it, position it, and even carry the packaging away! Includes one year service warranty and your choice of fabrics and colors - Call now!

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## **Convention Details**

It's not too early to make arrangements to attend the FRA and Auxiliary national conventions!! Make your reservations now to ensure availability!

## **Convention Hotel**

The Spokane City Center DoubleTree Hotel is our host hotel for the convention, located at 322 North Spokane Falls Court, Spokane, WA 99201. Room rates for single/double occupancy is \$88 per night plus (12% tax and a \$2 per night surcharge for a total of \$100.56 per night). Suite information and pricing will be available on the convention website (www.fra2015.org) when those details are available. Rates apply between October 8th and 20th.

To reserve your rooms please use the following information: Hotel group name is Fleet Reserve Association, the group code is FLE and online reservations can be made by visiting http://goo.gl/6sWv08 Reservations can also be made by calling 509-455-9600 and using the above information.

## **Convention Schedule**

**Tuesday, October 13th:** The FRA and Auxiliary National Boards of Directors will hold their respective pre-convention Board of Directors meetings.

**Wednesday, October 14th:** The conventions officially begin with a joint opening ceremony for shipmates and Auxiliary members. Following this ceremony, each organization will conduct its first business session. That evening, there will be a luau-themed Welcome Aboard Party. (See below for details and reservation information.)

Thursday and Friday, October 15th and 16th: Business Sessions will continue, interspersed with workshops, presentations and educational seminars.

**Saturday, October 17th:** FRA and the Auxiliary will install their new national officers, followed by a banquet and ball.

## **Supporting Your National Convention**

Branches, units, businesses and individuals may support the national conventions by purchasing an ad in the convention journal or by making a donation to the booster roll. Prices and information on how to submit the artwork and remit payment are available in the convention newsletter at www.fra2015.org/WP/journal-ads

For more information, contact PRPNW Pete Lazzaretti at pete@fra2015.org or 253- 444-7516.

## **Convention Events**

There are a variety of events throughout convention week that require advance reservations and payment. Menu options are available in the Convention Newsletter, which has been sent to all FRA branches and is also available at http://www.fra2015.org or www.fra2015.org/WP/meals

#### Wednesday, October 14, 2015

- FRA PRP BOD Breakfast (Closed): **\$21.00** per guest
- FRA/LAFRA PNC Breakfasts (PNCs & Guests): \$21.00 per guest
- FRA PNP Luncheon (Closed): \$36.00 per guest
- LAFRA PNP Luncheon (Closed): \$25.00 per guest
- FRA RP, RP Elect, RVP Luncheon (Closed): \$30.00 per guest
- LAFRA RP, RP Elect, RVP Luncheon (Closed): \$30.00 per guest
- Welcome Aboard Party: Be sure to pack your tropical shirts and grass skirts and join us for this year's Welcome Aboard Party. In honor of FRA National President John Ippert and our 50th state, the theme for the event is a Hawaiian Luau. There's no charge for this event, but letting the committee know you're planning to attend will help them ensure there are adequate food and service staff to meet our needs. Please register when you reserve your tickets for luncheons, breakfasts and the banquet and ball.

#### Thursday, October 15, 2015

- FRA PRP Breakfast (Closed): \$22.00 per guest
- LAFRA PRP Luncheon (Closed): \$36.00 per guest

## Friday, October 16, 2015

• LAFRA National President's Luncheon (OPEN): \$30.00 per guest

#### Saturday, October 17, 2015

• FRA / LAFRA Inaugural Banquet & Ball: **\$45.00** per guest.

Tables for the banquet will be in rounds of 10. If you desire to reserve a whole table, please list all names and entrée selections, and attach it to the meal reservation form (or enter into the comments section of the online checkout) with payment for the whole table (\$450.00).

If you have questions or special dietary needs (vegetarian, vegan, gluten-free, or food allergies) please contact PRPNW Peg Burke as soon as possible at 509-315-8818 or via e-mail at meals@fra2015.org. The convention committee will make every effort to satisfy your needs.

