



Scuttlebutt

Branch/Unit 269 Goose Creek, South Carolina
843.569.2692



You can read all newsletters at [269 Branch/Unit 269 Newsletters](#)

Fleet Reserve National: [FRA National Home \[https://www.fra.org\]](https://www.fra.org)

Auxiliary National: [Ladies Auxiliary of the Fleet Reserve Association \[https://la-fra.org\]](https://la-fra.org)

Southeast Region: [frasoutheastregion.org \[https://frasoutheastregion.org\]](https://frasoutheastregion.org)

Branch 269 website: [FRA Low Country Branch & Unit 269 \[www.fra269gc.org\]](http://www.fra269gc.org)

FRA Branch and Unit 269 | Facebook [\[https://www.facebook.com/groups/FRABRANCH269/\]](https://www.facebook.com/groups/FRABRANCH269/)

MEAL HOURS FOR THE HOME: Lunch Hours Mon-Fri 1100-1330. Dinner Hours Mon-Fri 1700-2000

BUY A BRICK \$100.00 each

Be part of the history of the
FRA, LOW COUNTRY HOME

Contact Larry Pepper **843.569.2692**

Buy a Brick for the Wall form for a brick

John Doe
USN
1975-1995

In Memory of
John Doe
USMC 1942-1949

Jane Doe
Navy Wife
The Hardest Job



Branch President's Corner

Not much to report this month. We enjoyed a very well attended, highly successful 250th Birthday/Independence Day celebration. The low country boil was outstanding. Thanks to our low country cooks and servers Barry, Ryan, Nate, Keith, Johnny, Wayne and Ray. Also thanks to Fred for the dessert prizes and to Sue and our wonderful hard-working ladies for all you do.

The next event will be a indoor picnic here at the home Labor Day 7 Sep. I would like to see more participation at our monthly meetings.

There are several committee positions available.

Yours in Loyalty, Protection and Service

Ken Hutchison

Tidbits from the Unit President:

I hope that all of you are enjoying the summer months and trying to stay cool.

WOW I hope you did not miss our **4th of July event**. Food was great, decorations were fabulous. Special thanks to the cooks who prepared everything. And everyone who helped with the donations, raffles, and desserts to make it successful.

Let us begin with a start on helping our schools and children with supplies to help in their daily work. Notebooks, #2 pencils, loose leaf paper, pens, Crayola/crayons, lunch boxes, and other items. A box will be set up on the bar side for school donations.

The food collection project for the VA Clinic will be discontinued for now. Thank you for your assistance with this project.

We had an installation of one of our members, *Nellie Kirtley*, *congratulations*.

Our Regional Convention is coming up on July 27-31 in Warner Robins, Georgia. It is an enjoyable time to bond with other Auxiliary and Shipmates.

The Unit will be visiting the Veterans Victory House on Monday August 10, 2026, at 1:30pm. The facility has a capacity of 194 residents right

now. Thanks to each of you who have donated items for this visit. Unit members attending please wear your auxiliary shirts and hats if you can.

The next Unit Luncheon will be on Tuesday, August 18 at 11:30, at Olive Garden on Rivers Ave. Please contact Debbie Breeze (843-343-5489) so proper seating can be available. Remember all Shipmates and Members can attend.

August Unit meeting will be on Tuesday, August 18th at 5:30, at the Fleet.

As I close, I want to send my thoughts and prayers to our members and their families who are facing health challenges or mourning the loss of a loved one. To those celebrating birthdays, anniversaries, or any special occasions this month. May the summer months bring you memorable events.



In Loyalty, Protection & Service
Pat Suckow, NFS/PNP
Unit 269 President
Auxiliary of the FRA
psuckow106@gmail.com
Cell (843) 452-4719

Your challenging work and success will clear a path for those who follow you.

Branch Treasurer's Report May 28 — June 27, 2026

General Checking	\$ 3,131.15
Savings	\$ 5,202.89
Convention Checking	\$ 0.00
Certificate of Deposit	\$12,599.76
TOTAL	\$20,943.80

BRANCH MEMBERSHIP/RETENTION

Membership and Retention: Ken Wallace

Total active members: 703

Transfer Out [10]: Gary Dobson, Robert Grable, Stephen Greenwood, Randy Haas, Ronald Kozlowski, Edward Lomongo, Pete Martellini, William Roper, John Sabo, Leon Steele

Term/DEC [13]: John Aguilera Jr., Darryl Barrickman, Richard Davies, James Evans, Ernest Holt, Robert Koscianski, William Martin II, Donald Moseng, Stephen Nogle, Savannah Sellers, James Spence, Jerry Stout, Ernest Sweat Jr.

New Join/Reinstated [10]:

June- John Ingram, Kelly Price, Shep Rogers Jr.

