

YOUR MISSION, YOUR VOICE

FRA *today*

The magazine of the Fleet Reserve Association

OCTOBER 2022 / \$3.75

UNMANNED SURFACE VESSELS

INSIDE:

- 10** On & Off Capitol Hill
- 28** Writing as Therapy
- 47** Finance Matters



**Honoring
your service.
Complementing
your coverage.**

**Aetna Medicare
Eagle® plans**



You served your country. You ensured our freedom. You deserve more support. That's why we're proud to offer **Aetna Medicare Eagle plans** to help keep you healthy. They're designed to provide Veterans like you the benefits you need on top of your other health benefits.

Not a Veteran? You may still be eligible for this plan. Call to find out if this plan is right for you.

Call today.

A licensed agent will answer your call.

1-844-404-6878 (TTY: 711)

8 AM–8 PM, 7 days a week,
from October 1 to March 31

8 AM–5 PM, Monday - Friday,
from April 1 - September 30

Visit us online.

aetna.com/veterans

Learn more about our plans.



Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our DSNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex and does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. If you speak a language other than English, free language assistance services are available. Visit our website, call the phone number listed in this material or the phone number on your benefit ID card. In addition, our health plan provides auxiliary aids and services, free of charge, when necessary, to ensure that people with disabilities have an equal opportunity to communicate effectively with us. Our health plan also provides language assistance services, free of charge, for people with limited English proficiency. If you need these services, visit our website, call the phone number listed in this material or on your benefit ID card. If you believe that we have failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with our Grievance Department (write to the address listed in your Evidence of Coverage). You can also file a grievance by phone by calling the Customer Service phone number listed on your benefit ID card (TTY: 711). If you need help filing a grievance, call Customer Service Department at the phone number on your benefit ID card. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights at https://ocrportal.hhs.gov/ocr/cp/complaint_frontpage.jsf. **ESPAÑOL (SPANISH):** Si habla un idioma que no sea inglés, se encuentran disponibles servicios gratuitos de asistencia de idiomas. Visite nuestro sitio web o llame al número de teléfono que figura en este documento. **繁體中文 (CHINESE):** 如果您使用英文以外的語言，我們將提供免費的語言協助服務。請瀏覽我們的網站或撥打本文件中所列的電話號碼。

Contents

October 2022 Volume 101 Number 10



Cover: The *SEAHAWK* medium unmanned surface vessel launched for the U.S. Pacific Fleet's Unmanned Integrated Battle Problem 21 exercise on April 20, 2021. Navy photo by Mass Communication Specialist 2nd Class Thomas Gooley. Above: The large unmanned surface vessel *RANGER* moored at Joint Base Pearl Harbor-Hickam during RIMPAC 2022, which was the 28th exercise in the Rim of the Pacific series that began in 1971. Navy photo by Mass Communication Specialist 3rd Class Demetrius J. Williams.

Features

20 The Navy's Unmanned Surface Vessel Program

The vision of the Navy's unmanned surface vessel program is a fleet that combines both traditional and autonomous vessels to reduce shipbuilding costs and risks to sailors while increasing overall fleet capability.

28 Writing as a Healing Art

Veterans who came home scrambled by what was then called "shell shock" and "battle fatigue" had very little support as they readjusted to civilian life, not because no one cared about them, but because no one knew how to treat them.



LOYALTY, PROTECTION AND SERVICE

The FRA is a congressionally chartered, nonprofit organization advocating on Capitol Hill for current and former enlisted members of the U.S. Navy, Marine Corps and Coast Guard.

Departments

- | | | | |
|----|---|----|--|
| 2 | Communications | 40 | Taps |
| 4 | From the Fantail | 43 | Looking For/Reunions |
| 6 | Shipmate Forum | 45 | Auxiliary of the FRA News
<i>A Message from LA FRA North Central
Regional President PNP Doris Fri</i> |
| 10 | On & Off Capitol Hill
<i>Current Legislative Updates</i> | 47 | Finance Matters
<i>Why Do You Need a Health Care
Directive?</i> |
| 36 | Statement of Ownership | | |
| 38 | Shipmate News | | |

The FRA 2023 Calendar

Each October, the FRA produces and distributes a calendar that is designed to reflect the three branches of our membership — the U.S. Marine Corps, U.S. Navy and U.S. Coast Guard. The pages within highlight specific days each month as well as other information that has been requested by Shipmates. One example is the date June 8, which now has the *USS LIBERTY* incident noted. Media use the word “incident” instead of “attack”, much like the “Vietnam Conflict” references were used to try to stay away from the term “war”.

Some other important events such as Central Liaison Committee meeting dates, the lunar cycles and even some very significant religious dates or time frames are listed each month. Although we cannot include everything on every day each month, we do enjoy the feedback from our Shipmates. One year, a fellow staffer at HQ suggested we list National Navajo Code Talkers Day, which is Aug. 14. This day is associated with United States service members during the world wars who used their knowledge of Native American languages as a basis for transmitting coded messages. I think the several recent movies may have brought this to the attention of Americans, particularly the 2002 movie “Windtalkers” with the cast including Nicolas Cage, Adam Beach, Peter Stormare, Noah Emmerich, Mark Ruffalo and Christian Slater.

If you have any important dates that you think should be added to the calendar, send your suggestions to me and we can consider the dates for the next calendar. Always feel comfortable sending in your comments — criticism and compliments are also welcome. One year, a Shipmate pointed out a mistake: in one month, there were two days marked the 14th. We made a sticker to place over the wrong week. It was available for free online and also from HQ.

The calendar fundraiser is a successful campaign we conduct each year. It is a very fun and meaningful project to complete. Please consider donating a few dollars to cover the printing and distribution of this year’s calendar. **FRA**

In Loyalty, Protection and Service,
William D. Stevenson, Editor-in-Chief

National Officers/Board Of Directors

National President	James W. Campbell, Chesapeake Branch 40
National Vice President	James “Robbie” Robbins, West Jacksonville Branch 126
National Executive Dir.	Christopher J. Slawinski, Navy Department Branch 181
Finance Officer	Phillip Reid, Member-at-Large
Junior PNP	Michael “Mick” Fulton, Imperial Beach Branch 289
National Parliamentarian	Robert G. Beese, Volusia County Branch 335
National Chaplain	Sam Lymon, Chesapeake Branch 40

Regional Presidents

Northeast/New England	Neil I. Ross, Buffalo Branch 23
East Coast	Christopher J. Murray, Chesapeake Branch 40
Southeast	Jack M. Fogel, Crossville Tennessee Branch 294
North Central	Maria A. Behm, Lake of the Ozarks Branch 32
South Central	C. Ursula Gruetzner, Capital Area Branch 201
Southwest	Rogelio “Roger” A. Bacud, Carson Branch 302
West Coast	William L. Hanzel, Sunrise Branch 230
Northwest	Michelle Davis, Inland Empire Branch 38

Active-Duty Advisory Council

Master Chief Petty Officer of the Navy	James Honea
Sergeant Major of the Marine Corps	Troy E. Black
Master Chief Petty Officer of the Coast Guard	Heath Jones

Reserve Advisory Council

Force Master Chief of the Navy Reserve	Tracy L. Hunt
Sergeant Major of Marine Forces Reserve	Carlos A. Ruiz
Force Master Chief Petty Officer of the Coast Guard Reserve	Timothy A. Beard

FRAtoday Magazine

The monthly membership publication of the Fleet Reserve Association

Publisher Fleet Reserve Association

National Executive Director Christopher J. Slawinski

Editor-in-Chief William D. Stevenson

Managing Editor Elise M. Howard

Contributing Writer Ann Norvell Gray

Design and Art Direction FRA Staff

Advertising Sales: GLM Communications, 212-929-1300

Sales@glmcommunications.com

FRAtoday (ISSN 1935-7192) is published monthly by the FRA, 125 N. West St., Alexandria, VA, 22314-2754. A member’s subscription is covered by the member’s annual dues. Periodicals postage paid at Alexandria, Virginia, and additional offices. Publication of non-sponsored advertising in *FRAtoday* does not constitute an endorsement by the FRA or its representatives. **Postmaster: Send address changes to Member Services, FRA, 125 N. West St., Alexandria, VA 22314-2754.** *FRAtoday* is published in the interests of all current and former enlisted personnel of the U.S. Navy, Marine Corps and Coast Guard. Eligible nonmembers are entitled to subscription rates of \$45. Established Nov. 1, 1923. Title registered with the U.S. Patent Office.

FRA Administrative Headquarters

125 N. West St., Alexandria, VA 22314-2754


Telephone: 703-683-1400, 800-FRA-1924


Fax: 703-549-6610 • Email: FRAtoday@fra.org • www.fra.org

Volume 101 Number 10



 Find us on Facebook:
www.fra.org/fb

 Follow us on Twitter:
www.twitter.com/FRAHQ

 Follow us on Instagram:
www.instagram.com/FRA_HQ

YOU SERVED OUR COUNTRY

Let us serve YOU by getting the compensation
you and your family deserve.

Camp Lejeune
MCAS New River

CONTAMINATED WATER

Between August 1, 1953, and December 31, 1987

The water at Camp Lejeune was contaminated with toxic chemicals.

Over one million people have been affected. If you spent time in or around Camp Lejeune or MCAS New River and developed cancer or any other serious health issue, you may be entitled to compensation.

Members of our Legal Team helped draft the Camp Lejeune Justice Act and invested time and resources advocating for its passage. Members of our team also helped obtain the following jury verdicts in the Johnson & Johnson Talc (baby powder) cases: \$110 million, \$72 million, \$70 million and \$55 million.

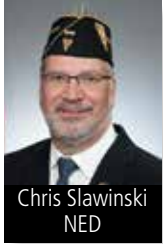
Choose the team with experience and proven results in toxic illness cases, and a founding partner who is a trial lawyer and surgeon that worked at VA hospitals and with Tripler Army Medical Center physicians.

Free Consultation Call NOW:
888-775-0000

Free Case Evaluation:
CancerWater.com
Brad Bradshaw MD JD LC

Brad Bradshaw MD JD LC is a law firm. Dr. Brad Bradshaw is not licensed in North Carolina and works/assists on Camp Lejeune water cases with staff attorney Chris Johnson (who is the only firm lawyer licensed in North Carolina). On Camp Lejeune cases we may work with additional North Carolina attorneys, such as local counsel, and/or via pro hac vice, plus the Dieder Law Firm who are members of the team that obtained some of the multi-million dollar verdicts in the J&J talc cases, but are not licensed in North Carolina. Brad Bradshaw MD JD LC, North Carolina office: 3807 Wrightsville Ave, Suite 20 Wilmington, NC 28403, USA flagship office: 201 W. 47th St. Kansas City, MO 64112. Additional offices in Seattle, Springfield, MO, and St. Louis. The choice of a lawyer is an important decision and should not be based solely upon advertisements. All offices are by appointment only. We work with and refer cases to other lawyers. Dr. Brad Bradshaw is licensed to practice law in Washington D.C. (inactive), Texas, Missouri, Kansas, Iowa, Washington, Hawaii, and is applying for licensure in North Carolina. Dr. Bradshaw is licensed to practice medicine in Missouri and Hawaii. See BradBradshaw.com for more information. Client may be responsible for costs or expenses. Past results afford no guarantee of future results and every case is different and must be judged on its own merits. No representation is made that the quality of the legal services to be performed is greater than the quality of legal services performed by other lawyers. Services may not be available in all states.

SBP-DIC Offset Ends; Changes to Concurrent Receipt Next?



Chris Slawinski
NED

The National Defense Authorization Act for Fiscal Year 2020, which was signed into law on Dec. 20, 2019, repealed the dollar-for-dollar offset of Survivor Benefit Plan payments from the Department of Defense by the amount of Dependency and Indemnity Compensation paid by the Department of Veterans Affairs.

The SBP-DIC offset repeal was phased in over three years beginning on Jan. 1, 2021, (paid as of Feb. 1, 2021) with full elimination of the offset scheduled for Jan. 1, 2023. So, next year on Jan. 1, SBP payments will no longer be reduced by DIC. Spouses will receive their full SBP payment issued by DFAS and their full DIC from the VA.

This was a major victory for surviving spouses.

One of the FRA's longtime goals has been to eliminate the reduction of military retirement pay by the amount of VA disability compensation received for all disabled military retirees. During the early 2000s, the FRA led initiatives that eliminated this offset for military retirees with VA disability ratings of 50% or greater.

The FRA has worked with congressional leaders to introduce legislation that would eliminate the reduction of retired pay for military retirees with VA disability ratings lower than 50% (H.R.303, S.1147 and H.R.333), but these bills have stalled in committee.

One bill that has moved forward focuses on combat-injured veterans forced into early retirement due to their injuries and not receiving their vested longevity pay. The Major Richard Star Act (H.R.1282, S.344) would allow a veteran with a combat-related disability and fewer than 20 years of creditable service to receive retirement pay, without reduction, concurrent with disability compensation.

The House version of the bill currently has 303 co-sponsors. House rules allow a member of Congress to file a motion with the house clerk to place their legislation on the Consensus Calendar once their legislation has accumulated 290 co-sponsors. Rep. Gus Bilirakis (Fla.), who introduced the bill, took this step on Aug. 12. Having the bill placed on the Consensus Calendar allows House Speaker Nancy Pelosi to bring legislation to the House floor for a vote. The Senate version of the bill has 62 co-sponsors.

Another bill moving forward toward passage is the FY2023 NDAA (S.4543), which has been approved by the Senate Armed Services Committee and sent back to the Senate. Although the Senate's version of the NDAA does not currently include a provision on expanding concurrent receipt, Sens. Jon Tester (Mont.) and Michael Crapo (Idaho) plan to file a floor amendment to add one when the NDAA goes to the Senate floor for approval.

The FRA believes that retired pay is for years of arduous military service paid by the Department of Defense while disability pay is for lifelong injury paid by the Department of Veterans Affairs. To reduce retirement pay because of a disability is an injustice.

The hopes of the FRA are that the Major Richard Star Act or an amendment to this year's NDAA will help to relieve this unnecessary offset for injured military retirees, especially combat-injured veterans. The FRA will continue to work with Congress to find solutions to ensure that all retirees receive the compensation for their years of service and injuries incurred in that service. **FRA**

I remain in Loyalty, Protection and Service,
Chris Slawinski

Chris is the national executive director of the Fleet Reserve Association and may be reached at: NED@FRA.org.

VETERANS COMMEMORATIVES™ HONORS YOU WITH THANKS FOR YOUR SERVICE TO COUNTRY
Now in two color choices – Dress Black or Sage Green – Plus Conceal Carry Option!