Payments for meals can be made by check or online credit card payment. Order forms and checks (payable to FRA 2015 National Convention) can be sent to: FRA 2015 National Convention c/o Mary Archer, 942 Sun Valley Drive Cheyenne, WY 82001-6851. Online reservations and credit card payments for meals, as well as journal ads and booster roll entries, can be made at http://mkt.com/fra2015



Authentic Historical Reproductions

# We found our most important watch in a soldier's pocket



T t's the summer of 1944 and a weathered U.S. sergeant is walking in Rome only days after the Allied Liberation. There is a

joyous mood in the streets and this tough soldier wants to remember this day. He's only weeks away from returning home. He finds an interesting timepiece in a store just off the Via Veneto and he decides to splurge a little on this memento. He loved the way it felt in his hand,

and the complex movement inside the case intrigued him. He really liked the hunter's back that opened to a secret compartment. He thought that he could squeeze a picture of his wife and new daughter in the case back. He wrote home that now he could count the hours until he returned to the States. This watch went on to survive some harrowing flights in a B-24 bomber and somehow made it back to the U.S. Besides the Purple Heart and the Bronze Star, my father cherished this watch because it was a reminder of the best part of the war for any soldier—the homecoming.

He nicknamed the watch *Ritomo* for homecoming, and the rare heirloom is now valued at \$42,000 according to *The Complete Guide to Watches*. But to our family, it is just a reminder that nothing is more beautiful than the smile of a healthy returning GI.

> We wanted to bring this little piece of personal history back to life in a faithful reproduction of the original design. We've used a 27-jeweled movement reminiscent of the best watches of the 1940s and we built this watch with \$26 million worth of Swiss built precision machinery. We then test it for 15 days on Swiss made calibrators to insure

accuracy to only seconds a day. The movement displays the day and date on the antique satin finished face and the sweep second hand lets any watch expert know that it has a fine automatic movement, not a massproduced quartz movement. If you enjoy the rare, the classic, and the museum quality, we have a limited number of Ritornos available. We hope that it will remind you to take time to remember what is truly valuable. If you are not completely satisfied, simply return it within 30 days for a full refund of the purchase price.

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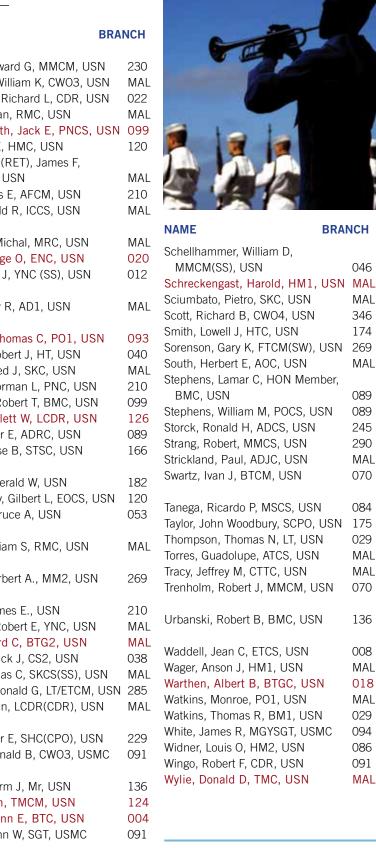
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#### In Memoriam **TAPS**