July- Kenneth Brennehan, Jeffery Burke, Ron

Cochran, Angela Culbreath, Robert Cureton, Dwayne Hersh, Beau Hodge, Charles Hollowood, Lamar Scott, Brian Scovell

Past Due [15]: David Chapman, Roger Fincher, Jericho Garcia, Earl Ham, James Harrison, Daniel Johnson, John Murphy, Daron Myers, Gerald Ott, John Pontieri, Linsey Rogers, Thomas Scott, Cecil Skipworth, Michael Sparks, Jack Wrbanich

Ready to Renew [27]: Ludwig Burkle, Harold Clayton, Rick Collins, James Crump, William Dunsing, Mark Erwin, Charles Ethridge, Craig Farr, Rogelio Fulgencio, Peter Garrison, David Harvey, Harold Herrington, Sherman Hostetter, Robert Ingebretson, Jeri Larson, Charles Lewis, Orlando Maningding, Raymond McKinley III, Mitchell Nappier, Dean Nimocks, Sheri Ragan, Cubit Robinson, Bob Segal, Ryan Stevenson, Craig Wold, Robert Zauner

UNIT MEMBERSHIP/RETENTION

- Active Members: 203
 - 30 days past due [1]: Joseph Tascher
 - 60 days past due: [0]: None
 - 90 days past due [2]: Linda Harris; Charlotte Johnson
 - * Reinstated: 1 * New: 7
 - * Non-payment: 4 * Deceased: 1
-

BRANCH CHAPLAIN

Hospital/Welfare/Rehabilitation:

- **Two Bell** was conducted for: DK1 Thomas N. Irvine, STCM Carroll E. Watson, STCM John P. Aguilera Jr., CWO-04 Jerry King Stout, WTCS James Henry Spence, FTCS William F. Martin II, AVCM Ernest J. Holt, EN3 John William Hoyt.
- **Fred Bolz was in** Trident Hospital with breathing problems. He went home today [Thursday].
- **Bob 'Beetle' Bailey** is in Trident rehab due to leg nerve damage, expects to go home on Friday.
- **Pete Garrison** is having an angioplasty on July 22 which might require a stent.
- **Rick Wise** had a bronchoscopy on Tuesday.

Shipmates or Unit members please contact:

**Branch Chaplain S/M Bobbi Sutton @
843.514.2823 or 843.879.9473
Unit Chaplain Theresa Milligan @
843-535-2757**

(Home Minutes at the end of the newsletter)

Home Committee Report

Cash Audit as of **11 July 2026** is:

Checking Account balance	\$ 9,459.05
Savings account	\$ 50,500.37
Credit Card account available	\$ 5,911.91
Pending Check/Cash for deposit	\$ 923.75
Registers/Cash Funds	\$ 11,500.00

Total funds \$78,295.08

Net Profit (Loss): June (\$7,216.21)

YTD (\$10,816.49)

Building and Grounds/Special Events/and

Manager's Report: (full report in minutes)

- The home had a successful Independence Day Celebration
- The next event will be Labor Day.
- A suggestion was made to advertise FRA upcoming events to other military organizations

Upcoming Events:

- Aug 17 - Next Home meeting at 1800
 - Sept 7 - Labor Day Indoor Picnic
-

Americanism/Patriotism - PNC Laurie Bailey

Dates in History July/August:

4 August - U.S. Coast Guard Birthday [1790]

4 August - Vietnam Conflict Began [1964]

7 August - Purple Heart Day

14 August - National Navajo Code Talkers Day

14 August - VJ Day (Japanese Surrender) [1945]

Newsbytes: The Fleet Reserve Bulletin

The Newsbytes are sent to all FRA members from National via email. Here is a direct **LINK**

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Newsbytes July 3, 2026

- ◇ Anti-Squatter Bill Introduced
- ◇ VA Simplifies Appraisal Rules
- ◇ Burial and COLA Push
- ◇ VP Vance Headlines Naval Review
- ◇ From Protest To Service

Newsbytes July 10, 2026

- ◇ Only 37% Would Recommend Service
- ◇ Subcommittee Tackles Burial Barriers
- ◇ Claims Backlog Below 70K
- ◇ 200,000 Veterans Join VA Care
- ◇ DoD Mandates 50% Cut in PCS Moves

Newsbytes July 17, 2026

- ◇ House Pulls Veterans Bill Vote
- ◇ FRA Presses VA on Caregiver Support

- ◇ Senators Question TRICARE Pharmacy Deal
- ◇ VA Proposes to Slash Benefit Paperwork
- ◇ VA and HHS Partner on Faster Mental Health Care

Newsbytes July 24, 2026

- ◇ CBO Score Stalls Star Act
- ◇ House Defense Bill Includes Pay Raise
- ◇ Pentagon Overhauls Brain Health Testing
- ◇ Pentagon Adds Testosterone Screening
- ◇ COMPACT Act Covers Crisis ER Care

Newsbytes July 31, 2026

Will be posted in the August newsletter

BRANCH/UNIT 269 WEBSITE - fra269gc.org !!!!

Get your current and past newsletters and see upcoming events.

BRANCH/UNIT 269 MEMBERSHIP INFO
REMINDER: ALL MEMBERSHIP FORMS / DUES
ARE TO BE PLACED IN THE RESPECTIVE
MEMBERSHIP BOXES BY THE HOME OFFICE
DOOR. THIS APPLIES TO BRANCH AND UNIT

The Branch and Unit Membership Boxes outside the office are the only place to leave new member and renewal applications. When you recruit a new member ensure all of their information is correct on the application. Place the new application/renewal in an envelope (available at the box) and place inside the "Membership Box". **The pass down log will not be used for anything concerning membership.**

Branch Life Membership ages and dues

Ages up to 40: \$600.00	Ages 41-50: \$570.00
Ages 51-60: \$535.00	Ages 61-70: \$475.00
Ages 71-80: \$380.00	Ages 81-90: \$260.00
Ages 91-99: \$145.00	Ages 100 and older: FREE

The Security Corner

Provided by: George Birmingham [ET1(SS) USS H.L. Stimson SSBN655 Gold/SY1/Gold 69-74, USSVI-Holland Club Carolina Piedmont Base]

Phone Scams and information on how to avoid them

Greetings Shipmates, and welcome back! I hope your summer is going well and relaxing, and you are not being annoyed with the almost constant stream of scam calls that come to our phones.