UNITED STATES MILITARY MA-1 FLIGHT JACKET

**PLUS A
 FREE
 SERVICE
 PATCH!**

FREE SERVICE BRANCH PATCH
FREE VETERAN ZIPPER PULL
OPTIONAL WAR PATCHES

OUR U.S. MILITARY MA-1 FLIGHT JACKET is inspired by historic Military flight jackets and updated to meet NASA's specifications. It's personalized to honor your service to Country and reflect today's active lifestyles:

- Tailored in rugged wind and water-resistant fabric, comfort rated at temperatures between 25-40 degrees Fahrenheit for three-season wear.
- Quality features include "fell stitching" for superior fit, knit collar, cuffs and waistband, high visibility orange inner lining, heavy duty front zipper with storm flap, multiple snap closure pockets - plus utility pocket on sleeve. Imported, then customized to our exact specifications in Pennsylvania.
- **EXCLUSIVE CONCEAL CARRY OPTION** - Inside Right and Left universal handgun padded CCW pockets, four mag pouches and two "snap-closure Slash pockets."
- Thank You Introductory price starting at just \$99.

Add an American Flag Patch for just \$20!



**ADD CONCEAL CARRY
 TWIN HANDGUN POCKETS
 FOR JUST \$30 EXTRA.**

FREE PATCH HONORS YOUR SERVICE



Select your Officially Licensed Service Branch patch* as our FREE GIFT with jacket purchase.

ADD A WAR VETERAN PATCH FOR \$20



You may choose from WWII, Korea, Vietnam, Desert Storm, Afghanistan, Iraq & Cold War.



**ORDER TODAY &
 RECEIVE A FREE
 ZIPPER PULL!**

TO ORDER: 1-800-255-3048 OR WWW.VETCOM.COM

OR, MAIL TO: Veterans Commemoratives, P.O. Box 572, Valley Forge, PA 19481-0572

YES. I wish to order my MA-1 Flight Jacket as follows:
 Please include my **FREE Service Patch & "Proud To Be A Veteran" Zipper Pull!**

COLOR: **BLACK** **SAGE**

SIZE: (See chart above) S M LG XL XXL+ 3XL+

SELECT FREE PATCH*: Navy Marine Corps Coast Guard

MA-1 FLIGHT JACKET: \$ 99.00

Conceal Carry Feature (Add \$30)..... \$

War Veteran Patch for right sleeve (Add \$20)..... \$

WWII Korea Vietnam Desert Storm Afghanistan Iraq Cold War **NEW**

American Flag Patch for left shoulder (Add \$20)..... \$

*Sizes XXL to 3XL (Add \$20)..... \$

Plus Shipping & Handling \$ 19.95

TOTAL DUE: \$

I PREFER TO PAY AS FOLLOWS:

Enclosed is my check payable to **Veterans Commemoratives** for the Total Due

Charge my credit card for the Total Due

Charge my credit card in two equal interest-free monthly payments

CREDIT CARD: Visa MasterCard AMEX Discover

CC#: _____ Exp.: ____ / ____

Card Security Code (CSC): _____ Signature: _____

SHIPPING ADDRESS: Allow 2-3 weeks for delivery.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

(In case we have questions and to advise ship date of your order)

*Service Branch Patches are purchased from Officially Licensed suppliers.

SATISFACTION GUARANTEED OR RETURN UNWORN WITHIN 30 DAYS FOR REPLACEMENT OR REFUND.

***FRA*today July Issue**

The feature article about the Blackall racing family is a great article and shows the military and the VA need to do better in treating the mental aspect of our veterans. Are the Blackall's members of the FRA? If not, they should be. No mention of our organization anywhere in the article.

*In Loyalty, Protection and Service
JrPRPNW Danny Hunt
President, Gem State Branch 382*



Photo courtesy of the U.S. Coast Guard.

Women Members of the FRA

Gentlemen:

I think it would have been nice if you had included a picture of Admiral Linda Fagan when announcing her selection to be Commandant of the U.S. Coast Guard! (July 2022 issue) As the first woman to command a military group, I think she deserves a bit of fanfare! You could even have used the same picture from the June *FRA*today — announcing Adm Fagan's nomination for the post.

You may not realize it, but there are a number of us women who read your publication, and we are or have been in the military and we do like to see our 'sisters' finally starting to receive recognition for our contribution to our nation's military.

I would also like to ask women members of the FRA — If you are going to wear the hat designating your rank in the organization — PUHLEEZ wear it properly!!! It does not get shoved onto the back of the head - so as not to spoil the coiffure!!! And it does not sit on top of the pouf of hair on either the side, or the top of the head. If I had stood for inspection with my Navy hat in any of the ridiculous positions I see in photographs in the magazine — I would have been thoroughly reprimanded by my CO!!!! In fact, I never would have gotten beyond Boot Camp trying to disgrace my uniform if I thought that was an acceptable way to wear it. Rethink your hairdo, Ladies — uniforms worn properly make a person look very professional!!!!

AC2 Margaret L. Mangan, USN (Ret.)

Advertisements

To the Editor,

Too often in *FRA*today there are letters disparaging ads presented in our magazine. Let's just face the fact that society is polarized. These letters to the editor will only increase that polarization — if that is even possible — and pay more mind to the articles presented in it.

What is it that the letter writers want? Our magazine to become another right or left rag that all the other media has become or a magazine which presents articles for the enjoyment of our sailors & shipmates throughout the country and in the services? They are only ads which are trying to sell something, and they raise funds which support our fine publication.

Do what I do — don't read the ads unless by its nature you would like to purchase the item.

ETC(SS) Paul Anderson, USN (Ret.)

Offended Shipmates

Dear Editor,

Recently, a few of our Shipmates have been offended by some advertisements in our magazine from conservative organizations. One Shipmate even threatened to leave our organization if the practice continued. This demonstrated behavior is most disheartening.

It would be more understandable if it was coming from some of our young, inexperienced, civilian population. The senior petty officers/Chief Petty Officers that guided/taught and raised me would be surprised by these circumstances. Those old salts would be amused that some of our Shipmates would feel threatened or uncomfortable

United States Navy Cuckoo Clock

Exclusive Design

Eagle emerges on the hour to the tune of "Anchors Aweigh"

Clock features mahogany-toned finish and is embellished with stars and symbols of service



Precision timepiece with accurate quartz movement and Roman numerals



Swinging brass-toned pendulum bears a Navy emblem and decorative weights are shaped like anchors



Limited edition complete with Certificate of Authenticity

↑
Nearly 2 feet high!
↓

Shown smaller than actual size of about 22 inches high. Requires 1 AA and 3 AAA batteries, not included.



Act now to acquire your *United States Navy Cuckoo Clock* for four convenient installments of only \$49.99, for a total of \$199.99*. Your purchase is backed by our unconditional, 365-day money-back guarantee. Send no money now. Just mail the Reservation Application today, or you could miss out!

Neither the Department of the Navy nor any other component of the Department of Defense has approved, endorsed or authorized this product.

ORDER TODAY AT
BRADFORDEXCHANGE.COM/NAVYCUCKOO



Where Passion Becomes Art

RESERVATION APPLICATION
SEND NO MONEY NOW

The Bradford Exchange

9345 Milwaukee Avenue, Niles, IL 60714-1393

YES. Please reserve the *United States Navy Cuckoo Clock* for me as described in this announcement.
Please Respond Promptly

Mrs. Mr. Ms.

Name (Please Print Clearly)

Address

City

State Zip

Email (optional)

*Plus a total of \$25.99 shipping and service; see bradfordexchange.com Limited-edition presentation restricted to 295 crafting days. Please allow 4-8 weeks after initial payment for shipment. Sales subject to product availability and order acceptance.

01-26100-001-E27944

with other people expressing their own opinions.

I started reading our magazine, Naval Affairs, back in the 1960s. It has only gotten better over the years. When a magazine can inform and entertain then that is the best of both worlds.

Thank you to you and your Staff.

T. R. "Joe" Kemp, USN (Ret.)

You Do Not Discuss "The Big Three"

I have been following for the past year or so with great interest the letters submitted to Shipmate Forum concerning the FRA, and other VSO's, remaining apolitical and 'above the fray.' In the August *FRAtoday* Forum Shipmates Smith and Margolis's input were spot on, as were other Shipmates submissions in previous months that raised their concerns over what appears to be a deliberate trend — promoting only Right Wing views.

Shipmate Margolis's concerns over advertisements for products spreading at best half-truths, and usually outright falsehoods, were correct. It is nice to see that I'm not the only one who feels this way. Over the years I too have been concerned with the now routine inclusion of paid advertisements for products from widely discredited conservative provocateurs (one of my less than-favorites was the one urging me to buy their product "before I'm rounded up and put in a FEMA camp") and have submitted letters to FRA stating so. I received letters back promising a better vetting process; one that clearly hasn't happened.

The dangers of believing the kind of flotsam touted by these paid advertisements were manifested in the events of 6 January 2021. I will clearly state that I believe the participation in, support of, or the denial of, the violent insurrection that attempted to overthrow our democracy on the basis of the baseless "Big Lie" by any member of the FRA, any member of the Armed Services active or retired, or any veteran, is a disgrace to the oath we all took. ANY participation, in whatever form, no matter how small, in that event is an indelible stain to that oath.

I was taught as a matter of decorum that you didn't discuss "The Big Three" — one of them being politics — in public. Like Shipmate Margolis I consider myself an independent, a secular middle of the road voter who votes issues not party, and I recommend that the FRA make a course correction to return to being apolitical. Please take a look at the photos of FRA events, FRA membership isn't getting any younger. The FRA and other VSO's are

hemorrhaging members and can't get younger vets to join, and as Shipmate Smith observed if that course correction isn't immediately made I too will end my affiliation with the FRA.

SKCS Paul Rump, USN (Ret.)

FRA Calendar

Dear FRA

I am writing to you about your calendar that I have been receiving for the past couple of years. You have left one very important date without a notation in your calendar. You observe such things as "First Day of Summer" and "Rosh Hashanah Ends at Sunset".

However, you do not have a notation of June 8, which should have "USS Liberty Attacked by Israel." Their attack lasted two hours, the same as the Japanese attack on Pearl Harbor. War crimes were committed by Israel. All the ship's operating and international distress frequencies were jammed, they were attacked by unmarked jets, motor torpedo boats shot up life rafts as they were being lowered.

It is important to keep this historical attack on an American ship in our history and not hidden from the American people and veterans. It is the only incident of this type which has not had a congressional investigation due to the influence of the Jewish lobby. I pray the Jewish lobby is not preventing you from publishing this important date.

Sincerely yours,

RMCM(SS) Myron L. LeAnna, USN (Ret.)

FRAtoday: Thank you for your letter and indeed that event should be included in the next calendar we produce. That suggestion was sent at the best time, since we had not yet sent the project off to print. A copy of that calendar was mailed to all FRA members with this edition of the magazine. **FRA**

Letters published in Shipmate Forum reflect the opinions and views of individual FRA members. They do not reflect the position of the FRA. The FRA is not responsible for the accuracy of letter content. To **submit** letters to *FRAtoday* for consideration, please send them to: 125 N. West St., Alexandria, VA 22314 or to fratoday@fra.org.



**“To you, it’s the perfect lift chair.
To me, it’s the best sleep chair I’ve ever had.”**

— J. Fitzgerald, VA



**3 CHAIRS
IN ONE:**
SLEEP/RECLINE/LIFT

Pictured is Luxurious & Lasting Brisa™. Ask about our 5 Comfort Zone chair.

You can’t always lie down in bed and sleep. Heartburn, cardiac problems, hip or back aches – and dozens of other ailments and worries. Those are the nights you’d give anything for a comfortable chair to sleep in: one that reclines to exactly the right degree, raises your feet and legs just where you want them, supports your head and shoulders properly, and operates at the touch of a button.

Our Perfect Sleep Chair® does all that and more. More than a chair or recliner, it’s designed to provide total comfort. Choose your preferred heat and massage settings, for hours of soothing relaxation. Reading or watching TV? Our chair’s recline technology allows you to pause the chair in an infinite number of settings. And best of all, it features a powerful lift mechanism that tilts the entire chair forward, making it easy to stand. You’ll love the other benefits, too. It helps with correct spinal alignment and promotes back pressure relief, to prevent back and muscle pain. 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. It even has a battery backup in case of a power outage.

White glove delivery included in shipping charge. 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! You get your choice of Luxurious and Lasting Brisa, Genuine Italian Leather, stain and liquid repellent Duralux with the classic leather look, or plush MicroLux microfiber, all handcrafted in a variety of colors to fit any decor. Call now!

**journey
perfect
sleep chair**

1-888-750-7271

Please mention code 601344 when ordering.



**REMOTE-CONTROLLED
EASILY SHIFTS FROM FLAT TO
A STAND-ASSIST POSITION**

Now available in a variety of colors, fabrics and sizes.

Genuine Italian Leather
classic beauty & style

Chestnut



! New Brisa™
luxurious & lasting

Light Gray



Saddle



Chocolate



Long Lasting DuraLux™
stain & liquid repellent

Burgundy



Tan



Chocolate



Blue



MicroLux™ Microfiber
breathable & amazingly soft

mobility | sleep | comfort | safety

enjoying life never gets old™

journey
HEALTH & LIFESTYLE

Because each Perfect Sleep Chair is a made-to-order bedding product it cannot be returned, but if it arrives damaged or defective, at our option we will repair it or replace it. © 2022 Journey Health and Lifestyle.



ON & OFF *capitol bill*

News & Notes *from the Fleet Reserve Association's Legislative Team*



Now Is the Time to Use the FRA Action Center

As *FRAtoday* goes to press, the House has passed its version of the National Defense Authorization Act and the Senate is preparing to pass its version. The FRA expects this year's NDAA to undergo the usual process after passing both chambers of Congress, with a conference committee being appointed to resolve the differences between the two bills and to submit a final bill to both chambers of Congress for a vote. If approved by the House and Senate, the final bill would then be sent to the president to be signed into law or vetoed.

The FRA is supporting numerous legislative initiatives in the Senate and House versions of the NDAA that are associated with the FRA's 2022 Legislative Agenda, including

expanded concurrent receipt, and will work to make sure these initiatives are included in the final version of the bill. The FRA is currently working to get a vote on concurrent receipt in both chambers of Congress. Members are urged to go to the FRA Action Center at www.fra.org to weigh in on these issues.

The FRA wants to remind all Shipmates that democracy is not a spectator sport. We urge the membership to stay informed on issues impacting them, the sea services and their nation so they can make informed votes for members of Congress. Many will have an opportunity to vote for a candidate running for one of the 35 Senate seats up for election this year, and all will be able to vote for U.S. House representatives.

Concurrent Receipt Action in House and Senate

As *FRAtoday* goes to press, the Major Richard Star Act (H.R.1282), a concurrent receipt bill, has 303 co-sponsors in the House. House rules allow a member of Congress to file a motion with the house clerk to place their legislation on the Consensus Calendar once their legislation has accumulated 290 co-sponsors. Rep. Gus Bilirakis (Fla.), who introduced the bill, took this step on Aug. 12. Having the bill placed on the Consensus Calendar allows House Speaker Nancy Pelosi (Calif.) to bring the legislation to the House floor for a vote.