NAME	BRANCH	NAME	В
Abels, James L, PN1, USN Allen, Ralph G, SKCS, USN Aranda, Nicholas L, CS2, USN Arnold, Leroy E, LCDR, USN Austin, William C, CS2, USN	MAL 042 162 MAL 316	Haskell, Edward G, Hathaway, William H Hawthorne, Richard Henry, Harlan, RMC Hollingsworth, Jack	K, CWO3, USN d L, CDR, USN C, USN
Barker, Donald G, MSGT, USM Beissel, Daniel C., USN <b>PRPSE, Belt, Russell E, PRCM, U</b> Beltz, Richard I, PN1, USN Bender, Arthur L, BM1, USN Boots, William G., SGT, USMC Boozer, James E., ADC, 091 Boyer, Lamar A, TM1, USN	C MAL 094 USN 210 115 MAL 367 324	Hull, Virgil E, HMC, Hume USN (RET), TMC(SS), USN Hunt, James E, AFC Hyde, Ronald R, IC Jacobsen, Michal, M Jones, George O, E Jump, Cecil J, YNC	USN James F, CM, USN CS, USN MRC, USN CNC, USN
Brigge, William H, HMCM, USN Brown, Henry L, MMCM, USN	N 040 MAL	King, Bobby R, AD1	I, USN
Cain, Jerry D, CTRCM, USN Campbell, Eugene O, SH1, USI Carver, Herman J, ADJC, USN Cathcart, William C, LCDR, USI Caughell, Robert V, CS1, USN Cocannouer, Guy E, AT1, USN Connelly, Frederick M, BMC, USN	091 SN 229 274 268 USN 051	La Barge, Thomas Lambert, Robert J, Landry, Alfred J, SK Langord, Norman L Linscome, Robert T Logan, Bartlett W, Lowe, Wilbur E, AD Lowery, Jesse B, ST	HT, USN (C, USN (, PNC, USN (, BMC, USN LCDR, USN RC, USN
Davis, William, HTC, USN Delzeith, John J, CPL, USMC Derr, Lamar A, ADRC, USN Doerrer, William, CWO4, USN Dominguez, Edward, MS1, USI	MAL 175 057 346 N MAL	Maravetz, Gerald W Montgomery, Gilber Morrison, Bruce A, Nelson, William S, F	t L, EOCS, US USN
Duquette, George C., GM2, US			
Eastlick, Richard E, DTP1, USI Ebalo, Colman E, POCS, USN Edensword, Carl L, TMCS(SS), Elrod, John K, GMGC, USN	186	Osburn, Herbert A., Padgett, James E., Patterson, Robert E Paul, Edward C, BT	USN , YNC, USN TG2, USN
Finley, Henry, PO2, USN Fleetwood, Howard A, CTCA, L Fletcher, James M, CWO4, USI Flores, Moises, SGTMAJ, USM	N 324	Peters, Patrick J, C Prest, Thomas C, S Pritchard, Donald G Pruden, John, LCD	KCS(SS), USN G, LT/ETCM, US
Forest, Jerome D, BMC, USN	091	Quick, Elmer E, SH Quitevis, Ronald B,	
Grable, Theodore J, DPC, USN Greene, Loren G, YNC, USN Grell, Gary A, BMC, USN	N 182 MAL 091	Randall, Norm J, M Regan, John, TMCI Renner, Glenn E, E	ir, USN <mark>M, USN</mark>
Hackler, William E, ENC, USN	282	Roemer, John W, S	
Hadley, Mitchell L, SKC, USN Hand, Alex L, BT1, USN	178 070	Schardin, Roy K, F(	CC(SW), USN



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

070

30

# SOMETHING WORTH PROTECTING

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#### **ANTARCTICDEVRON 6 - VX/VXE-6**

November 4–8, 2015, Pensacola, FL. Contact Dan Knox, 523 Seapine Circle, Pensacola, FL 32506, 850-516-3301 or tinaal1@cox.net

#### Naval Mobile Construction Battalion 13

October 2–4, 2015, Cortlandt, NY. Contact John Kleppe, 703 Fresh Pond Ave., Calverton, NY 11933, 631-981-2936 or johndonp@optonline.net

#### USN, USMC & USCG Parachute Riggers

September 16–18, 2015, Branson, MO. Contact Howard McMullen, 559-779-1766 or hamcalif@lemoore.net

#### USS Agerholm 826

October 8–11, 2015, Grayville, IL. Contact Don Baldwin, 618-599-5972 or dab315@frontier.com

#### USS Beale (DD-471/DDE-471)

September 27–30, 2015, Atlantic City, NJ. Contact Tom/Kathy Quigley at 908-358-6153/908-514-0684 or kquigley@comcast.net

#### USS Boston (CA-69/CAG-1/SSN-703)

July 16–19, 2015, Brockton, MA. Contact Barry Probst, 508-580-3808, president@ussboston.org

#### USS Bristol (DD-857)

October 19–22, 2015, Baltimore, MD. Contact Paul Ratcliffe, 835 The Hideout, Lake Ariel, PA 18436, 973-309-4040 or pd\_ratcliffe@msn.com

#### USS Fox (DLG/CG-33)

September 16–20, 2015, Mobile, AL. Contact Phil Habib, 117 Elaine St., Goose Creek, SC 29445, 843-569-0981 or habibphil@comcast.net

#### **USS Helena Organization**

September 14–17, 2015, Quincy, MA. Contact James McNamee, 1602 Umpqua Rd., Woodburn, OR 97071, 503-981-0873 or james1602@q.com

#### USS Hobson (DMS-26)

April 23–27, 2015, North Charleston, SC. Contact F. Donald Mucheck, 8548 Vistavia Road, North Charleston, SC 29406, 843-225-9147 or dmucheck@aol.com