By now we all know that we should not answer phone calls from unknown numbers. Also, numbers we expect calls from should be programmed into our phones to identify our friends and family when they call. It's also good to program

numbers in for service providers we use for our homes.

But what if the message left seems to indicate a valid call? The following article from AARP discusses a number of scam methods that arrive by phone calls that are designed to invoke a fear reaction and immediate response without considering the validity of the call more carefully:

How to Spot a Phone Scam

And here is an article about how scammers use the time of day and day of week to do their evil deeds:

Research Shows When Phone Scammers Are Most Likely to Succeed

And finally, some additional tips you may find useful from the FCC.

Stop Unwanted Robocalls and Texts

At the bottom of this webpage, be sure to look at the Related Resources link for more helpful information.

I hope you find this information useful and informative in protecting yourself from these scammers. Their use of AI to constantly change their methods will change what we know today, so staying informed is critical.

DID YOU KNOW??

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3-second tech genius: Next time a website is glitching, don't just refresh. Press **Ctrl + Shift + R** (or **Cmd + Shift + R** on Mac). This triggers a "**hard reload**," forcing the browser to ignore the cache and download a fresh version of the page code. Go to a web page and try it, so you know how to do it when you need to.

+++++

Never miss a thing on Android: Waiting on an important text? You can have your camera flash or screen light up in a custom color when a notification comes in. Go to **Settings > Notifications > Flash Notification** and toggle on **Camera flash** or **Screen flash** (or both). Apply it on all apps or specific ones.

+++++

3-second tech genius: If your cell service drops, swipe down and turn on Airplane or Flight mode. Wait 10 seconds, then turn it back off. Your phone will reconnect to the nearest tower, which can bring your signal back from the dead. You can also turn on Airplane or Flight mode while charging in a hurry. It shuts off Wi-Fi, Bluetooth and other

background connections, so your battery can fill up faster.

VA News by VAVS Branch Representative PRPSE Fred Bolz

VAVS Minutes and Newsbytes are posted on the bulletin board.

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CARDIO-VET Network Brings Cardiac Care to Rural Veterans

Cardiovascular disease is the leading cause of hospitalization among Veterans — and one of the top drivers of costly community care referrals. The Cardiology Access and Resources for Delivery of Integrated Outreach to Veterans Network (CARDIO-VET) is a VHA Office of Rural Health Enterprise-Wide Initiative (EWI) using a hub-and-spoke model to connect rural Veterans with expert cardiology care close to home.

By linking high-complexity VA medical centers with smaller VA facilities and community-based outpatient clinics, CARDIO-VET reduces travel burdens, keeps care within VA, and delivers better outcomes for the rural Veterans who need it most.

Read more about the ORH CARDIO-VET Enterprise-Wide Initiative. »

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When to choose urgent or emergency care Don't wait for an emergency to know the difference

When you need medical care quickly, choosing the right provider can save you time, money, and stress. Learn when to choose urgent care, when to call 911 or go to the emergency room, and when to consider other types of care.

Learn more

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Help for insomnia—you're not alone

Many people have trouble falling asleep, staying asleep, and/or waking up too early. VA offers many effective treatments to help you get back to healthy sleep.

Learn more about treatments for insomnia

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3 tips to keep moving this summer

It can be a challenge to stay active in the summer heat. Here are 3 tips to help you keep moving safely.

Check out our 3 tips to stay active this summer

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HISTORIC: VA & HHS TEAM UP ON DRUG TRIALS

Discover how **VA and HHS are teaming up** to explore whether psychedelic drugs might play a role in saving the lives of Veterans and others with serious mental illness. Learn how research, safety, and innovation are transforming mental health care.

[Learn more](#)

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SURVIVING SPOUSE BENEFITS

Learn about key benefits for surviving spouses, including financial support and caregiver programs. Find out what you may qualify for and get expert tips!

[Watch](#)

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AGING HOMELESS HELP

As more Veterans age, a growing number face homelessness alongside complex health challenges. VA's Homeless Aging and Disabled Veterans Initiative combines housing, healthcare, and supportive services to ensure older, homeless, and disabled Veterans receive the support and care they've earned.

[Learn more](#)

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VA burial benefits and memorial items

VA burial benefits can help service members, Veterans, and their family members plan and pay for a burial or memorial service in a VA national cemetery. Family members can also order memorial items to honor the service of a Veteran. Find out how to apply for the burial benefits you've earned, and how to plan for a burial in advance or at time of need.

On this page

[*Get Veterans burial benefits](#)

[*Plan a burial](#)

[*More information and resources](#)

[*Other VA benefits and services](#)

[Learn More](#)

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Tips for Surviving a Heat Wave

Extreme heat—temperatures above 90 degrees Fahrenheit for at least two consecutive days—can cause serious medical problems, emergencies, and even death. Heat cramps, including muscle pain or spasms, are often the first warning sign that heat is affecting the body. Heat exhaustion

and heat stroke can cause heavy sweating, paleness, fatigue, lightheadedness, headache, nausea, vomiting, or fainting.