Meanwhile, the Senate Armed Services Committees has approved the

Senate version of the annual National Defense Authorization Act (S.4543), which will go to the Senate floor for approval. Sens. Jon Tester (Mont.) and Mike Crapo (Idaho) will file a Senate floor amendment to add a provision to this must-pass bill that would expand concurrent receipt.

The FRA argues that retired pay is for years of arduous military service paid by the Department of Defense while disability pay is for lifelong injury paid by the VA. To reduce retirement pay because of a disability is an injustice. Members can go to the FRA Action Center at www.fra.org to weigh in on this issue.

NewsBytes is the FRA's free weekly legislative update. If you would like to subscribe, please email: NewsBytes@Fra.org. Include your name and contact information in the body of the email. If you are a member of the FRA or LA FRA, please include your member number.

EMBRACE YOUR Faith and Patriotism

**Genuine Diamond-
Accented Cross**

Solid Stainless Steel

**24K Ion-plated
Gold Accents**

**Sculpted
with Powerful
American Icons**

One Nation Under God

MEN'S EAGLE SHIELD PENDANT



**Meaningful
and patriotic
statement
etched on
the back**

Now is the perfect time to focus your beliefs and passion toward the simple yet powerful concept, "One Nation Under God." We have been standing proudly to recite these words ever since we can remember, but do we ever stop to think what they mean? Not just words you say at the beginning of a school day, they're an integral part of the Pledge of Allegiance. Today more than ever, it's important to make a powerful and personal statement of unity, patriotism and faith. Celebrate your equally strong affinity for God and America with our "One Nation Under God" Men's Eagle Shield Pendant, an exclusive design that embodies everything you stand for, and it's only available at The Bradford Exchange.

The cross is a symbol of strength, reminding us of God's sacrifice and His presence in our lives. The U.S. flag and American Eagle represent American identity and national pride. Now, these celebrated symbols come together in a powerful new jewelry creation that

provides the ultimate display of protection and strength for the patriot who puts faith at the center of his life. Hand-crafted of durable solid stainless steel, the pendant features a striking design in raised relief that stands out with rich ion-plated 24K gold accenting around the cross and a genuine diamond at the center. A distinctive background boldly showcases the U.S. flag and the reverse side of the pendant is finely etched with the sentiment, "ONE NATION UNDER GOD." A 24" stainless steel chain completes the meaningful look.

AN INCREDIBLE VALUE... ORDER TODAY!

This patriotic pendant is a remarkable value at just \$99.99*, and you can pay for it in 3 easy installments of \$33.33. It arrives in a velvet jewelry pouch and gift box with a Bradford Exchange Certificate of Authenticity. To reserve yours, backed by our 120-day guarantee, send no money now; just mail in the Priority Reservation today!



Order Today at bradfordexchange.com/33499

Connect with Us!

©2020 The Bradford Exchange 01-33499-001-B1

Uniquely Designed. Exclusively Yours.

PRIORITY RESERVATION

SEND NO MONEY NOW

The Bradford Exchange

9333 Milwaukee Avenue, Niles, Illinois 60714-1393 U.S.A.

YES. Please reserve the "One Nation Under God" Men's Eagle Shield Pendant for me as described in this announcement.

LIMITED-TIME OFFER

Reservations will be accepted on a first-come, first served basis. So please respond as soon as possible to reserve your pendant.

Signature _____

Mrs. Mr. Ms. _____

Name (Please Print Clearly)

Address _____

City _____

State _____

Zip _____

E-Mail (Optional) _____

*Plus a total of \$9.98 shipping and service (see bradfordexchange.com). Please allow 4-6 weeks for delivery of your jewelry after we receive your initial deposit. Sales subject to product availability and order acceptance.

01-33499-001-E27941

VA Is Ready to Implement Veterans' Toxic Exposure Act

Department of Veterans Affairs Secretary Denis McDonough issued a statement after a comprehensive veterans' toxic exposure bill known as the Honoring Our PACT Act (P.L. 117-68) was signed into law.

"We at VA are ready to implement the PACT Act and deliver for toxic-exposed Veterans and their survivors," McDonough wrote. "Thank you to all of the Veterans, survivors and family members who fought tirelessly to make this day possible, and thank you to President Biden for keeping our nation's promise to those who served."

McDonough noted that those who think they might be eligible for PACT Act benefits can file a claim with the VA now to apply for those benefits. He also stated that the 23 respiratory illnesses and cancers named in the bill were added to the presumptive conditions list the day the bill was signed.

Although the VA is encouraging eligible veterans and survivors to apply now, it should be noted that due to the time it will take to obtain funding approval and set up the processing infrastructure, the VA's website states that it does not plan to begin processing PACT Act-related claims until January 2023. According

to the website, this delay will "likely" be offset by backdating benefits to the date of the PACT Act's signing, Aug. 10.

The FRA-supported PACT Act establishes a presumption of service connection for 23 respiratory illnesses and cancers related to the inhalation of smoke from burn pits. Further, the law provides new benefits for veterans who faced radiation exposure during deployments throughout the Cold War. It also adds hypertension and monoclonal gammopathy to the list of illnesses linked to Agent Orange exposure during the Vietnam War, expands the eligibility timeline for Gulf War medical claims, and requires new medical exams for all veterans with toxic exposure claims. Additionally, veterans who served in Thailand, Laos, Cambodia, American Samoa, the Johnston Atoll and Guam during the Vietnam War era are now covered under the same Agent Orange presumptive condition policies as those who served in Vietnam itself.

Shipmates can learn more about the PACT Act, including eligibility criteria and the application process, by going to: www.VA.gov/PACT or calling 1-800-MyVA411.

FRA Commemorative Coin Bill

At the request of the FRA, Reps. Gus Bilirakis (Fla.) and John Garamendi (Calif.) proudly introduced a bipartisan piece of legislation (H.R.6663) that would direct the Department of the Treasury to create a set of 100th anniversary commemorative coins for the Fleet Reserve Association. At no cost to taxpayers, this bill would mint \$5, \$1 and half-dollar coins to commemorate the centennial of the FRA's foundation and charter in 1924.

"For one century, the FRA has served as a strong voice in Washington," said Bilirakis. "The organization has been instrumental in advocating for sea service members and their families, including successfully fighting back against proposed cuts to benefits and supporting

enhanced eligibility and benefits for veterans. The organization has been a valued partner in my fight to rectify the injustice of concurrent receipt. Together, I am optimistic that we will be able to ensure all veterans finally receive the full benefits they've earned and deserve. I am honored to help commemorate this prestigious organization's tireless work and legacy of success."

The bill has picked up some additional co-sponsors and has been referred to the House Committee on Financial Services for further consideration. Members are strongly urged to ask their representatives to co-sponsor this legislation by going to the FRA Action Center located on the website at www.fra.org.

THE ADVENTURE BEGINS HERE

DANIEL STEIGER ADVENTURER CHRONOGRAPH



MSRP ~~\$599~~

NOW

\$99

PLUS S&H

PROMO CODE:

FR2KAD



- Multi Level Dial
- Comfort Fit Silicone Sports Band
- Precision Chronograph Movement
- Matching UV400 Aviator Sunglasses
- Complete With Presentation Case

Capture the spirit of adventure. This watch is just the thing to keep you, prompt, punctual, and always in style. Packed with features including a comfort fit silicone strap, a textured dial, and multi-levelled minutes, hours and seconds sub dials; this watch is engineered to perfection.

Order today and receive **free matching UV400 Aviator style sunglasses**. Save \$500 instantly when you use promo code **FR2KAD** and **pay just \$99** plus S&H.



FREE UV400 AVIATOR SUNGLASSES
WORTH \$99

CALL TOLL FREE 24/7
1-800 733 8463
or order online at
timepiecesusa.com/fr2kad

QUOTE OR ENTER PROMO CODE:

FR2KAD

5 YEAR
MOVEMENT
WARRANTY

30 DAY
MONEY BACK
GUARANTEE

PAY BY CHECK: Timepieces International Inc, 10701 NW 140th Street, Suite 1, Hialeah Gardens, FL. 33018

HVAC Subcommittee Reviews EHR Modernization Progress

The House Veterans' Affairs Subcommittee on Technology Modernization held a hearing on the Department of Veterans Affairs' Electronic Health Record Modernization program. Subcommittee Chairman Frank Mrvan (Ind.) noted that this is the 10th hearing in this session of Congress on this issue. He said that employee training is substandard, management is ineffective and the system does not work well when it works at all. The nearly three-hour hearing included testimony from the executive director of the EHR Modernization program, VA medical center directors, officials from the VA Office of the Inspector General and vice presidents from Oracle Cerner, the contractor responsible for the EHR software.

In June, the VA Electronic Health Record Transparency Act (P.L. 117-154) was signed into law, requiring the Secretary of Veterans Affairs to submit to Congress quarterly reports that evaluate the costs and performance of the VA's EHR Modernization program. The first of these reports was due Sept. 21.

The FRA wants to ensure adequate funding for Department of Defense and VA health care resource sharing to deliver



Photo by Petty Officer 1st Class Vernishia Vaughn.

seamless, cost-effective, quality services to personnel wounded in combat and other veterans and their families. Some members of Congress have expressed concern about the cost and length of time required to fully implement the new EHR system. The cost and the long time for implementation notwithstanding, the FRA believes there is a tremendous opportunity for improved care with the two departments using the same EHR.

SVAC Hearing on Nominees to Fill Critical Positions at VA

The Senate Veterans' Affairs Committee held a hearing to consider the nominations of Anjali Chaturvedi for the position of Department of Veterans Affairs general counsel and Jaime Areizaga-Soto for the position of chairman of the Board of Veterans' Appeals. The VA's general counsel serves as the department's in-house counsel responsible for providing legal advice and representation to the VA, among many other duties. The chairman of the Board of Veterans' Appeals leads and executes the board's mission of conducting hearings and deciding appeals for benefits and services for veterans and their families. Both positions require Senate confirmation.

Anjali Chaturvedi left Northrop Grumman in February after more than seven years of service as assistant general counsel to join the Department of Justice's Criminal Division as deputy assistant attorney general. She has previously served as assistant general counsel at BP (formerly British Petroleum) and was a partner at the Washington, D.C., location of the law firm Nixon Peabody, LLP. Between 1994 and 2006, she worked for the U.S. Attorney's offices in the Northern District of California and the District of Columbia. As an adjunct professor, Chaturvedi taught criminal procedure

at the University of California Hastings College of the Law and trial advocacy at the Georgetown University Law Center.

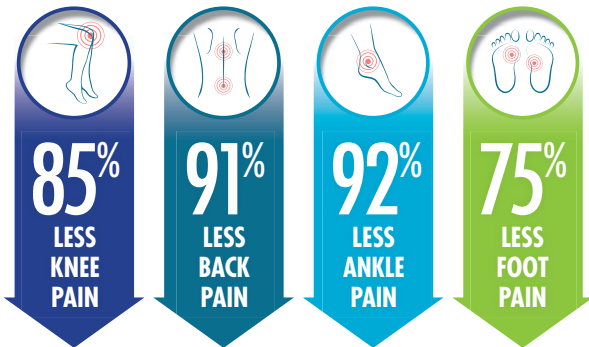
Jaime Areizaga-Soto is a brigadier general in the Judge Advocate General's Corps who has served in the Army National Guard since 1997. At the time of his nomination, he was serving on active duty as the National Guard Bureau's principal deputy general counsel, assisting the NGB general counsel in managing over 100 attorneys across service branches. Prior to that, Areizaga-Soto served as the deputy secretary for veterans and defense affairs in Virginia, advising state governors on military matters for over seven years. He also practiced international law for 12 years at various firms. Areizaga-Soto grew up in Puerto Rico and has been active in the Hispanic community. He has served as the president of the Democratic Latino Organization of Virginia, the president of the Hispanic Bar Association of the District of Columbia, the Democratic National Committee's deputy director for Hispanic affairs, and the Hispanic National Bar Association's vice president for membership. After the hearing, the SVAC approved his nomination and the Senate approved the appointment.



LIVE LIFE PAIN-FREE



PATENTED VERSOSHOCK® SOLE SHOCK ABSORPTION SYSTEM



Clinical study conducted by Olive View UCLA Medical Center, peer-reviewed and published in 2022 by JAPMA.



FREE (\$50 Value) Corrective Fit Orthotics with every shoe purchase
Excludes sandals.

Enjoy the benefits of exercise with GDEFY

- ✓ Ultimate Comfort
- ✓ Renewed Energy
- ✓ Maximum Protection
- ✓ Improved Posture

gdefy ENERGIYA \$160

X-WIDE WIDTH AVAILABLE

This product is not intended to treat, cure or prevent any disease.

Men Sizes 8-15 M/W/XW

- TB9037MBB Beige
- TB9037MGU Gray
- TB9037MBL Black

Women Sizes 6-11 M/W/XW

- TB9037FPU Pink
- TB9037FGU Gray
- TB9037FBL Black



\$30 OFF YOUR ORDER

Promo Code MM4KPS2

www.gdefy.com

Expires January 31, 2023

Free Exchanges • Free Returns

60-Day Try Defy Guarantee

Call 1(800) 429-0039

10643 Glenoaks Blvd.

Pacoima, CA 91331



VersoShock® U.S Patent #US8,555,526 B2. May be eligible for Medicare reimbursement. \$30 off applies to orders of \$100 or more for a limited time. Cannot be combined with other offers. 9% CA sales tax applies to orders in California. Shoes must be returned within 30 days in like-new condition for full refund or exchange. Credit card authorization required. See website for complete details.

Military Veterans in Congress

Veterans currently make up 17% of Congress with 91 serving — 63 Republicans and 28 Democrats — in the 117th Congress (2021-2022). Veterans made up less than 18% of Congress in the previous session, with 96 serving. The number of veterans serving in Congress has been declining since the 1970s. In 1973, almost 3 out of every 4 members of Congress had served in the military. In 2018, veterans serving in Congress created the bipartisan For Country Caucus for these veteran legislators to promote policies that put issues of national defense, veteran well-being and access to national service opportunities above political party. The caucus is currently co-chaired by Reps. Jared Golden (Maine) and Don Bacon (Neb.).

Legislation Passed to Simplify GI Bill Reporting for Schools

The president recently signed into law the Ensuring the Best Schools for Veterans Act (P.L.117-174). The legislation, sponsored by the chairmen and ranking members of the House and Senate Veterans' Affairs committees, Rep. Mark Takano (Calif.), Rep. Mike Bost (Ill.), Sen. Jon Tester (Mont.) and Sen. Jerry Moran (Kan.), will simplify the reporting process for colleges and universities to make GI Bill



Dr. Marc C.B. Maxwell, an education specialist for the Army, explains the education benefits available to veterans, service members and their dependents during a GI Bill community session. Photo by Veronica Carbajal.

paperwork requirements easier and more straightforward. This will allow schools to focus on ensuring student veterans get the education they have earned without additional red tape.