#### USS Hollister (DD-788)

September 22–27, 2015, Walnut Creek, OH. Contact Casey/Chris Orr at 319-431-1581 or cworr78@gmail.com

## USS Hornet (CV-8, CV/CVA/CVS-12) 67th Reunion

September 9–13, 2015, Lexington, KY. Contact Carl and Sandy Burket, PO Box 108, Roaring Spring, PA 16673-9817 at 814-224-5063 or hornetcva@aol.com

#### USS Kinkaid (DD-965)

June 19–20, 2015, San Diego, CA. Contact John Greenman at 619-846-0986 or oceanpacific@cox.net

#### USS L. Y. Spear (AS-36)

September 9–13, 2015, Virginia Beach, VA. Contact Patty Kelso, 6916 Lamar Avenue, Overland Park, KS 66204, 913-677-1837 or pattykelso@usslyspear.org

#### USS Mansfield (DD-728)

August 26–30, 2015, Tampa, FL. Contact Gary Thompson at 641-567-3737 or DLSERIUK@aol.com

#### USS Noxubee (AOG-56)

September 27–30, 2015, Washington, DC. Contact Dick Barber at 706-540-3494 or dicbarber@aol.com

#### USS Pandmus (ARL-18)

November 1–5, 2015, New Orleans, LA. Contact Dave Steward at 505-866-0062 or pandemusdave@peoplepc.com

#### USS Pritchett (DD-561)

September 22–27, 2015, Boise, ID. Contact Terry Crawford at 618-259-3007 or prichett@charter.net



#### USS Spinax (SS/SSR-489)

April 27–May 2, 2015, San Antonio, TX. Contact Jack Thormahlen, 243 Texas Oak Drive, Cedar Creek, TX 78612, 512-913-4861, eht\_jlt@yahoo.com

#### USS Ticonderoga (CV/CVA/CVS-14/CG-47)

May 13–18, 2015, Minneapolis, MN. Contact John Dupont, 952-474-4731, jdupont@sssalesinc.com

#### USS Valcour (AVP-55/ AGF-1)

October 7–11, 2015, Mobile, AL. Contact Don Cloud, 7710 Barclay Ave., Charleston, SC 29418, 843-552-9992 or dwcloudsr@gmail.com

## USS Wright (AV-1, AZ-1, AG-79, CVL-49, CC-2)

September 6–11, 2015, Hilton Head, SC. Contact Ray Sheridan, 817-457-1767, ray.sheridan@juno.com

#### VP-68 and Affiliated Units

May 2, 2015, Patuxent River, MD. Contact George (Doc) Durity, 108 Reeves Street, Walterboro, SC 29488, 843-538-1122, gdurity1492@yahoo.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.

## LOOKING FOR

#### Naval Reserve Mobile Construction Battalion 26. Det. 0526 Shipmates

I am desperate for help and need to connect with the men I served with in Naval Reserve Mobile Construction Battalion 26, Det. 0526. I am looking for documents from 1978–1980 that show my drill periods (points). The Navy supposedly lost all records of attendance on drills from RMCB-26, as well as records from active duty training. I served on active duty in Phoenix, Ariz., for EMT certification in 1978; Quantico, Va., in 1979; disaster training in Gulfport, Miss., in 1980; and was recalled to active duty in Nov.–Dec. 1980. If you served with me at any of my duty stations, please send notarized statements to HM1/C (SW) Paul W. Conlin II, USN (Ret.), P.O. Box 1606, Decatur, IL 62525, or call me at 217-620-5935. I am fighting the Navy for my records, in order to make them pay me over 20 years of retirement pay.

## MM1 Kin Milton, BMC Terry Miller and OS1 Barry Garlock

All of whom served aboard the USS Carpenter (DD-825). Please contact YN1 Michael Weston (Ret.) at 925-686-6707 (home), 925-876-6701 (cell), or mnsweston@yahoo.com

#### Senior Chief Tom Klause

He served as an enlisted classification interviewer 1965-67 at the Recruit Training Center, NTC Great Lakes and also became an active member of the Recruit Classification Interviewer Association after retirement. Tom's wife was named Joyce. Please contact PNCS Bob Kasper, USN (Ret.), at bnlkasper@gmail.com

These notices are published on a space available basis. Notices must be submitted in writing. E-mail fratoday@fra.org or mail your request to: FRA, *Looking for...*, 125 N. West St., Alexandria, VA, 22314.