Stay Cool

- Stay indoors during peak heat, usually 10 a.m. to 4 p.m.
 - If outside, wear loose, light clothing, use SPF 30+ sunscreen, and stay in the shade.
 - Avoid hot-day exercise; schedule outdoor tasks for cooler hours.
 - Drink extra water; avoid caffeine and alcohol.
- If overheated and unable to move, use wet cloths to cool down.

Fans may not help above 90 degrees indoors; go to an air-conditioned place, such as a library, a shopping mall, a friend's home or a designated cooling center.

[Read More...](#)

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VA Claims Backlog Drops Below 70,000 For First Time in Six Years

The VA's disability claims backlog fell below 70,000 this week for the first time in six years, reaching a level not seen since before the COVID-19 pandemic. VA officials said Monday that backlogged claims—those pending for 125 days or more—have dropped 74 percent since President Donald Trump took office on Jan. 20, 2025. They said 11.6 percent of pending claims are now older than 125 days, compared with 70 percent of 600,000 pending claims more than a decade ago. VA has invested millions in automated systems, including Automated Decision Support, which gathers medical records and other evidence for claims adjudicators.

[Read More...](#)

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GET VA ANSWERS FASTER!

Need help with a VA disability claim, pension, education, benefit, or home loan? This little-known VA tool lets Veterans and family members schedule time directly with VBA staff to get answers about their benefits and claims.

[Watch](#)

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The 2026 hurricane season begins

June 3, 2026

Kurt M. Raushchenberg

VA Public Affairs Specialist

Picture a Veteran you know. They've ridden out

storms before, but maybe they're a retiree living alone in a Gulf Coast apartment, or a disabled Veteran in the Carolinas depending on powered medical equipment. Trained for hard situations and accustomed to pushing through, they believe they are ready.

Then a Category 2 storm knocks out the power for nine days. By day four, a critical medication runs out. The pharmacy is closed. Roads are flooded. The phone battery is dead.

It happens every season... not to a headline, but to real people in real homes across the Gulf Coast, the Carolinas and the mid-Atlantic. The gap between feeling prepared and being prepared is where emergencies become crises.

"It only takes one," said Assistant Secretary Reginald Neal, leading VA's Office of Operations, Security, and Preparedness (OSP). "One storm. One week without power. One heat wave. That's all it takes."

Read More...

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Use It or Lose It: Joint Mobility

Your body needs regular movement to stay healthy. Activity strengthens muscles, keeps joints flexible, and supports independence as we age. Good ankle mobility can improve balance, while strong, flexible hips help you stay steady. It is never too late to regain some mobility lost due to age. Follow this chair-based, twelve-minute workout.

Watch Here...

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Hearing aids and supplies made easy Supplies and adjustments at no cost

Did you know VA provides comprehensive hearing health care with in-person and virtual options? You can even order things like batteries and cleaning supplies through VA at no cost. Untreated hearing loss can have serious impacts on your health. Find out how you can get started with hearing health care at VA.

Learn more

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Protect against heat stroke

Extreme heat can be dangerous for anyone. But it can be especially dangerous for those with chronic medical conditions.

Learn what you can do and how VA can help

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Support for caregivers

Caring for a Veteran? Let VA care for you. VA's caregiver program offers training, respite care, counseling, and financial support.

Learn about the VA Caregiver Support Program

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NEW VA APP FEATURES

The VA Health and Benefits app just got even better. Veterans can now view lab test results and benefits overpayment information directly in the app, making it even easier to manage health care and benefits on the go. Join the more than 4.6 million Veterans already using the VA Health and Benefits app and discover what's new.

Learn more

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VA Study Finds Possible New Treatment for Melanoma

As reported July 22 by Brandon Wile for *Military Times*, a VA research team in Madison, Wisconsin, has identified a protein that plays a central role in driving melanoma growth, finding that genetically silencing it dramatically slows how quickly the cancer spreads and survives. The findings, published in the journal *Cancers* in February 2026, open a potentially new treatment pathway for one of the most aggressive and treatment-resistant forms of skin cancer — and one that carries specific relevance for veterans. Melanoma is a presumptive condition under the PACT Act for veterans with qualifying toxic exposure during military service.

Read More...

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VA Warns Vets About Free Shoe Scam; Confirms Real Benefit

As Adam Gramegna reports on July 20 for *Military Times*, a VA-branded graphic promising veterans free athletic shoes has circulated online since June. The VA later posted the image with a red "scam" stamp. The notice said scammers were using the offer to collect personal information and warned veterans not to respond. What the advisory did not explain is why the fake offer works so well: the underlying benefit is real. The VA provides medically necessary therapeutic footwear and in-shoe orthoses to eligible veterans under VHA Directive 1173.9. Eligibility may include a high foot risk score, amputation, or mismatched sizing after limb loss. Related programs, including Prevention of Amputation in Veterans Everywhere for patients with diabetes or vascular disease, may reinforce the misconception that free shoes are broadly available.

Read More...