The Post-9/11 GI Bill, enacted in 2008, has made it possible for thousands of veterans to pursue a college degree after their military service. This legislation will make it easier for colleges and universities that serve student veterans to have a standard and simplified process for enrolling students using the GI Bill to help them get their earned benefits.

Legislative Update: AIR Commission Confirmation Blocked

A bipartisan group of senators, including a majority of Senate Veterans' Affairs Committee members, blocked the confirmation of the nine-member Asset and Infrastructure Review Commission that would have considered closing or eliminating services at a variety of VA facilities nationwide.

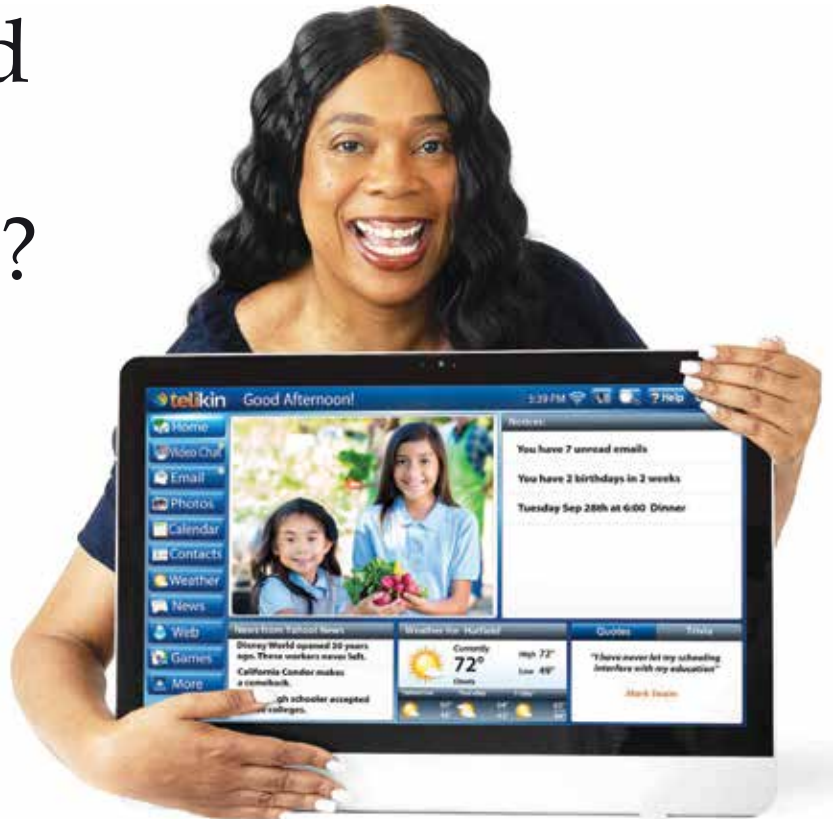
As reported in the May 2022 issue of *FRAtoday*, the Department of Veterans Affairs has released a reorganization plan called the Asset and Infrastructure Review report, which would have closed three medical centers in Northampton, Massachusetts; Chillicothe, Ohio; and the borough of Brooklyn in New York, as well as several other VA facilities. The VA has stated that the reorganization is needed to reflect the changing needs of modern health care and to close aging offices and centers that are no longer near where large numbers of veterans live. The plan also provided for the construction of dozens of new health care and community living facilities. The VA reported that the reorganization would have put nearly 200,000 more veterans within a 30-minute drive of mental health care.

Overall, the plan called for 35 VA medical centers in 21 states to be closed or completely rebuilt, while 14 new VA hospitals and 140 new multi-specialty outpatient clinics would have been added to the system. Seven of the 17 sites listed for closure were in the Northeast. VA officials said this reflected the fact that more of the veteran population has moved out of that region to resettle in the Midwest and Southwest. Opponents of the plan have argued that the data used by the VA to determine facility usage was too old to be reliable.

In related news, the Honoring Our PACT Act (P.L.117-168), a comprehensive piece of veterans' toxic exposure legislation, provides for the setup of 31 VA medical clinics across America and the hiring of thousands more claims processors and health care staff members.

Frustrated and unhappy with your computer? It's time for a fresh start.

Your relationship with your computer *is* personal. If you aren't getting what you need, *you need to move on*. To a Telikin One TouchSM, the smart, simple to use computer *built for seniors*.



Easy setup

Pull your Telikin out of the box, plug it in, and flip one switch to turn it on. No downloads. No complex setup.

One touch video chat

Impress your grandkids! Jump on a video call with them *instantly* - at the touch of the video call button.

100% US based support

Talk to a *real* person who *really* wants to help. Telikin has great customer ratings - 4.9 out of 5!



Need Help?

Call as many times as you like!

Great Customer Ratings

Telikin ★★★★★ 4.98 / 5

Google Customer ratings as of 7/28/22

Email at a touch

Open the email function with one button. Then type your message using the Telikin keyboard, touch screen, or use *voice to text*.

Effortless photos

Your Telikin *automatically* turns your photos into slideshows. Play your shows on the big, bright, beautiful screen at a touch.

Large fonts, 200% zoom

Large fonts with zoom make reading much easier.

Secure system

No user has *ever* downloaded a virus on the Telikin computer.

Voice recognition

If you don't like to type, Telikin has speech to text. *You talk, your Telikin types*.

Copyright Telikin 2022

"This was a great investment."

Ryan M., Copper Canyon, TX

"Thank you again for making a computer for seniors"

Megan M., Hilliard, OH

"Telikin support is truly amazing."

Nick V. Central Point, OR

CALL NOW!

1-844-562-9454

toll free and find out more

Mention promotional code **1130** for special introductory pricing.

60-day money back guarantee



ACCREDITED
BUSINESS

A+
rating

 **telikin**

Accessing Abortion in the Military

The House Armed Services Committee's Subcommittee on Military Personnel met to discuss how access to reproductive health services impacts service members' readiness. The hearing came in the wake of the Supreme Court's decision to overturn *Roe v. Wade*. The Pentagon released a memorandum in June stating that DOD medical facilities will continue to perform abortions when the life of the mother is in danger or the pregnancy results from rape or incest. Federal law continues to cover those services.

The memorandum also made clear that active-duty service members and civilian employees can continue to receive emergency sick leave to obtain an abortion for themselves or a loved one. Such leave may be used to travel to obtain those services. The DOD will continue to pay for travel related to obtaining an abortion for a pregnancy that is life-threatening for the mother or the result of rape or incest; all other abortion travel must be done at the service member's own expense.

Veteran Business Acceleration Act Introduced



Courtesy of U.S. Small Business Administration.

Reps. Byron Donalds (Fla.), Young Kim (Calif.) and Rob Wittman (Va.) have introduced the Post-9/11 Veteran Business Acceleration Act (H.R.8660), which would amend the Post-9/11 Educational Assistance Program to establish a joint pilot program between the Department of Veterans Affairs and the Small Business Administration that would allow eligible individuals to receive financial assistance for business operations instead of educational aid. The financial assistance would last for three years and could be used to begin a new business or continue operating a current business. The Post-9/11 Veteran Business Acceleration Act would give veterans more flexibility to direct their own paths toward either business ownership or higher education. The bill has been referred to the House Veterans' Affairs Committee for further consideration.

PDBR's Review of Disability Claims Continues

The Physical Disability Board of Review was created by an FRA-supported provision in the FY2008 National Defense Authorization Act to reassess the accuracy and fairness of combined disability ratings of 20% or less for service members who were separated from service, rather than medically retired, because of medical conditions. The board is still accepting applications from veterans who have not yet applied for review.

To be eligible for a PDBR review, service members must have been medically separated between Sept. 11, 2001, and Dec. 31, 2009, with a combined disability rating of 20% or less and found ineligible for retirement. The Department of Defense has estimated that more than 77,000 service members are eligible to request a review of their disability rating. The PDBR has reported that a significant portion of the disability ratings reviewed have been upgraded to 30% or more.

The review panel is authorized to recommend an increase in a disability rating, uphold the previous finding or issue a disability rating when the previous board did not assign one. The board, however, is not able to recommend a lower rating. Eligible veterans can request a board review by submitting a Department of Defense Form 294, Application for a Review by the Physical Disability Board of Review (PDBR) of the Rating Awarded Accompanying a Medical Separation from the Armed Forces of the United States, which is at: esd.whs.mil/Portals/54/Documents/DD/forms/dd/dd0294.pdf. More information about eligibility and the application process can be found at: afrba-portal.cce.af.mil/#board-info/pdbr.

Join the Airborne Hazards and Open Burn Pit Registry

The FRA wants to encourage all veterans who served in eligible areas to join the Airborne Hazards and Open Burn Pit Registry on the VA website. Those who need assistance registering can call the help desk at 1-877-470-5947. Participation in the registry is very important as it will allow the Department of Veterans Affairs to track burn pit exposure and collect data regarding associated adverse health effects.

Exposure to burn pits may be linked to respiratory conditions such as asthma, emphysema, chronic bronchitis and chronic obstructive pulmonary disease. The VA recently added these conditions, as well as chronic, rhinitis, sinusitis, and several other respiratory illnesses and cancers named in the Honoring Our PACT Act, to the list of presumptive conditions related to particulate matter exposure. Shipmates can learn more about the registry and participate at: www.publichealth.va.gov/exposures/burnpits/registry.asp. **FRA**

Men Over 40 Celebrate Breakthrough Pill

Doctor-developed natural formula supports prostate health, normal urinary frequency, and optimal male health

By S.A. Nickerson, Health Correspondent

Renowned holistic physician David Brownstein, M.D., knows most men feel embarrassed to talk about their prostate.

However, if you're a man over 40 or 50, your prostate is probably talking to you — and it's time to listen.

"With aging, your prostate gland can swell," warns Dr. Brownstein. "This pressure begins to affect urinary control, forcing you to look for a bathroom wherever you go. You may have difficulty sleeping because of multiple nightly bathroom trips."

Rogue Testosterone Starts Attacking Around Age 40

Once you hit middle age, your body begins to secrete the enzyme 5-alpha

reductase. This causes your normal "manly" testosterone to turn into a rogue testosterone compound called DHT (dihydrotestosterone).

The build-up of DHT is a primary reason why prostate size increases as you age — and is associated with the unpleasant urinary symptoms that result.

What you need, says Dr. Brownstein, is something to block the 5-alpha-reductase enzyme so it can't do its dirty work and encourage higher levels of this rogue testosterone.

Collateral Damage

Inflammation, the second culprit contributing to prostate concerns, represents collateral damage. As your body's response to injury, inflammation leads to the release of chemicals that cause fluid to accumulate in and around your prostate.

So you also need a solution that promotes a healthy inflammatory response in your prostate's tissues.

Based on his two decades of research and treating patients, Dr. Brownstein formulated one of the top-selling prostate support formulas available on the

market today. Since 2013, **PROSTATE REVIVE®** has been helping thousands of men across the country.

A Proprietary Blend of 15 Ingredients

PROSTATE REVIVE is truly a male health breakthrough, with 15 powerful, handpicked nutrients working together in a synergistic formula.

Ingredients such as saw palmetto, plant sterols with beta-sitosterol, pumpkin seed powder, and others help reduce the production of DHT.

Additional ingredients, including boswellia extract, pomegranate fruit extract, and pygeum, help promote proper inflammatory response.

Plus, nutrients such as selenium, zinc, and lycopene are essential for the health and function of your prostate.

The Simple Solution

With daily use, **PROSTATE REVIVE** makes it simple to support normal prostate health and function. With better control and fewer trips to the bathroom, you may even sleep better.



PROSTATE REVIVE® Users Speak Out*

Many users write to praise this prostate support formula.

"Had trouble urinating and it took forever. Had to get up 6 times a night. After using **PROSTATE REVIVE** for 2 weeks everything is good. I feel it is perfect. I have used other brands and not one of them worked like yours."

Kenneth F., California

"I'm so happy with **PROSTATE REVIVE**, there aren't enough words to describe it. Fantastic!"

Manuel L., Tennessee

"**PROSTATE REVIVE** keeps my bladder under control, so I don't feel the urgency to urinate anymore. I feel more alert and wake up restful, ready to go ahead with my day."

Luis C., New York

"I took it for 6 weeks and my PSA level went way down." *Ramon G., Wisconsin*

RISK-FREE Trial of PROSTATE REVIVE



DR. BROWNSTEIN

Medix Select, one of the nation's premier nutraceutical companies, is sure you'll love **PROSTATE REVIVE**. That's why they're offering you a risk-free trial supply at **NO COST — that's a \$39.95 value!** Just cover a small shipping fee of \$4.95, that's all.

You'll also receive Dr. Brownstein's detailed special report "A Doctor's Guide to a Healthy Prostate" as a **FREE** bonus gift (a \$20 value).

Toll Free: (855) 208-3856

Online: ProstateRevive.com/FRA

Trial offer requires enrollment in SmartShip program. See website for details. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Testimonials are from actual customers who have used our products. *Testimonials reflect their experience but may not be representative of all those who will use our product.

The Navy's Unmanned Surface Vessel Program



U.S. Navy Cmdr. Jeremiah Daley, commanding officer of Unmanned Surface Vessel Division 1 poses for a photo during an interview on unmanned surface vessels during Rim of the Pacific 2022 exercise. Navy photo by Mass Communication Specialist Seaman Leon Vonguyen.

anned Surface

The Long Journey to Sailorless Ships

By Elise M. Howard

Imagine the gray hull of a 250-foot U.S. Navy ship slicing through the waters of the Pacific Ocean, marking off another day in a monthslong patrol for maritime threats. Although it remains ready to rapidly identify and fire upon an approaching enemy, the ship is eerily silent. There is no clatter of dishes in the galley, no small talk in the berthings, no showers running in the head. In fact, there is not a soul on board. The sailors who would have been on this tedious deployment are instead home in Southern California, supervising this large unmanned surface vessel from a shore-based control center. If a conflict were to occur — even if the ship were lost to enemy action — these men and women would go home to their families with nothing more than a headache.

Although the Navy remains years away from ships operating with this level of autonomy, this is the vision of the U.S. Navy's unmanned surface vessel program, operated by the Department of Defense's Strategic Capabilities Office as the Ghost Fleet Overlord program until March. The Navy dreams of a fleet that combines both manned and unmanned vessels to reduce shipbuilding costs and risks to sailors while increasing overall fleet capability. In the short term, while the technology for autonomous operation is still being developed, the Navy foresees unmanned vessels operating with a small crew alongside traditional ships, directed by unmanned operations centers ashore or aboard nearby vessels.

Although both of its unmanned surface vessels are being designed to accommodate various payloads for maximum utility, the Navy's initial plans are to use large unmanned surface vessels, or LUSVs, as auxiliary magazines holding up to 32 vertical launch system missile tubes, while medium unmanned surface vessels, or MUSVs, serve as forward sensor suites for intelligence gathering and electronic warfare. All aspects of the program seem subject to change, however, as the Navy does a delicate dance between the budgetary pressures of Congress, the advancements of rival nations and the actual capabilities of current technology.