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## BRANCH 89 ATLANTA, GA.

Shipmate Wayne Barron presents Branch 89's donation to Wreaths Across America for wreaths to be placed at the Georgia National Cemetery, Canton, GA. Avanthe Papastathis, Wreaths Across American coordinator for the National Cemetery in Canton and Marietta, Ga., accepts the donation following her well-received presentation about the history and mission of the organization.



## BRANCH 267 ST. LOUIS, MO.

Several shipmates and Auxiliary members attended a memorial service conducted by LA FRA Unit 267 (St. Louis, Mo.) to honor Ada Nolan; widow of PRPNC John Matras and widow of NESE Bob Nolan. Shown (I to r, back row) are PRPNC John Partin, Unit 267 Historian Pat Brown; John Matras, Unit 267 President Linda Schonhorst, Jayne Matras Uchiyama (Ada's daughter), Vi Taylor, Betty Schonhorst, Dale Ferrington, James Taylor, (seated) Barb Skates, Auxiliary NP Doris Fri, and Shirley Ferrigton.

(FRA. Des October 11, 2014 Wreaths Across America 1 540,00 Five-hundred forty



## **BRANCH 171 SOUTHERN LUZON, P.I.**

Shipmate Arturo Mendoza was presented a certificate of appreciation for exemplifying the principles of a true shipmate in following FRA's cardinal principles of Loyalty, Protection and Service. Pictured (I to r) are Shipmates Walfrido Napiza, Branch President Chon Quevedo, Arturo Mendoza, Daniel Banayo, and (seated) Romeo Manalo.



**BRANCH 97 OAK HARBOR, WASH** 

ABF2 (AW) Sean Serabian re-enlists at FRA National Headquarters as National Executive Director Tom Snee administers the oath of enlistment. Shipmate Serabian serves as secretary for Branch 97.



## BRANCH 192 FALLON, NEV.

RPWC Larry Briggs presented a 40-Year Continuous Membership Pin and Certificate to Shipmate Ernest Heying at his home in Fallon.

## **NEWS FROM THE BRANCHES**

## BRANCH 289 IMPERIAL BEACH, CALIF.

Several national officers participated in Shipmate PNC Hugh "Tommy" Thomason's Memorial Service at the Branch home. Pictured (I to r) are Branch 289 Chaplain RVPSW Don Kelley; RPSW Gus Hermes; PRPSW Jim Fox; PRPWC Charles McIntyre; JrPRPSW Mick Fulton; PRPSW Mike Frontz; National Parliamentarian PNP Jim Eblen; PNP Dick Smith; PNP Bob Beese; and PNP Gary Blackburn.



## **BRANCH 1 PHILADELPHIA, PENN.**

Shipmate Harry Duve receives his 65-Year Continuous Membership Pin and Certificate. Pictured are Duve (seated); PRPNE Charles E. Rainey, Sr. (right); Past Branch President and newsletter editor Patrick LaRose (center standing) and Branch Chaplain Patrick Welsh.





#### BRANCH 264 MERIDIAN, MISS.

Branch President Ricky Nelson (left) present Shipmate Russell Boyette with his 40-Year Continuous Membership Pin and Certificate.



## BRANCH 124 LAKEHURST, N.J.

Presentation of the Fra Northeast/New England Regional Shipmate of the Year Award for Health, Welfare and Rehabilitation to Shipmate Robert A. Johnson, Branch 124, Lakehurst N.J. Pictured (I to r) are Branch President William Anthony congratulates Northeast/New England Shipmate of the Year Robert A. Johnson for his success, while RPNE/NENG Floyd Hunt and Awards Chairman William McLane look on.

**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 250 SARASOTA, FLA.

Branch Secretary Wayne Witham (I) presents a \$500 check to Bob Cockroft, committee chairman of VFW Post 3233, for utilization in the repair and upkeep of M1 rifles used by the VFW in their duties as honor guard for the National Cemetery at Sarasota, Fla. Many of the aging WWII weapons used in performance of their duties were inoperable and all needed repairs of one type or another.