Pictures of these and other events can be viewed at
[269 Branch/Unit 269 Events/Pictures \[fra267gc.org/events\]](http://fra267gc.org/events)

250th INDEPENDENCE DAY FRA Indoor Picnic July 4, 2026



1st Prize: Larry Pepper

2nd Prize: Laurie Bailey

3rd Prize: Kathy Sorenson



At the July Auxiliary Unit 269 Meeting Unit President NFS Pat Suckow PNP installed new member Nellie Kirtley

FRA Branch 269 Chaplain Bobbie Sutton was recognized for her 21 years as Chaplain.



Shipmates Angela Culbreath and Dwayne Hersh were inducted new members of Branch 269 by Vice President Wayne Suckow and Secretary Sarah Ihme.



Branch 269 President Ken Hutchison [R] presents Vice President Wayne Suckow [L] with his 25 Year Continuous Membership Pin and Certificate.

Mark your calendar, watch for details, watch for additions
 Unless noted otherwise all meetings are in the large room
 Where no time noted group has room for entire day
 Friday nights – 1930– Scotch Doubles, 8-Ball Tournament

AUGUST 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Free Pool	3	4 Coast Guard Birthday 1800-2000 Sons of the Confederacy	5 <u>1900-2100</u> Sojourners	6 <u>1800-2000</u> SUBVETS BOD	7 Purple Heart Day	8 NO DAV Mtg
9 Free Pool	10	11	12	13 <u>1900</u> SUBVETS Mtg	14 VJ Day- 1945	15 <u>1000-1200</u> MilFrat Mtg
16 Free Pool	17 <u>1800</u> Home Committee	18 <u>1130</u> Unit Lunch <u>1730</u> Unit Mtg	19 <u>1800-2000</u> Radio Club Mtg	20 <u>1800</u> Branch BOD <u>1900</u> Branch Mtg	21	22 TBD Wedding
23 Free Pool	24 <u>1730</u> VVA Mtg <u>1900</u> Carolina Coins Mtg	25	26 <u>1830</u> Bowling Mtg	27	28	29
30 Free Pool	31					

Mark your calendar, watch for details, watch for additions
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 Friday nights – 1930 – Scotch Doubles, 8-Ball Tournament

SEPTEMBER 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 <u>1900-2000</u> Sojourners Mtg	3 <u>1800</u> SUBVETS BOD	4	5
6 Free Pool	7 LABOR DAY <u>1200-1400</u> INDOOR PICNIC	8	9	10 <u>1900-2000</u> SUBVETS Mtg	11	12 <u>1000-1200</u> DAV Mtg <u>1500-2000</u> Retirement Party
13 Free Pool	14 <u>1800</u> Home Committee	15 <u>1130</u> Unit Lunch <u>1800</u> Unit Mtg	16 <u>1800-2000</u> Radio Club	17 <u>1800</u> Branch BOD <u>1900</u> Branch Mtg	18	19 <u>1000-1200</u> MilFrat Mtg
20 Free Pool	21	22 <u>1900</u> Sojourners Mtg	23	24 MCL	25 FRANK CABLE	26 FRANK CABLE
27 Free Pool	28 <u>1730</u> VVA Mtg <u>1900</u> Carolina Coins Mtg	29	30 <u>1800-2000</u> Marine Corps League			

BRANCH 269 CONTINUOUS MEMBERSHIP—AUGUST 2026

Life Members in **BOLD**

Edward O'Connor	54	Dana Johnson	25	Mark Erwin	11	Orlando Maningding	3
Robert Bailey	52	Larry Larkins	25	Owen Bower	10	Ryan Stevenson	2
Charles Szad	52	Carl Miller	20	Ray Bryant	10	James Breen	1
Edward Fisher	49	Linwood Murrow	20	Helen Breen	9	Rick Collins	1
David McCann	48	Chad Parsons	19	Charles Ethridge	8	Craig Farr	1
Robert Kirtley	46	Robert Zauner	18	Peter Andruchowsky	6	Sherman Hostetter	1
Robert Bryant	41	Randy Bolin	16	Ronnie Jones	6	Thomas Lawson III	1
Brendan Goff	38	Charlie Hudson	16	Bob Segal	6	George Petovich	1
Delores Rucker	38	Bill Sellers	16	John Adams	5	Thomas Rice	1
Howard Anderson	28	Richard Troy	16	Gordon Long	3	Daniel Steight	1
James Houchin	27	David Farley	12	Jeri Larson	3		
David Kiger	27	John Nichols	12				

UNIT 269 CONTINUOUS MEMBERSHIP—AUGUST 2026

Barbara Timmons	46	Loretta Dailey	13	Lori Ryan	6	Julie Becker	1
Martha Willcutt	40	Benita S. Kinlaw	12	Deborah Breeze	6	Lisa Berezny	1
Cacey M. Anderson	27	Jacqueline Verheyen	12	Ann Griffith	5	Michael Berezny	1
Margie Rothrauff	27	Linda Vinson	10	Shirley Trosper	4	Heather Kennedy	1
Barbara Sullivan	27	Ann Tolentino	10	Jacob Becker	3	Kenton McCarron	1
Libby Adams	26	Jesssica R. Murphy	7	Amy Osborne	2	Melissa Molina-Mattix	1
Tonia Miller	16	Gina Horne	6				

YOUR BIRTHDAY IS IN AUGUST 2026

If you are a Branch 269 or Unit 269 member, come on in to the Low Country Home on your birthday for a **FREE BIRTHDAY LUNCH!!!** Auxiliary members in *ITALICS*