The medium unmanned surface vessel *SEA HUNTER* sails in formation July 28, during the Rim of the Pacific 2022 exercise. Twenty-six nations, 38 ships, three submarines, more than 30 unmanned systems, approximately 170 aircraft and 25,000 personnel are participated in RIMPAC this year. Navy photo by Mass Communication Specialist 3rd Class Aleksandr Freutel.

The Unmanned Advantage

Over the past seven years, the Navy has worked hard to sell the advantages of unmanned surface vessels to Congress and the public. Ships without sailors could take on more dangerous missions, as well as extremely dull missions that reduce morale. Without a human crew to feed or keep happy, they could stay out at sea longer, operate in uninhabitable environments, and avoid using fuel for creature comforts like lights, stoves and washing machines. Using artificial intelligence, the Navy believes unmanned ships could more quickly identify and fire upon targets than traditional vessels, and could make better decisions than humans in the face of overwhelming data. In a battle group, unmanned surface vessels could extend the firing range and battlefield awareness of their allies with no additional risk to sailors.

In the big picture, USVs are a key component of the Navy's vision for Distributed Maritime Operations, meaning a more even spreading of capabilities across the Navy's assets. Unmanned

ships are also part of the Navy's strategy for keeping pace with China. As the DOD informed Congress in its report "Military and Security Developments Involving the People's Republic of China" last year, China has more ships in its navy than the United States and is "the top ship-producing nation in the world by tonnage." The DOD also reported that, like the United States, China sees unmanned systems as a key future capability and has been working toward greater autonomy for its own unmanned aerial, surface and undersea assets.

Getting Hulls in the Water

Responding with urgency to this heightened competition from China and others, the DOD has rapidly procured USV prototypes and awarded design contracts — some have argued, too rapidly. From 2014 to 2021, the Defense Advanced Research Projects Agency and the Office of Naval Research developed, acquired and tested two medium USV prototypes, *SEA HUNTER* and *SEAHAWK*. Almost simultaneously, the DOD's



The large unmanned surface vessel *NOMAD* transits the Pacific Ocean to participate in the world's largest international maritime exercise, RIMPAC, which builds relationships among participating nations to ensure the safety of sea lanes and security on the world's oceans. Navy photo by Mass Communication Specialist 1st Class Tyler R. Fraser.

Ghost Fleet Overlord program outfitted two commercial fast supply vessels with the latest autonomous technology to create the large USV prototypes *RANGER* and *NOMAD*.

In both cases, the DOD began soliciting offers for design work before the final prototypes were even delivered to the Navy. In July 2020, the Navy announced that it had awarded a \$35 million “detail design and fabrication” contract to L3Harris Technologies for the next MUSV prototype, with the option of adding eight additional MUSVs to the order. In September of that year, the DOD spread another \$42 million across six companies for studies to determine the specifications and requirements of a future LUSV design contract. The Navy also ordered another two Ghost Fleet Overlord prototypes in 2020 to be delivered by the end of fiscal year 2023. The first to be completed was christened *MARINER* in late August.

Beginning in 2019, lawmakers began to express concern that the Navy's prototyping and acquisition efforts were moving too quickly,

failing to provide enough time for adequate testing, technology maturation and concept of operations development. In the National Defense Authorization acts for fiscal years 2020, 2021 and 2022, Congress intentionally slowed the pace of USV acquisition by requiring, among other things, land-based testing of propulsion equipment, an analysis of alternatives for the LUSV program and a Government Accountability Office investigation of the Navy's management of its unmanned programs. In response, the Navy has reluctantly adjusted its acquisition schedule and shifted its focus toward the underlying technologies that will make unmanned surface vessels possible.

Making Crewless Ships a Reality

Although the Navy has been using unmanned aerial and undersea vehicles since the 1990s, developing surface vessels intended for long-term crewless missions has presented unique challenges. One of the most significant hurdles for the Navy has been creating a hull, electrical system and



A *SEA HUNTER* and *SEAHAWK* operator prepares to launch the medium unmanned surface vessels from Naval Base Point Loma, California, for the U.S. Pacific Fleet's exercise Unmanned Integrated Battle Problem 21. Navy photo by Mass Communication Specialist 2nd Class Thomas Gooley.

mechanical system that can operate without human maintenance or observation for months at a time. As the Navy learned the hard way with its littoral combat ships, which were designed to operate with a minimal crew, removing people from a ship means that minor issues can go unnoticed until they become major problems. On a USV, the electrical and cooling systems present the particular difficulty of sustaining the very computers that will be monitoring them for problems. The Navy is currently working with industry partners to develop a seaworthy power generation system that can operate for at least 4,000 hours — about 5 1/2 months — without human maintenance. Work is also underway on automated lubrication and refueling systems, advanced computer monitoring, and other technologies that will allow USVs to remain at sea without human crews.

In addition to these physical systems of unprecedented complexity, the Navy must also

develop the unseen digital infrastructure for USVs. One of the service's major digital challenges has been to create its Common Control System, a single set of software that can be used across unmanned systems, as well as across the various ships and shore-based control centers commanding them. Thus far, development and acquisition efforts have been platform-specific for each of the Navy's unmanned aerial, undersea and surface assets.

"The requirements folks have always just said, 'We need it to be an open-systems architecture,'" Steve Olson, then-deputy branch head of the Navy's Mine Warfare Program Office, explained to Defense News in September 2019. "So industry brings us their version, and the problem is I've got 10 different open-systems architectures and none of them work together. ... I need a system that can go out, tow sonar or drop [an unmanned undersea vehicle] and also be able to utilize what assets we have in the air to increase situational awareness."

5th Generation Nitric Oxide Breakthrough Proven in Clinical Trials to Restore Maximum Blood Flow

Men across America are raving about a newly enhanced potency supplement that helps achieve healthy blood flow on demand

After age 40, it's common knowledge that performance begins to decline in many men. However, a new, performance empowering pill is showing that any relatively healthy man can now enjoy long-lasting, and frequent intimacy – at any age.

This doctor-designed formula, created by leading anti-aging expert Dr. Al Sears, has already helped men overcome low and sinking libido -- and has recently undergone a potency-enhancing update – with remarkable new results.

When the first pill -- **Primal Max Black** -- was first released, it quickly became a top-selling men's performance helper, promoting intimacy across America.

It worked by supporting healthy testosterone levels. However, Dr. Sears soon realized that this isn't the only challenge men face with performance. That's when he turned his attention to blood flow.

And this became **Primal Max Red**.



PROBLEM IS, RESULTS ARE MORE MECHANICAL THAN HORMONAL

Truth is, once blood flow slows down for men, no matter how exciting it is, it won't be enough without the necessary amount...

So enjoying intimacy without healthy blood flow becomes difficult for most men.

Luckily, a Nobel prize-winning scientist discovered the simple answer to help support performance strength and confidence -- by boosting vital blood flow -- and enhancing this essential performance function.

Using this landmark Nobel Prize as its basis, **Primal Max Red** enhanced healthy blood flow for untold millions of men around the world with the use of strong nitric oxide boosters.

While **Primal Max Black** helped maintain optimal testosterone, **Primal Max Red** tackles a lesser-known challenge.

Director, Al Sears MD, who has authored over 500 scientific papers and has appeared on more than 50 media outlets including ABC News, CNN, ESPN, Discovery, National Geographic, Lifetime, and many more say, *“Less than optimal blood flow can be part of a huge problem that affects a lot of men. And it needed to be addressed once and for all, so men would not dwell on it. Then, once we optimized it and had a great deal of success, we set out to see if we could do even better.”*

The former formula had excellent results. However, new research showed that for even faster, anytime, anywhere results, increasing the dose of a key compound was needed.

So, one of the three nitric oxide boosters in the new **Primal Max Red**, L-Citrulline, was clinically boosted to 9000 mg, and the results were astounding. Which is no surprise considering that 5000 mg is considered a “normal amount” -- giving the new version nearly doubled the blood flow boosting power.

Men who had previously been



A new discovery that increases nitric oxide availability - resulting in even quicker, stronger, and longer-lasting performance.

unsure about their power and stamina were overjoyed to be back to their old selves and to get and maintain a healthy bloodflow when they needed it.

BETTER BLOOD FLOW, STRONGER RESULTS

The best way to promote healthy blood flow throughout the body is with the use of **Primal Max Red**. By using it, when exciting signals leave the brain, blood flows much faster like it used to.

This critical action is how men across the country are enjoying full and satisfying performance at any age. No need to bother with testosterone-boosting shots, blue pills, or shady capsules that have no effect.

Primal Max Red can effectively promote healthy blood flow that most men can use for maximum intimacy. This is leading to more greater capacity and satisfaction, coupled with long-lasting performance.

“There was a time when men had little control when it came to boosting their blood flow,” Dr. Sears said. “But science has come a long way in recent years. And now, with the creation of ni-

tric oxide-boosting **Primal Max Red**, men can perform better than ever, and enjoy intimacy at any age.”

Now for men across America, it's much easier to stay at their performance peak as they get older.

HOW TO GET PRIMAL MAX RED (AND FREE PRIMAL MAX BLACK):

To secure free bottles of **Primal Max Black** and get the hot, new **Primal Max Red** formula, buyers should contact the Sears Health Hotline at **1-800-376-3330** TODAY. “It's not available in retail stores yet,” says Dr. Sears. “The Hotline allows us to ship directly to the customer.” Dr. Sears feels so strongly about Primal Max, all orders are backed by a 100% money-back guarantee. “Just send me back the bottle and any unused product within 90 days from purchase date, and I'll send you all your money back.”

Call NOW at **1-800-376-3330** to secure your supply of **Primal Max Red** and free bottles of **Primal Max Black**. Use Promo Code **FRAPMAX1022** when you call. Lines are frequently busy, but all calls will be answered!



Capt. Henry Adams provides remarks during the establishment ceremony of Surface Development Squadron 1 on May 22, 2019. Adams was the first commander of SURFDEVRON 1, which works to integrate unmanned surface vessels into the fleet to provide new warfighting concepts and capabilities. Navy photo by Mass Communication Specialist 1st Class Woody S. Paschall.

In May, the director of the Navy's Unmanned Task Force confirmed that the Common Control System is still in progress. To update and integrate its current USV software, the Navy plans to officially establish its Rapid Autonomy Integration Lab, which began as a pilot program in 2020. For upcoming projects, the Navy has created a more stringent set of digital standards that new programs must adhere to, known as the Unmanned Maritime Autonomy Architecture. The service plans to test all incoming autonomy software for compatibility in simulators at the RAIL before installation on actual ships.

Proving Their Worth

Although it has a long way to go with many of these enabling technologies, the Navy has taken many opportunities to demonstrate the progress that has been made on USVs and the role that they could play in the future fleet. In 2020 and 2021, the large USV prototypes *RANGER* and *NOMAD* showed off their navigational abilities as they transited

over 4,400 nautical miles from the Gulf coast to California, using autonomous mode at least 97% of the way. This year, the Navy has sent USVs to several high-profile international exercises, including the International Maritime Exercise held in the Middle East in February, which served as a proving ground for 14 different concepts of operation for unmanned surface vessels. In late June, the recently established Unmanned Surface Vessel Division 1 brought *SEA HUNTER*, *SEAHAWK*, *NOMAD* and *RANGER* to the biennial Rim of the Pacific exercise, where the ships were among 30 unmanned systems from around the world participating in five weeks of war games near Hawaii and Southern California.

While no one knows how many more tests and exercises it will take for the Navy to prove the USV concept to Congress and the public, the service's determination is clear. With flexibility and persistence, the Navy is overcoming fiscal, political and technical challenges one at a time on its long journey to an unprecedented technology. **FRA**

Something worth protecting



MilicarePlus® TRICARE Supplement Insurance Plans

FRA provides valuable coverages at economic rates with the MilicarePlus TRICARE Supplement Insurance Plans. These supplemental insurance plans, available to both active and retired members, can help to reduce unexpected medical costs by covering the cost-shares for doctor visits, hospital stays and prescription drugs. Excess charges up to 15% above the TRICARE-allowed amount may also be covered, once any applicable TRICARE or MilicarePlus deductibles have been met.



Learn more about FRA MilicarePlus TRICARE Supplement Insurance Plans.
Visit www.frainsure.com or call **1-800-424-1120**.

Underwritten by Hartford Life and Accident Insurance Company, Hartford, CT 06155
All benefits are subject to the terms and conditions of the policy. Policies underwritten by Hartford Life and Accident Insurance Company detail exclusions, limitations, and terms under which the policies may be continued in force or discontinued.

Program Administered by Mercer Health & Benefits Administration LLC
AR Insurance License #100102691
CA Insurance License #0G39709
In CA d/b/a Mercer Health & Benefits Insurance Services LLC

TRICARE Form Series includes GBD-3000, GBD-3100, or state equivalent.

97174 (1/22), 97175 (5/22), 97106 (8/22), 97177 (10/22) Copyright 2022 Mercer LLC. All rights reserved.



Writing as a Healing Art

Programs New and Old Use Writing to Treat PTSD

By Ann Norvell Gray

The human brain is a glorious mystery. It is both exquisitely fragile and remarkably resilient. When it is injured, either by physical damage or by unbearable sensory or emotional trauma, consciousness and the ability to perceive and react appropriately to circumstances can be profoundly affected. Mercifully, our understanding of how this 3-pound organ of soft, convoluted tissue inside our heads does what it does has been growing at speeds unimaginable only two or three generations ago. Veterans of the First and Second World Wars who came home scrambled by what was then called “shell shock” and “battle fatigue” had very little support as they readjusted to civilian life, not because no one cared about them, but because no one knew how to treat them.

All that is changing now. PTSD, the acronym for post-traumatic stress disorder, is familiar to most people, whether they have experienced combat or not. For many years, it was thought that the

solution was found at the pharmacy. In 1987, the first selective serotonin reuptake inhibitors, or SSRIs, were introduced as antidepressants, and were almost immediately popular because they were so much safer than the addictive opioids and amphetamines prescribed in earlier decades. For some service members with trauma symptoms, a carefully monitored course of antidepressants, anti-anxiety medication or both was expected to be effective, but that turned out not to be universally true.

More therapeutic models have been tried, and because every service member affected by trauma is different, many more veterans have been helped. Now, the Department of Veterans Affairs backs a wide variety of therapeutic interventions and supports for veterans affected by PTSD and their families. Some benefit from programs addressing grief and moral injury, finding self-forgiveness for actions taken — or not taken — during a traumatic event. Traditional talk therapy can be effective, and

many are helped by meditative physical disciplines like yoga and tai chi. Still, too many returning service members, veterans and the people who love them continue to struggle.