## Message from the Southwest Regional President

**THE LA FRA SOUTHWEST REGION** is active with our military and veterans' affairs and the needs of their local community. We have a diversity of large and small units located within five states; Southwest Texas, New Mexico, Arizona, Southern California and Southern Nevada. From the deserts to the Pacific Ocean, Unit 289 (Imperial Beach, Calif.) is the most southwesterly unit in the continental United States and our Southwest Region's largest unit. Our region has a large community of active and retired military influences, which gives us the motivation and many opportunities to maintain and cultivate the spirit of Americanism and patriotism while serving our service members, veterans and their families.

By carrying on the LA FRA traditions and services in supporting the veterans' communities and their families, our units indeed make a difference. We participate in significant holidays and memorials, educate the local community of our efforts and serve as role models to our families. The women and men of the LA FRA Southwest Region are passionate about keeping the American spirit thriving and their volunteerism goes beyond the call of duty of our region.

Unit 70 President Aaron Jensen (Poway Valley, Calif.) is a role model to his daughter, Jessica, a Girl Scout who collects cookie contributions to be sent to service members overseas. Members of Unit 163 (Phoenix, Ariz.) work with local churches to gather and clip coupons to be shipped to overseas military bases. This past year they shipped more than \$30,000 worth of coupons. Unit 289 (Imperial Beach, Calif.) gives \$1,000 between Thanksgiving and Christmas to the Navy Relief for military families for food. And Unit 289 member Eleanor Stoner-Dukes has bake sales to raise money for the Wounded Warrior Project. Units 84 (San Diego, Calif.) and 302 (Carson, Calif.) assisted local veterans and organizations whose families are overseas who became victims of natural disasters. Barbara Pichon of Unit 85 (San Gabriel Valley, Calif.) is active in promoting the safety and upgrading the lifestyle of residents of Pacoima, Calif. Unit 61 (Chula Vista, Calif.) sponsors the Avenue of Flags dedication on Memorial Day, flying more than 400 flags for deceased veterans at Glen Abby Memorial Park on Memorial Day weekend. Other units in our region are also making positive LA FRA imprints in their local communities.

We are thankful to our senior members and officers of the LA FRA, who demonstrate their dedication, commitment and endless hours of volunteerism to our organization and its important work. They've kept the doors open and allowed us to continue being of service. We offer a special tribute to Gail Doloway, LA FRA Past National President and current National Parliamentarian, who has been an Auxiliary member for more than 50 years! Congratulations and thank you, Gail!

Being the Southwest Regional President, it is humbling and an honor to serve the members, shipmates and veterans of this region. LA FRA is a place for our future generations to carry on the traditions of service to our nation and our military and veteran communities. We continue to plant the seeds of the American spirit.

Unit 70 (Poway, Calif.) Members of Unit 70 pose during a unit meeting. Shown (I to r, front row) are Vicki Jason, Sandy Davis, RPSW Bea Parco, Carmen Martinez, Vicki Currie, Violet Brown, (back row) RVPSW Claudia Goldner, PRPSW Elaine Smith, Lilia Feddock, Rachelle Caston, Aaron Jenson, and Michelle Caston. Unit 70 (inset) Additional members of Unit 70 include Dennis Connor, Unit President Aaron Jenson and Dave Ashwell. Unit 289 (Imperial Beach, Calif.) Shown (I to r) are Diane Long, FRA PRPSW Mick Fulton, Nadine Braudaway, Pauline Dugan, PRPSW Salli Leary-Espinoza, PRPSW Sharon Schreiber, PRPSW Deanna Lewandowski Violet Brown RPSW Bea Parco presenting Violet Brown, Unit 70, a pin commemorating her 35 years of continuous LA FRA membership.



BEA PARCO Southwest Regional President



Unit 163, (Phoenix, Ariz.) Unit 163 President Virginia Ginter, Branch 163 President PRPSW Jim Katzenberger and RPSW Bea Parco presented a wreath at the Pearl Harbor Remembrance Day in Phoenix, Ariz.



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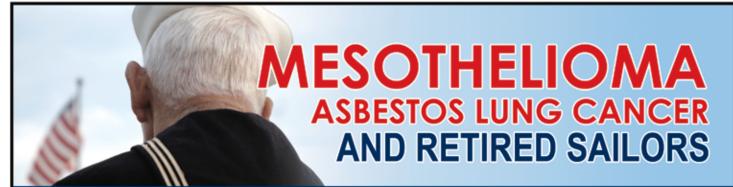
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