<i>William Adams</i>	1	Loye Ray Bryant	9	Johnny Brown	16	Daniel Speight	23
Michael Hadvavny	1	Lonnie Donahue	9	<i>Ann O'Brien</i>	16	John Keile	25
Robert Brinson	2	Michael Cline	10	Harold Starn	16	<i>Roberta Kiley</i>	25
<i>Bonnie Laseter</i>	2	<i>Denise Harvey</i>	10	Richard Wise	17	Thomas Lawson III	25
Parke Manauel	2	<i>James Highberger Jr.</i>	10	Bruce Bailey	18	James Harrison	26
Larry Born	3	<i>Neta Fewox</i>	11	Gerald Fraser	19	Charlie Hudson	27
Jeffery Burke	3	Mark McCarthy	11	Benjamin Kluth Jr.	20	Ralph Utermark	26
Jonathan France	3	Todd Walker	12	Bill Sellers	20	Lee Lepretre	27
Jerry Young	3	Robin Corkill	12	William Besco	21	Harold Clayton	28
Solomon Eagles	4	Terrie Ehlich	12	Marion Clark	21	Brandon Pruett	28
Steven Edmund Sr.	4	William Mullins	13	James Delaney	21	Phil Smith Jr.	28
<i>Norma Jean Houck</i>	4	<i>Shelia Shea</i>	13	William Roberts	21	Thomas Clark	29
Thomas Krieger	4	Ryan Stephenson	13	Fredrick Bolz	22	William Freligh	30
<i>James Vinson</i>	7	Debra Bortell	14	David Lyle III	22	Harold Trosper Sr.	30
<i>Yvonne Aguilera</i>	8	Charles Pyatt	14	Roberta Sutton	22	Grady Scott	31
Bruce Garrabrant	8	Jody Sutton	14	Lawrence Denapoli	23	<i>Tine Marie Willis</i>	31
<i>Carol Mustain</i>	8	Angela Culbreath	15	Lynnette Jordan	23		

BRANCH 269

BRANCH OFFICERS

President: Ken Hutchison
Vice President: Wayne Suckow
Secretary: Sarah Ihme
Treasurer: PNP Don Mucheck
Jr. Past President: Don Barton

BRANCH BOARD OF DIRECTORS

PNC Laurie Bailey	Tim Bailey
PRPSE Fred Bolz	Glenn Little
Ernest Culbreath	LC Mills
Larry Pepper	Ed Peters
Artie Sattler	Bobbie Sutton
John Tharp	Ken Wallace

APPOINTEES & COMMITTEE

CHAIRS

By-Laws: PRPSE Fred Bolz
Chaplain: Bobbi Sutton
Essay Contest: PNC Laurie Bailey
Legislative Affairs: PRPSE Fred Bolz
VAWS: PRPSE Fred Bolz
Master-at-Arms: Glenn Little
Membership: Ken Wallace
Parliamentarian: PNP Don Mucheck
Public Relations: John Tharp
Ways and Means: Larry Pepper
Webmaster: Nick Nichols
Newsletter: Nick Nichols
Youth Activities: Ed Peters

Auxiliary of the FRA UNIT 269

UNIT OFFICERS

President: NFS Pat Suckow, PNP
Vice-President: Debbie Breeze
Secretary: Gale Nathan PNC
Treasurer: Gale Nathan PNC
Recording Secretary: Marilyn Tharp
Jr. Past President: Ann Griffith

UNIT BOARD OF DIRECTORS

Anne Barton	Ann Griffith
Theresa Milligan	Linda Nichols
Sue Peters	JonAnne Sattler
Marilyn Tharp	Kim Vandiver

APPOINTEES & COMMITTEE

CHAIRS

Amer/Patriotism: Nellie Kirtley
Chaplain: Theresa Milligan/
Linda Nichols
Hospital: Theresa Milligan
Membership: Debbie Breeze
Publicity: Debbie Breeze
Sergeant-at-Arms: Kathy Sorenson
Ship's Store: Sue Peters
Unit Activities: All Members
VAWS: Theresa Milligan
Welfare/Rehab: Sue Peters
Youth Activities: Anne Barton/
Gale Nathan PNC

LOW COUNTRY HOME, LLC

99 Wisteria Road,
Goose Creek SC 29445
843-569-2692

Frabranh269@comcast.net

Home Chairman: Nate Nathan
Admin Secretary: Sarah Ihme
Financial Sec: PNP Don Mucheck
Director: Sue Peters
Director: Kim Vandiver
Director: Ernest Culbreath
Director: John Tharp
Director: Bobbi Sutton
Director: Linda Nichols
Director: Debbie Breeze
Director: Nick Nichols
Home Managers: Larry Pepper
Bob Zauner
Don Garrard



SCHOOL SUPPLIES:

It's that time of the year again — the back-to-school shopping season.

Let's begin with a head start. On the bar side there is a box, please donate to help community schools.

With the start of the 2026-2027 academic school year just weeks away, before you head out to the store to begin back-to-school shopping, check out this list of recommended school supplies for students of all grade-levels, plus much more.

Notebooks, #2 pencils, loose Leaf paper, Crayola, Pens, lunch boxes, toilet paper, hand sanitize, tissues.