Hearing Veterans' Voices

For those of us who are not medical doctors, trained social workers, psychologists, licensed therapists or survivors of armed conflict, a deep dive into the PTSD research literature can be a little like deciphering hieroglyphics. Still, whether or not we grasp the intricacy of the research, the artists and writers among us are not at all surprised that drawing, painting and writing have found a significant place in the treatment of trauma. We may not know why certain paintings move us, but we sense that they are communications from an inner life. Similarly, truth in the words on a page connects us directly with the human depths of the person who put it there. We may not be injured in the same way, but we know in our bones that there is healing in self-expression.

Shortly after World War II ended, a group of enterprising women in Chicago recognized the value of getting wartime experiences down in writing, and developed an outreach program for returning veterans in hospitals. Their Hospitalized Veterans Writing Project, now the Veterans Voices Writing Project, has continued ever since to give service members a place to get their stories on paper, and to get them published. The program now operates out of Kansas City, Missouri, where a volunteer staff produces the Veterans' Voices magazine three times a year.

A contributor named Rich Wangard expressed the value of their mission on the organization's website, writing: "I can paint pictures. Nothing on canvas but using words to paint them — words that my fellow veterans can see and understand; words that provide me with an emotional outlet that gets me by day to day. ... Am I any good? I don't know! All I do know is the outlet I receive every time I use thought, experience and patience to write something that I hope relates to my brothers and sisters."

Operation Homecoming

The value of writing as a healing art reached into the Department of Defense, and in 2004, the National Endowment for the Arts created Operation Homecoming: Writing the Wartime Experience in partnership with both the DOD and the Department of Veterans Affairs. The project was also supported by a substantial grant from Boeing. The result was that more than 60 writing workshops aimed at improving service member well-being were set up on more than 30 military bases around the world and led by established writers and teachers.

The idea was not without its critics, some of whom believed the project to have shanghaied active military members into producing work that provided public relations cover for unpopular actions abroad. Nevertheless, the work produced in those workshops was helpful for its intended purpose, and was widely praised.

In the summer of 2006, excerpts from more than 10,000 pages of work that had been submitted to the NEA by 6,000 service members in 50 of the workshops were published in *The New Yorker* magazine's June 12, 2006, issue. The magazine noted that participants "were told to write freely, without fear of official constraints or oversight." What follows are brief excerpts from three of those submissions.

From Cmdr. Edward Jewel, M.D., on the hospital ship *USNS COMFORT*:

"March 28. ... The doctors are all bored from under-utilization, but the surgeons seem particularly restless. There are so many of them and not enough cases to fill the time. ...

"March 29. The old Navy jargon 'belay my last,' meaning disregard my last statement, applies to my commentary from yesterday. We got creamed with fresh casualties last night, thirty new patients, both sides, all needing immediate and significant intervention. ...

"... Our patients are mostly Iraqis. Along with their combat wounds, they are dirty, undernourished, and dehydrated. ... As medical people we are trained to care for the sick; it is



National PTSD Awareness Day is June 27. The day encourages open discussion and education about the disorder, as well as about treatment options available for treatment for the millions of Americans who struggle with trauma symptoms. Photo by Greg Wilson, U.S. Army Sustainment Command.

difficult to stay mindful that these patients are the enemy and could fight back against us.”

From Army Sgt. Tina Beller to her parents from the Green Zone, Baghdad:

“I am just writing to let you know that physically I remain unharmed. Emotionally and mentally is a different story. ... I was the first responder to a building within our compound that was hit by a rocket. ...

“I made it back to my room after a long heaving cry and began to dress in my uniform. They found me in my room cleaning my weapon, yet I was shaking so bad I couldn’t assemble my bolt and charging handle together correctly. I realized I needed to chill before I was going to defend us anywhere. ...

“... The veterans I spoke to last night told me I will probably smell paint sometime in the future, and it will remind me of this day, this horrible

event. They also told me it wasn’t my fault, and I couldn’t have saved them since their injuries were far too great for my little hands. From what they had heard, I had done the right thing, the honorable thing.”

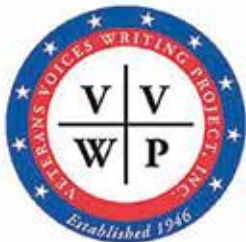
From the journal of Capt. Ed Hrivnak, serving with a medevac crew in Iraq:

“I told the nurse to toss me a syringe of morphine and I would take care of him myself. ... A battle buddy was holding his hand and talking softly to him. Their hands were locked like they were ready to arm-wrestle. I quickly pushed the morphine into his vein. ... His buddy stayed with him, talking to him, consoling him, until the pain medicine took effect and the soldier’s hand relaxed. These two were not in the same unit. ... They were brought together and bonded by their wounds. Their injuries made them part of a fraternity, a private brotherhood I felt privileged to witness.”

Devoted exclusively to the writings of military veterans for over 70 years

VETERANS' VOICES

[Home](#) | [About Us](#) | [American Heroes](#) | [Volunteers](#) | [Donation](#) | [Contact Us](#) | [Submission](#) | [Registration](#) | [Login](#)



The Mission of the Veterans Voices Writing Project is to enable military veterans to experience solace and satisfaction through our writing program. Our Vision is a world where people appreciate that writing can both heal and entertain.

[SUBSCRIBE - DONATE - GIVE](#)

"It can mean so much to a veteran when a story, poem or artwork is published in Veterans' Voices magazine, proving again that love (and writing) is still the best medicine," the Veterans Voices Writing Project website reads. Screen capture is from the Veterans Voice Writing Project website.

Much of what they describe is graphic and painful to read and has been edited out here, but it is clear that they are thinking deeply about how to process what they have seen and what has happened to them. When such narratives are published, their frankness can support veterans who may not be ready to talk about their own experiences, but can feel less alone through the generosity of strangers.

Incorporating Writing Into Therapy

Operation Homecoming was so successful that it was integrated into the creative arts therapy program at the Walter Reed National Military Medical Center in 2012. Writing has also been incorporated into several talk therapy treatment methods for PTSD, often as a means of revisiting a trauma experience with new coping skills or a fresh perspective. In one variation of trauma-focused cognitive behavioral therapy, the usual eight to 12 weekly sessions with the therapist are interspersed with educational reading and guided

writing assignments. The goal is to identify and alter the trauma-based beliefs that create anxiety and avoidance in daily life.

Each week's assignment is explained during time with the therapist, and asks very specific questions aimed at a particular step in the process of ameliorating the effects of trauma. The freedom to take all the time needed between sessions to really think about what the questions ask, to consider how to answer them, and then to write thoughtful answers at whatever length feels right lowers the pressure on the client's response. During the appointment times, the therapist reviews the work, discusses what it might mean and gauges symptom improvement. Far fewer expensive hours are spent in the company of the therapist, and those hours are structured by the process and informed by the client's work, which ensures the client is a safely guided, but active participant in his or her own healing.

It would take far more space than we have here to fully describe this approach. For Shipmates who



**More Perks.
More Savings.**
More of what makes you happy

Enjoy Savings On

Electronics - Appliances - Apparel - Cars - Fitness Memberships
Gift Cards - Groceries - Hotels - Movie Tickets - Rental Cars
Special Events - Theme Parks - And More!

Sign up at: fra.savings.workingadvantage.com



Sparkfly Perks is now Working Advantage
Use your phone camera or QR code scanning
app to access the site





Second lady Karen Pence pays a visit to the Fort Belvoir Community Hospital's Intrepid Spirit Center to meet with care providers and visit a family enrolled in the art therapy program March 7, 2018. Department of Defense photo by Reese Brown.

are interested in learning more about this kind of therapy, there is a study by Jennifer Wild and Anke Ehlers published in 2010 by the *European Journal of Psychotraumatology* that explains the reasons for its design and presents a long, fully described case study involving a fellow who perceived during an automobile accident that his back had been broken and his daughter and grandson had been killed, none of which had happened. Although this is not a military story, the relative simplicity of this situation made it an excellent choice for explaining the process and its effects on the client's recovery. A link to the study is listed in the Resources section following the article. The case study begins on the second page.

Thus, it seems that writing as a means of relieving PTSD symptoms is here to stay, whether as part of a larger therapeutic plan or as a stand-alone form of self-healing. What the ladies of Chicago knew by instinct in 1946, we are beginning to rediscover through science today. As the creative arts therapy partnership between the

National Endowment for the Arts, the DOD and the VA continues at Walter Reed and other clinical sites throughout the country, we will continue to grow our knowledge of just how mighty the pen — or the keyboard — can be. **FRA**

Resources

1. An online gallery of writing and art created by service members in the NEA's Creative Forces program: <https://www.creativeforcesnrc.arts.gov/exhibition/creative-forces-healing-the-invisible-wounds-of-war>.
2. Wild and Ehlers' Trauma-focused CBT case study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3189692/pdf/EJPT-1-5599.pdf>.
3. The 2006 *New Yorker* article featuring stories from Operation Homecoming: www.newyorker.com/magazine/2006/06/12/soldiers-stories

Book Reviews for the anthology created from Operation Homecoming submissions:

1. https://www.goodreads.com/book/show/24440.Operation_Homecoming
2. <https://www.amazon.com/Operation-Homecoming-Afghanistan-Troops-Families/product-reviews/1400065623>



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

Who needs money for college or trade school?

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

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

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

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



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

STATEMENT OF OWNERSHIP

*FRA*today is required to complete an annual Statement of Ownership (PS Form 3526) and submit it to the U.S. Postal Service.

We are also required to publish it within the pages of the magazine.



UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)

1. Publication Title: **FRA**today

2. Publication Number: 0 0 0 0 - 8 5 1 1

3. Filing Date: 09/14/2022

4. Issue Frequency: Monthly

5. Number of Issues Published Annually: 12

6. Annual Subscription Price: \$45.00

7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®):
FRA 125 N. West St., Alexandria, VA 22314

Contact Person: Bill Stevenson
Telephone (include area code): 703-683-1400 x126

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer):
FRA 125 N. West St., Alexandria, VA 22314

9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank):
Publisher (Name and complete mailing address): FRA 125 N. West St., Alexandria, VA 22314
Editor (Name and complete mailing address): William D. Stevenson 125 N. West St., Alexandria, VA 22314
Managing Editor (Name and complete mailing address):

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)
Full Name: FRA (Fleet Reserve Association) Complete Mailing Address: 125 N. West St., Alexandria, VA 22314

11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box None

12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one)
 Has Not Changed During Preceding 12 Months
 Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)

PS Form 3526, July 2014 (Page 1 of 4) (see instructions page 4) PSN: 7530-01-000-9931 PRIVACY NOTICE: See our privacy policy on www.usps.com

13. Publication Title: FRA today		14. Issue Date for Circulation Data Below: September 2022	
15. Extent and Nature of Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Net press run)		49,957	48,241
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	37,093	35,885
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	0	0
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	994	1,181
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g., First-Class Mail®)	694	881
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		38,780	37,947
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541	0	0
	(2) Free or Nominal Rate In-County Copies Included on PS Form 3541	0	0
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g., First-Class Mail)	13	13
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)	10,903	10,588
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		10,916	10,601
f. Total Distribution (Sum of 15c and 15e)		49,696	48,548
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		300	300
h. Total (Sum of 15f and g)		49,996	48,848
i. Percent Paid (15c divided by 15f times 100)		78%	78%

* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

PS Form 3526, July 2014 (Page 2 of 4)

UNITED STATES POSTAL SERVICE® (All Periodicals Publications Except Requester Publications)

16. Electronic Copy Circulation

	Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Paid Electronic Copies	0	0
b. Total Paid Print Copies (Line 15c) + Paid Electronic Copies (Line 16a)	38,780	37,947
c. Total Print Distribution (Line 15f) + Paid Electronic Copies (Line 16a)	49,696	48,548
d. Percent Paid (Both Print & Electronic Copies) (16b divided by 16c x 100)	78%	78%

I certify that 80% of all my distributed copies (electronic and print) are paid above a nominal price.

17. Publication of Statement of Ownership
 If the publication is a general publication, publication of this statement is required. Will be printed in the **October 2022** issue of this publication. Publication not required.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner
Signature: *William D. Stevenson* Date: 9/14/22
Editor-in-Chief

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

PS Form 3526, July 2014 (Page 3 of 4) PRIVACY NOTICE: See our privacy policy on www.usps.com

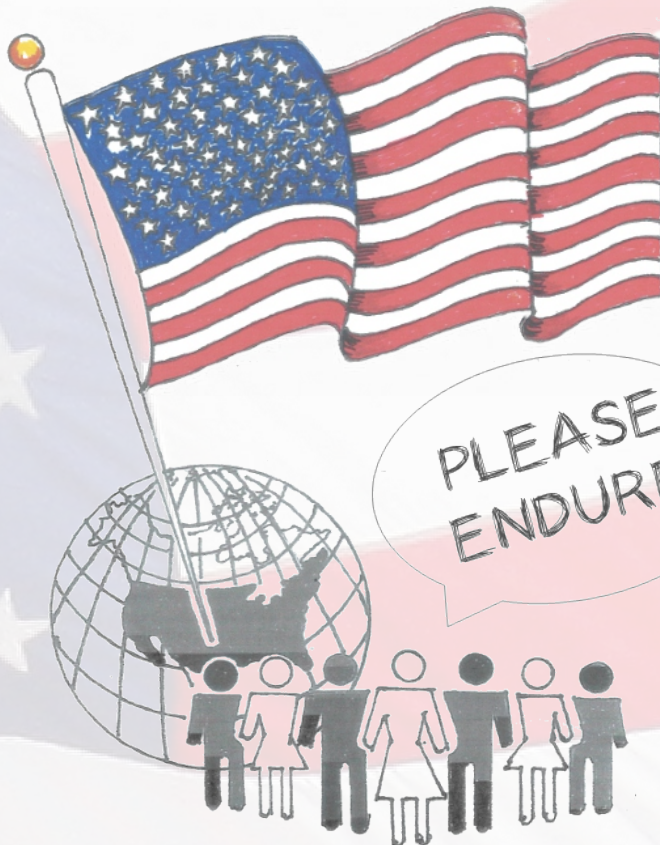


FLEET RESERVE ASSOCIATION

2022-2023

★★ *Americanism Essay Contest* ★★

“WHAT THE
UNITED STATES
FLAG
STANDS FOR”



ELIGIBILITY	Students, grades 7 through 12
DEADLINE	December 1, 2022
REQUIREMENTS	350 words or less about “What the United States Flag Stands For”
WEBSITE	www.fra.org/essay

For information about the contest, contact:

School Counselor: _____

FRA Essay Chairman: _____

FRA Branch: _____

Telephone: _____

GRAND PRIZE
\$1,500

18
National Awards
and
Regional / Local Prizes

1. BRANCH 251, MT. HOME, ARK.

On May 25, ATC Fred D. Stufflebeam (R) received his 50-Year Continuous Membership Certificate and Pin from Branch President David E. Butts (L). Stufflebeam's wife Ursula and a Shipmate participated.



2. BRANCH 57, SOUTH JERSEY, N.J.

Branch 57 installed their new officers on June 15 during their monthly meeting. The new officers are (L to R) Treasurer Spencer Link, Secretary Michael Filinuk, Vice President Donald Burkhard and President Mary Rauch; and the installing officer was Chester Hoffman.



3. BRANCH 261, LEMOORE, CALIF.

Shipmate Jackie L. Fielder (L) was presented with his 50-Year Continuous Membership Certificate and Pin. The presentation was conducted by Branch President Doug McCann (R).



4. BRANCH 13, ATLANTIC CITY, N.J.

On March 29, a donation of 12 walkie-talkies was given to Meadowview Nursing and Rehabilitation Center of Atlantic County, New Jersey. (L to R) Director of Nursing Stacie Bates, Branch President Kim Yoder-Notaro, Assistant Nursing Home Administrator Iris Baker and Branch Secretary PRPNE/NEng. Albert Davenport.



5. BRANCH 32, GRAVOIS MILLS, MO.

The branch officer installation and banquet was held at VFW Post 5178. (Front, L to R) Jerry Harvey and RPNC Maria Behm. (Back, L to R) David King, Clifford Dyer, Ronald Grapes, Mat Wood, Curtis Spickler, Bob Behm, James Paczkowski, Richard Musgrave, PRPNC Jerry Lickteig, LA FRA RPNC PNP Doris Fri.

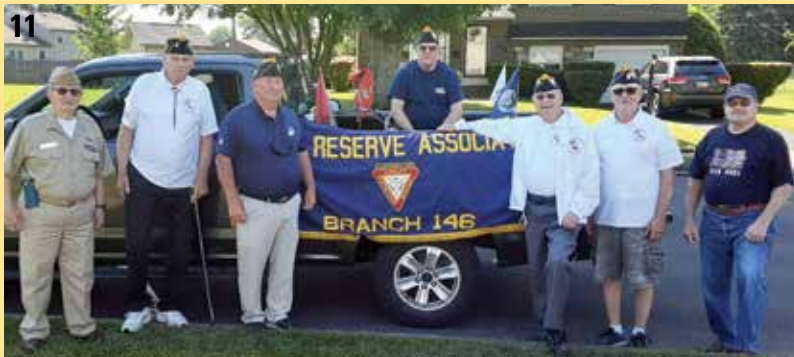


6. BRANCH 112, BIRMINGHAM, ALA.

On Saturday, June 26, Branch 112 along with Daniel Dunning of Humana presented seven of 14 students with their essay contest certificates and monetary awards. The winning students (L to R) Seth Walker, Abby McCracken, Mariah Mason, Saraya Henderson, Gabrielle Grady, Andrew Monson and Alexander Monson.



Submit a photo by email as a high-quality attachment in jpeg format to FRAtoday@fra.org. Please include a brief description and include the names of those pictured.





7. BRANCH 29, BREMERTON, WASH.

A Flag Retirement Ceremony was held on Flag Day, June 14. (L to R) Past Branch President Kenny Barrett, Branch Vice President Gary Reed, Branch President Rick St. Denis, Kenny Nail, Bob Choate and Larry Daley. It is important for people to know that these flags are being properly retired.

8. BRANCH 302, CARSON, CALIF.

Branch officers were installed on June 12. Branch President Ed Labao, Installing Officer RPSW Roger Bacud and PRPSW John Quesnel were present. Mayor of Carson Lula Davis-Holmes and California State Assembly member Mike Gipson also attended as special guests.



9. BRANCH 261, LEMOORE, CALIF.

Branch President Doug McCann (L) visited the home of Shipmate Charles R. Pressley (R) and presented him with his 50-Year Continuous Membership Certificate and Pin.

10. BRANCH 104, PUYALLUP, WASH.

Branch members gathered to recognize the branch's 75th anniversary. (Seated, L to R) Tom Schriver, then Branch President PNP John Johnson and Branch Secretary and Treasurer Rex Faubion. (Back row, L to R) Con Felthouse, Mike Batnick, Jim McInerney, Russell Peters, Jim Wallace, Alvie Robbins, Ernie LaChapelle and Jim Jones.



11. BRANCH 146, JOHNSVILLE, PA.

Branch 146 joined the 2022 Warminster, Pennsylvania Memorial Day parade with two decorated pickup trucks. (L to R) Branch President Bob Opett, Dave Mullins, Guy Hurrell, Carroll Hamilton, Dick Murphy, Tom Svenningsen and Rod Zimmerman.

12. BRANCH 38, SPOKANE, WASH.

Shipmate Richard Peterschick (L) received his 50-Years Continuous Membership Certificate and Pin during the monthly branch meeting. The presentation was made by RPNW Michelle Davis (center) and Branch President Robert Bean (R).



13. BRANCH 238, PLOVER, WISC.

Central Wisconsin Branch 238 attended the Fourth of July parade held in Manawa, Wisconsin. There were more than 90 participants in the parade. (L to R) Larry Field, Branch Secretary Mark Melton, Branch President Allen Langteau and Joyce Elter.

In Memoriam

Name	Rating	Branch	Name	Rating	Branch	Name	Rating	Branch
Aarlie, Herb	USN	61	Biggs, Robert F.	ADC, USN	24	Dowdy, Victor L.	GMTC, USN	290
Aldridge, James D.	AME1, USN	MAL	Bowen, Don A.	YN1, USN	11	Eaton, Glenman B.	HMCM, USN	22
Allender, Edwin L.	CWO3, USN	MAL	Broussard, Joseph R.	SN, USN	201	Ekleberry, William J.	BTCMUSN	298
Allison, Norman R.	CWO2, USN	276	Brower, John M.	ATC, USN	MAL	Ellingson, Charles R.	HMC, USN	MAL
Amburn, Gerald G.	SH1, USN	MAL	Brown, Randy L.	MR2, USN	01	Emerson, Kenneth E.	CPO, USN	91
Baptista, John	SKG2, USN	08	Burnett, Thomas R.	CWO4, USN	367	Farrar, Samuel F.	CS3, USNR	61
Barlow, Phillip S.	BT1, USN	MAL	Calloway, Elliott W.	YNCS, USN	MAL	Hacker, Patrick	TMCM, USN	60
Bateman, Carlisle A.	QMC, USN	MAL	Connelly, Leon	RM1, USN	MAL	Harsha, Thomas G.	BUC, USN	MAL
Bennett, Robert J.	MMCM, USN	70	Cram, David H.	ADR1, USN	MAL	Huerstel, Gerald J.	ADRC, USN	MAL
Benson, Harvey G.	MMCM, USN	MAL	Daniels, Paul R.	CTC, USN	309			

Rapid Pain Relief – GUARANTEED!

BUY 2 GET 1 FREE
Limited Time Only!



AS LOW AS
\$13.33 EACH

- ✓ 4 active ingredients such as colocythis to relieve burning pains & tingling sensations
- ✓ Non-greasy formula can be used safely up to four times a day
- ✓ Mild scent disappears after application



*Not intended to cure sciatica.

MAGNILIFE®

Dept. FR1, 300 State St., Ste. 92039
Southlake, TX 76092

Order Now!



Name: _____ Phone: _____
Address: _____ City, State, Zip: _____
Email: _____

PAYMENT METHOD

Check/Money Order enclosed payable to: *MagniLife*

Charge my credit card



Acct. #: _____
Exp. Date: _____ CVV #: _____ Signature: _____

Leg & Back Pain Relief Cream

<input type="checkbox"/> Buy 2 Get 1 FREE - (Equals \$13.33 per unit)	\$59.97 \$39.98
<input type="checkbox"/> Single unit - \$19.99 per unit	\$19.99

Shipping & Handling **+\$5.95**

TOTAL

Sciatica Pain?

Are radiating pains down the back of your leg, or pain in your lower back or buttocks making it uncomfortable to sit, walk or sleep? Now, you can...

Ease burning, tingling and shooting & stabbing pains naturally with the MagniLife Leg & Back Relief Cream.

1-800-643-5492 / MagniLife.com

AVAILABLE IN THE PAIN RELIEF SECTION



In Memoriam

Hurdle, Robert T.	AMS1, USN	86	Sadler, Kenneth R.	AMH1, USN	210
PNP, Johnson, Marvin W.			Sera, Michael H.	USN	04
	AEC(AC), USN	104	Shehane, Robert T.	RMC, USN	MAL
Kirby, Daniel P.	AOC, USN	101	Sisti, Frank A.	SKC, USN	MAL
Koenig, Frederick R.	ICC(SS), USN	269	Smith, Paul R.	CTR1, USN	292
Mangel, Edward L.	CWO4, USN	70	Sneed, Chester S.	TMC(SS), USN	MAL
Martin, Billy D.	SHCS, USN	MAL	Spears, Herschell R.	PNC, USN	11
Maynard, Mark J.	LT, USN	MAL	Stanley, David B.	AMCS, USN	289
McAnany, William E.	HMC, USN	MAL	Sterrett, Arthur M.	AOC, USN	22
McCoy, Henry N.	POC, USN	01	Stratton, Donald	MUCM, USN	67
McGinty, Raymond T.	AT1, USN	307	Suitor, Billy R.	ET1, USN	11
McKaig, Jesse F.	SHCM, USN	301	Thomas, Abraham	SD2, USN	37
McNamee, Edward J.	GMCS, USN	207	Toothman, Francis J.	ADRC, USN	22
Meyer, Omar L.	RM1(SS), USN	44	Torres, Fernando M.	CPO, USN	86
Moore, John E.	FCCM, USN	367	Urquijo, Mike M.	HTC, USN	163
Moore, Robert	LTC, USN	24	Weber, Ron	RDC, USCG	14
Morton, George H.	MA1, USN	MAL	Williams, Charles R.	USMC	44
Murtomaki, Charles	CWO4, USN	61	Wofford, Earl J.	BM1, USN	11
Nastali, Robert J.	ADRC, USN	MAL	Woods, Arthur W.	ADJC, USN	70
Nowak, John P.	SK1, USN	23			
Nowalski, Alexander M.	ETC, USN	MAL			
Phillips, Robert H.	DK2, USN	MAL			
Ricardo, Deodarto R.	BMCM, USN	60			
Roy, Gene P.	ATCS, USN	11			
Rutledge, William F.	MM1, USN	01			



Names in **red** indicate 50-year continuous members. Any names in **bold** indicate past national officers. To report a Shipmate death, email: mserfra@fra.org or call 703-683-1400, ext. 1.

VETCOM
VETERANS COMMEMORATIVES™
Proudly Honoring United States Military Veterans Since 1987

HIGHLY PERSONALIZED JEWELRY

EXCLUSIVE

APPAREL WITH HONOR PATCHES

VIETNAM MEMORIAL SCULPTURE & KNIFE

ORDER ONLINE 24/7
WWW.VETCOM.COM
OR CALL OUR ORDER CENTER
1-800-255-3048
9AM to 5PM EST
Satisfaction Guaranteed or Return your purchase
Within Ten Days for replacement or Refund.
©2022 ICM



Our mission is **-serving military families.** And that means **hiring them, too.**

Founded by a group of Army officers in 1922, USAA lives by our legacy of serving those who serve — from the competitive products we deliver to the talented and diverse veterans and military spouses we hire.

That's why we're committed to offering veterans and military spouses a first look from our recruiters, and why we offer programs to help them successfully transition into civilian careers.

Discover career opportunities today at usaajobs.com



CELEBRATING 100 YEARS
OF SERVICE



Photo courtesy of DVIDS.

REUNIONS

USS CONNOLE (DE/FF-1056)

10/4/2022 - 10/9/2022

Newport, R.I.

Contact: Dave Neimeyer

Telephone: 484-378-2725

Email: dave@deimeyer.org

USS DAMATO (DD-871)

10/4/2022 - 10/7/2022

St. Louis, Mo.

Contact: Stew Baldwin

Telephone: 419-654-0248

Email: sbaldwin@metalink.net

USS DAVIDSON (DE/FF-1045)

10/19/2022 - 10/23/2022

San Antonio, Texas

Contact: Mike Peck

Telephone: 952-380-7616

Email: davidson1045@msn.com

LOOKING FOR

I am looking for shipmates SH1 William Lare and YN1 Tony Kindred who were onboard *USS DUBUQUE* (LPD-8) from 1989 to 1992. Please contact James Maroney GM1 USN (Ret.). You can contact me either by phone or email. Thanks, James Maroney: 360-471-6882, jamesmaroney04@gmail.com

A list of reunions is available online at: www.fra.org/ Reunions. Looking For/Reunions must be submitted online, via email to reunions@fra.org, or in writing to FRA Looking For/Reunions at 125 N. West St., Alexandria, VA 22314.

SHIP AND AIRCRAFT PHOTOS FOR SALE

Thousands of photos available pre-WWII to present.

Color: 8" x 10" - \$25.00 11" x 14" - \$40.00

Color Mode (made from B&W) Same Price As Color

(863) 712-1401

Inquire about our Wooden Mounted "Plakits"

Send payment with order.... Check or Money Order. Credit card orders accepted.

ELSILRAC ENTERPRISES

PO Box 7109

Winter Haven, Florida 33883



Shipping & Handling included in price.



Get Your FRA Challenge Coins for \$15.00



There are 2 versions, the Fleet Reserve Association and the Ladies Auxiliary of the FRA version

FRA Branch 192

Silver Dollar Branch

4130 Raven Dr
Fallon, NV 89406
www.frabranch192.com
frabranch192@yahoo.com



FRA Branch 159

Space City Branch & Unit
2800 E. Broadway
Suite C137
Pearland, TX 77581

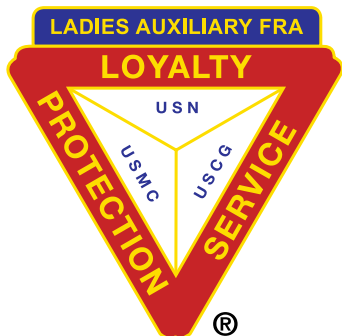
Order Medals for your next Awards Ceremony **\$19.00 each**



Specify Ribbon Colors: Blue & Gold/Red & Gold/White & Gold

brucetalbotfra@outlook.com • (281) 489-9322

LA FRA MEMBERSHIP APPLICATION



ABOUT OUR ORGANIZATION: Founded in 1930, the LA FRA is a federally chartered organization. LA FRA Units are located throughout the United States and the Philippines. Eligible persons may also become Members-at-Large (MAL) who do not have access to, nor desire to join a Unit. The LA FRA has a proud standing tradition and heritage that supports this great nation and recognizes the sacrifices, past and present, of those who kept us strong and free.

WHAT WE DO: The LA FRA plays an active role in our communities. Local units sponsor youth programs, welfare projects, social and patriotic activities to benefit the communities at large, veteran programs and the active duty community. The organization provides annual scholarships to outstanding students each year.