TUNNELS TO TOWERS VICTORY VILLAGE DEDICATION



Chest, 2003 3 Nov;124(5):1716-23.

doi: 10.1378/chest.124.5.17161

Long-term Intermittent Exposure to High Ambient CO₂ Causes Respiratory Disturbances During Sleep in Submariners

David Marge! , David P White, Giora Pillar

Affiliations PMID: 14605040 DOI: 10.1378/chest.124.5.1716

Abstract

Background: During most Of the cruise, submarines are detached from their environment, Therefore, O₂ levels are relatively low (19 kPa 144 mm Hg) and CO₂ levels are high (1 kPa, 7.6 mm Hg). There are, however, periods during ventilation of the submarine in which CO₂ levels drop and O₂ levels increase. The objective of this study was to determine whether these unique gas changes might result in sleep-disordered breathing in submariners.

Methods and materials: The sleep of eight healthy soldiers was assessed three times: (1) control night, in submarine docking; (2) at the beginning of the cruise (reflecting acute exposure to gas changes); and (3) at the end of the cruise (chronic exposure to gas changes). Each night was divided to three parts because Of different CO₂ levels (secondary to ventilation of the submarine). Sleep and breathing were measured using the portable Watch PAT100 device (Itamar Medical, Ltd; Caesarea, Israel) to detect breathing abnormalities during sleep.

Results: Sleep and breathing data were categorized according to four CO₂ conditions: acute moderate (inhaled CO₂ levels of 2.3 to 5 mm Hg during first 1 to 2 nights of the cruise); acute high (inhaled CO₂ levels of 5 to 9.2 mm Hg during the first 1 to 2 nights Of the cruise); chronic moderate (inhaled CO₂ levels Of 2.3 to 5 mm Hg during nights 9 to 10 of the cruise); and chronic high (inhaled CO₂ levels of 5 to 9.2 mm Hg during nights 9 to 10 of the cruise). Respiratory disturbance index (RDI) was significantly higher in the chronic moderate CO₂ condition than the chronic high condition (18.9/h vs 8/h, $p < 0.005$). RDI did not correlate with CO₂ levels during the first nights of the cruise ($R = -0.2$, not significant), but significantly negatively correlated with it during the last nights of the cruise ($R = -0.56$, $p < 0.05$).

Conclusions: We conclude that during an 11 -day cruise, submariners adapt to high CO₂ levels, as evidenced by the significant dependence of RDI on CO₂ during the final but not initial days of the cruise. This adaptation resulted in a significant increase in RDI when CO₂ levels declined during the later nights of the cruise.

LinkOut - more resources

Full Text Sources

Elsevier Science

Ovid Technologies, Inc.

Other Literature Sources

The Lens

Medical

MedlinePlus Health Information

Miscellaneous

Hazardous Substances Data Bank

<https://pubmed.ncbi.nlm.nih.gov/14605040/> 7/1/2020



Lowcountry 2026



The American Legion Department of South Carolina
and the The Exchange Club of Charleston and the
Coastal Carolina Fair in partnership with the SC
Department of Veteran Affairs and U.S. Veteran
Affairs Regional Office proudly presents

VETERANS EXPERIENCE ACTION CENTER (VEAC)

All Veterans and family members are welcome to attend!

September 10-12, 2026

Thu - Fri: 9 AM | 3 PM

Sat: 9 AM | 2 PM

Exchange Park, 9850 Highway 78, Ladson, SC 29456

Get Assistance With:

- VA Disability Compensation & Pension claims filing and assistance for Veteran & Widow benefits
- On-site C&P Exams (for eligible Veterans)
- Veteran Readiness & Employment benefits
- VA Mobile Center
- VHA- Health Care benefits & on-site enrollment
- VA National Cemetery Adm. Memorial Benefits
- Vendors & services from community partners
- and much more!



Donations may be made to American Legion, Department of SC, 103 Legion Plaza,
Columbia, SC 29210 (Please add VEAC to the memo line on your check.)

To volunteer email Jim Jarvis @ jim4navy@gmail.com



**FRA LOW COUNTRY BRANCH 269
BOARD OF DIRECTORS MEETING
JULY 16, 2026**

Shipmate President Kenneth Hutchison called the regular Board of Directors meeting of Low Country Branch 269 to order at 1800, Thursday, July 16, 2026, in accordance with FRA Rituals.

Board Members present:

PNC Laurie Bailey	Tim Bailey	Ken Hutchison	
Larry Pepper	Ernest Culbreath	John Tharp	Wayne Suckow
Artie Sattler	Glenn Little	Ken Wallace	PNP Don Muecheck
Bobbi Sutton	LC Mills	Ed Peters	Sarah Ihme

Minutes: Published in the newsletter. The minutes stand as approved.

COMMITTEE REPORTS

Americanism/Patriotism: PNC Laurie Bailey

NPSL was released about the National Americanism and Patriotism essay scholarship, looking for Branch or individual sponsors for prizes for the National essay contest.

By-Laws: PNC Don Muecheck (for PRPSE Fred Bolz)

Last year, two resolutions were passed at the National Convention regarding the VAVS/Hospital, Welfare, and Rehabilitation and VSO. We already made changes to our bylaws. The same two changes have to be made in SER bylaws and will be presented to the General Assembly before the SER Convention.

We have to review Branch bylaws annually, and changes need to be brought to membership and BOD in August.