WHO CAN JOIN? All applicants must be at least sixteen (16) years of age. Membership in the Ladies Auxiliary of the Fleet Reserve Association is limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of members of the Fleet Reserve Association and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of persons who were members at the time of death or eligible to be members of the Fleet Reserve Association at the time of death.

HOW CAN I JOIN? Members fall into two categories. Members who belong to an LA FRA Unit or Members who do not but join as "Members-at-Large."


Join the Ladies Auxiliary of the FRA (DBA Auxiliary of the FRA)

Name in Full: _____
(First) (Middle) (Last)

Address: _____
(Street) (City) (State) (Zip + 4)

Telephone: _____ Date of Birth: _____

Email: _____

 **The following service member information validates this application:**

(Serviceman's Full Name) (Rate/Rank) (USN/ USMC/ USCG)

Certify that the information is true and accurate and that my sponsor is a member of FRA Branch _____ or is MAL

Certify that the information is true and accurate and that my sponsor was eligible for membership at the time of death.

Unit Preference _____ Applicant's Signature _____ Date _____

Recruiter _____ Member # _____ Unit/Branch # _____

Verified by _____ Title _____ Unit/Branch _____ Date _____

 I am the:

	Wife		Mother
	Sister		Father
	Daughter		Widow
	Stepdaughter		Widower
	Husband		Granddaughter
	Brother		Grandson
	Son		Grandmother
	Stepson		Grandfather

Annual Membership Dues:	
	\$25.00 for 1 Year
	\$50.00 for 2 Year
	\$75.00 for 3 Years
	\$100.00 for 4 Years
	\$125.00 for 5 Years

Make all checks or money orders payable to LA FRA.
 Along with signed application and payment, mail to:
 National Financial Secretary
 PO Box 3037, Carson City, NV 89702

A Message from the North Central Regional President



Doris Fri
North Central
Regional President

It is once again, my pleasure to serve the North Central Region, as the regional president. Even the title PNP does not take away the pride of being RPNC. This is my eighth time since 1983, and I am here to serve for the benefit of the LA FRA, the FRA, our members and their families.

The North Central Region of the LA FRA is at an all-time low. Not only in membership, but also in active units. Currently, we only have three units but are organizing a fourth. This is saddening when I compare the number of units to the more than 19 branches in the region.

I would like to challenge Shipmates and auxiliary members to sign up their family members and at least help our membership grow.

I would like to mention two Shipmates of Branch 161 who have done a phenomenal recruiting auxiliary members over the past couple of years. A big THANK YOU to PRPNC Jerry Lickteig and PRPNC Norm Combs. These Shipmates are amazing. They carry LA FRA applications with them, along with FRA applications, and will stop and talk to strangers in public places. They tell them about the FRA and LA FRA. I experienced this firsthand while traveling with them and with Ernestene Combs. We went from Spokane Valley, Washington, to the Kansas City, Missouri, area.

A Very Active Few

The auxiliary members of the North Central Region may be few, but they are actively assisting the veterans, elderly people, homeless individuals and children in their communities. It is hard to get them to brag about themselves so I will do it for them. They bake cakes for the veterans who are in the nursing care unit during the bingo games our Shipmates play

there. They donate food items to local food pantries, wrap hundreds of Christmas gifts at Christmastime and attend Christmas parties at local children's homes.

They are busy volunteering at local hospitals, making items for patients, collecting aluminum cans and pop tabs for charity, and playing piano at a nursing home each month.

The units also sponsor the Special Olympics, scouting and more.

We have auxiliary members in the region who are representatives and deputies for the VA Center for Development and Civic Engagement, formerly VAVS. Members also

distribute hygiene kits to homeless individuals that contain a toothbrush, toothpaste, soap, a washcloth and deodorant. They donate clothing and other appropriate items to the tiny homes community in their areas.

The 2022 North Central Regional Convention was a success. We took care of the business of the region and elected new regional officers for the 2022-2023 term. Donna Lickteig and Barbara White, both of Unit 61, were elected regional president and vice president, respectively. The members also found time to have lots of fun!

I look forward to attending the FRA and LA FRA National Conventions in Birmingham, Alabama, this month. I shall be taking care of business, seeing old friends, making new friends and having lots of fun!

FRA

I remain yours, in Loyalty, Protection and Service.

PNP Doris Fri, RPNC

Doris is the North Central regional president of the LA FRA.

"I look forward to attending the FRA and LA FRA National Conventions, in Birmingham, Alabama, this month"

MEMBERSHIP APPLICATION



Membership is open to all current and former enlisted sea service (USN, USMC, USCG) personnel.

Member benefits include:

- A legislative team fighting for your pay and benefits on Capitol Hill
- Use of the Action Center at www.fra.org to share your opinions directly with Congress
- Eligibility for you and your family to apply for the FRA education scholarships
- Access to expert staff to answer your legislative questions
- Representation on disability or other VA claims
- Discounts on products and services
- Camaraderie with other service members

Your dues include a subscription to the association's monthly magazine. *FRAtoday* is your most reliable source of association information. Topics covered are: military pay, health care, and benefits. Some great association information and items of interest to you and your family are included.

In addition to receiving the print version of the magazine, please include your email to receive *NewsBytes*, the weekly email newsletter update of current legislative and association activities.

I certify I meet the FRA eligibility requirements of being a current or former enlisted member of the Navy, Marine Corps or Coast Guard.
Service: USN USMC USCG Status: Active Reserve Retired Veteran

NAME	EMAIL ADDRESS
RATE / RANK	TELEPHONE / MOBILE TELEPHONE
STREET ADDRESS	DATE OF BIRTH (MM/DD/YY) SSN (optional)
SUITE / SPACE / LOT	SPOUSE'S NAME
CITY	<input type="checkbox"/> Branch # _____ <input type="checkbox"/> Closest Branch <input type="checkbox"/> Member-at-Large
STATE ZIP CODE	Are you a previous FRA member? <input type="checkbox"/> No <input type="checkbox"/> Yes, previous member # _____

MEMBERSHIP OPTIONS

All memberships includes a subscription to *FRAtoday* magazine, a \$40 value.

- 1 Year / \$40.00
- 2 Years / \$64.00 SPECIAL OFFER FIRST TIME MEMBERS!**
- 2 Years / \$75.00 (for renewing or reinstating FRA members)
- 5 Years / \$180.00
- Life Member (see table for price)

PAYMENT OPTIONS

Join online at: www.FRA.org/JOIN

- Master Card Visa Discover
- American Express Check-enclosed

CREDIT CARD NO. EXP. DATE

SIGNATURE DATE

SPONSORED BY

NAME

MEMBER NO. BRANCH NO.

Mail completed form to: Fleet Reserve Association • 125 N. West St. • Alexandria, VA 22314

LIFE MEMBERSHIP RATES	
Active Duty	\$400
Age 40 & younger	\$450
Ages 41 to 50.....	\$425
Ages 51 to 60.....	\$390
Ages 61 to 70	\$340
Ages 71 to 80.....	\$260
Ages 81 to 99.....	\$200
Ages 100 and older..	FREE

Why Do You Need a Health Care Directive?



Carl M. Trevisan, CFP®



Stephen M. Bearce

A health care directive is a legal document that lets you express your health care preferences and, if you wish, designate someone who will have the authority to make care decisions for you if you cannot make them yourself. Some may think this is needed only near the end of life, but that's not its only use. It can also prove useful:

- Any time you become severely ill or incapacitated — even if for just a short time period.
- If you are a young adult who is over 18 and heading to college.

Health care directives generally do three things:

- One part, often referred to as a living will, lets you express your preferences about end-of-life care if you become unable to make decisions yourself.
- A power of attorney for health care, also known as a durable POA for health care or health care proxy, lets you designate a trusted person to make decisions for you when you are unable to communicate or make them yourself.
- A privacy authorization under the Health Insurance Portability and Accountability Act or HIPAA, makes it possible for health care providers to share private medical information with the agent you designate.

Short-Term Incapacitation

While the coronavirus is top of mind right now, other serious illnesses or limiting medical conditions could create incapacitation. Examples include surgery that will require a longer-than-usual recovery period, cancer treatments, side effects from specific medications, and mental health issues.

During such times, it may give you peace of mind to have someone you trust who will be able to communicate with medical professionals,



Photo from Depositphotos.

share that information with you later and even make decisions for you if necessary.

The potential benefits of having a health care directive include:

- Helping to ensure that doctors communicate important medical information to your agent, who can keep other family members or caregivers informed.
- Allowing an authorized person to communicate with insurance companies, billing departments and pharmacies, and to schedule appointments on your behalf.

This documentation can be especially important for unmarried individuals.

Designating someone in advance is important — not just for you, but also for children, parents, partners, friends, or others who care about you who might otherwise be left powerless to help.

Health Care Directive for an Adult Child

If your child is age 18 or older, you may want to make sure he or she executes a health care directive and names an agent, either you or a trusted friend or relation, who can make decisions.

This is important to ensure that you, if named

as agent, retain the ability to talk with doctors and hospitals and make health care decisions if your child is unable to communicate or incapable of making decisions on their own. It's a scenario a parent never wants to consider, but you will be thankful for this document if you ever need it.

You may also want to consider the need for you to communicate with your child's doctors, hospitals, pharmacies and insurance companies. HIPAA prevents medical care providers and insurance companies from releasing information about a person's medical records or current condition unless authorization has been given. In many families, young adults understand why it's beneficial to ensure that parents can help in the event of a serious illness or medical emergency.

Protecting Yourself Just Makes Sense

Creating a health care directive can be part of a wider

conversation about estate planning strategies. You will want to consult trusted professionals, including your financial adviser, estate planning attorney, and accountant. They know which questions to ask and can help you avoid potential pitfalls. **FRA**

Wells Fargo Advisors does not provide legal or tax advice. Any estate plan should be reviewed by an attorney who specializes in estate planning and is licensed to practice law in your state.

This article was written by/for Wells Fargo Advisors and provided courtesy of Carl M. Trevisan, Managing Director-Investments and Stephen M. Bearce, First Vice President- Investments in Alexandria, VA at 800-247-8602.

Investment and Insurance Products are:

- Not Insured by the FDIC or Any Federal Government Agency
- Not a Deposit or Other Obligation of, or Guaranteed by, the Bank or Any Bank Affiliate
- Subject to Investment Risks, Including Possible Loss of the Principal Amount Invested

Wells Fargo Advisors is a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company.

©2019 Wells Fargo Clearing Services, LLC. All rights reserved.

Finally, an emergency alert that works **anywhere!**



Why should you be satisfied with an emergency alert that only works at home? You deserve to be protected everywhere with 'Latitude Mobile Alert'.

The 'Latitude Mobile Alert', **with auto fall detection**, provides safety and independence no matter where you are located when you need urgent help.

Our Smart Talk feature guides you through your personal emergency by voice announcements from the alarm.

The alarm is programmable to call and text 6 contacts and emergency services when urgent help is needed.

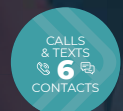
'Latitude Mobile Alert' has **no monthly monitoring fees** and is available and **paid for by VA for veterans**.

Using 4G LTE cellular networks, it works when you're at home and on the go, doing what you love.



For more details call: 1-866-205-4872
golatitude.com/veterans

Available and paid for by VA for veterans



GSA Contract Holder
 Contract: 47Q5WA20D0006
 Contractor Part number: LMA EV-04C

NORTH AMERICA'S

#1 Selling Walk-In Tub

SPECIAL OFFER

Featuring our Free Shower Package

Now you can finally have all of the soothing benefits of a relaxing warm bath, or enjoy a convenient refreshing shower while seated or standing with Safe Step Walk-In Tub's **FREE Shower Package!**

- ✓ First walk-in tub available with a customizable shower
- ✓ Fixed rainfall shower head is adjustable for your height and pivots to offer a seated shower option
- ✓ High-quality tub complete with a comprehensive lifetime warranty on the entire tub
- ✓ Top-of-the-line installation and service, all included at one low, affordable price

Now you can have the best of both worlds—there isn't a better, more affordable walk-in tub!



CSLB 1082165 NSCB 0082999 0083445

**BUY NOW, PAY LATER!
NO PAYMENTS
FOR 18 MONTHS!***

PLUS A
Free Shower Package

FOR A LIMITED TIME ONLY
Call Toll-Free 1-800-654-3017

**SAFE STEP
WALK-IN TUB**
www.BuySafeStep.com

Call Today for Your Free Shower Package

1-800-654-3017

FINANCING
AVAILABLE
WITH APPROVED
CREDIT



*Subject to credit approval, with the purchase of a new Safe Step Walk-In Tub or Shower. Not applicable with any previous walk-in tub or shower purchase. Interest is billed during the promotional period but all interest is waived if the purchase amount is paid before the expiration of the promotional period. There is no minimum monthly payment required during the promotional period. Safe Step Walk-In Tub is neither a broker nor a lender. Financing is provided through third-party lenders unaffiliated with Safe Step Walk-In Tub, LLC under terms and conditions arranged directly between the customer and such lender. All subject to credit requirements and satisfactory completion of finance documents. Any finance terms advertised are estimates only. Offer available in select markets, not available in Canada. Participating dealers only. Other restrictions may apply.

Postmaster: Send address changes to:
Member services
FRA
125 N. West Street
Alexandria, VA 22314-2754



SENIOR LIVING:

7.5% OFF
monthly fee/
basic service rate*

IN-HOME SERVICES:

10% OFF
service rate**

SHORT-TERM STAY:

% DISCOUNTED
RATES VARY
BY COMMUNITY***

Care for those who served

If you are a member of the Fleet Reserve Association through the Navy, Marines or Coast Guard, you and qualifying family members may be eligible for exclusive senior living discounts that can help you and your family get the care or services you deserve.

► For more information, call **(844) 585-5502** or visit **brookdale.com/fra**.

Applicable to all discounts: Residents under a Life Care Agreement are not eligible for the discounts. These discounts do not apply to any room, board or services which are paid for all or in part by any state or federally funded program. Discounts are available to FRA members and their family members, including spouse, adult children, siblings, parents, grandparents, and corresponding in-law or step adult children, siblings, parents, and grandparents through current spouse. Subject to availability. Further restrictions may apply.

*Discount is only applicable to new residents of a Brookdale independent living, assisted living, or memory care community admitting under an executed residency agreement. Discount applies only to the monthly fee/basic service rate, excluding care costs and other fees and is calculated based on the initial monthly fee/basic service rate.

**Discount is only applicable to new clients of personal assistance services by a Brookdale agency under an executed service agreement.

***Discount is only applicable to new residents of a Brookdale assisted living or memory care community admitting under an executed respite agreement. Discount applies to the daily rate.

711001 FF

©2022 Brookdale Senior Living Inc. All rights reserved. BROOKDALE SENIOR LIVING is a registered trademark of Brookdale Senior Living Inc.

brookdale.com

BROOKDALE
SENIOR LIVING