Legislative Service and VAVS: PNP Don Muecheck (for PRPSE Fred Bolz)

Hospital, Welfare, and Rehabilitation: Bobbi Sutton

Two-Bell at the general assembly for DK1 Thomas N. Irvine, STCM Carroll E. Watson, STCM John P. Aguilera Jr., CWO-03 Jerry King Stout, WTCS James Henry Spence, FTCS William F. Martin II., AVCM Ernest J. Holt, EN3 John William Hoyt

Membership and Retention: Ken Wallace

Report at the General Assembly meeting.

Youth Activities: Ed Peters

Nothing to report.

Public Relations: John Tharp
Nothing to report.

Ways and Means: Larry Pepper
Report at the General Assembly meeting.

Golf: Larry Pepper
Report at the General Assembly meeting.

Budget and Finance: Glenn Little
An audit will be scheduled at a later date.

Home Committee Report: Nate Nathan
Report at the General Assembly meeting.

UNFINISHED BUSINESS

None

NEW BUSINESS

Invoice received from National Headquarters for membership pins and Branch Officer pins for \$648.

- **MOTION:** PNP Don Muccheck moved, and S/M Artie Sattler seconded to pay the invoice for \$648. Motion carried.

Invoice received to reimburse S/M Ken Wallace for VA snacks totaling \$165.08.

- **MOTION:** PNP Don Muccheck moved, and S/M Tim Bailey seconded to reimburse S/M Ken Wallace \$165.08. Motion carried

Invoice received to reimburse the FRA Home for six steak dinners and 7 key cards totaling \$161.

- **MOTION:** PNP Don Muccheck moved, and S/M Bobbi Sutton seconded to reimburse the Home \$161. Motion carried.

The Regional President contacted Branch 269, asking to consider hosting the 27th or 28th Southeast Regional Convention. In addition, the National President will attend the Southeast Regional Convention and will ask the Southeast Region to host a National Convention. These items were tabled until the August meeting.

GOOD OF THE ORDER

S/M President Ken Hutchison shared that his primary focus for the coming year is enhancing branch membership. He also announced his intention to establish a Retention and Recruiting Committee to focus on recruiting new members and improving retention of current members.

A committee was appointed to approve Branch bylaws consisting of Shipmates PRPSE Fred Bolz, President Ken Hutchison, PNC Laurie Bailey, PNC Don Mucheck, and Vice President Wayne Suckow. They will meet August 1 at 1100.

S/M Don Pace will present information during the General Assembly meeting regarding the American Legion's 9/11 ceremony in an effort to increase participation.

The Tunnel to Towers Foundation is hosting the grand opening of its Veterans Village in North Charleston on Friday, July 24th. The event will begin with a ceremony at 1100 at the newly renovated complex located on Prospect Drive.

S/M Glenn Little moved, and S/M Bobbi Sutton seconded to adjourn. Motion carried. The meeting adjourned at 1827.

**FRA LOW COUNTRY BRANCH 269
GENERAL ASSEMBLY MEETING
JULY 16, 2026**

Shipmate President Ken Hutchison called the regular meeting of Low Country Branch 269 to order on Thursday, July 16, 2026, at 1900, in accordance with the FRA Rituals.

Visitors: Auxiliary members

Shipmates Initiated: Angela Culbreath, Dwayne Hersh

Minutes: Published in the newsletter. The minutes stand as approved.

Communications:

Stephen Miglionico's biography for SER Vice President
Terrence Johnson's nomination packet for SER Vice President
NEDM 25-26, Gruetzner Nominating Resolution for NVP
NEDM 26-26, NBR 61-226 Logo Use for 2026 National Convention
NPSL 1-26 Board, Staff, and Committee Directory – Updated
2026 National Convention Newsletter #3
NEDM 27-26 Reverse Suspension of Branch 307
NEDM 28-26 Withdrawal of Jones Nomination for NVP
NEDM 29-26 Discontinuation of the FRA app
NPSL 6-26 Convention Call
NEDM 30-26 Membership Director Transition
NPSL 7-26 Americanism Patriotism Essay Sponsorship

Treasurer's Report:

The report for the period of May 28 – June 27 is as follows:

General Checking: \$3,141.15	Savings Account: \$5,202.89
Convention Checking: \$0.00	Certificate of Deposit: \$12,599.76
Total: \$20,943.80	

All bills received to date have been paid.

Continuous Membership:

June 2026

Richard Hair – 60 Years	James Baker – 20 Years
Edward Astle – 30 Years	William Maloon – 15 Years
Harold Clayton – 30 Years	Michael Mercer – 10 Years
Dennis Cox – 25 Years	Debra Bortell – 5 Years
Ken Ealy – 25 Years	William Hayes – 5 Years
Lee Heitner – 25 Years	

July 2026

John Groover – 60 Years
Douglas Craig – 30 Years
William Ambler – 25 Years
Wayne Suckow – 25 Years

Gordon Gingras – 15 Years
Norman Jones – 15 Years
William Scheer – 10 Years
Robert Vehorn – 10 Years

COMMITTEE REPORTS

Americanism/Patriotism – PNC Laurie Bailey

Dates in History July/August:

21 July – Guam Liberation Day (1944)
27 July – Korean War Armistice (1953)
30 July – WAVES established (1942)
04 August – U.S. Coast Guard Birthday (1790)
07 August – Purple Heart Day
14 August – National Navajo Code Talkers Day
14 August – VJ Day (Japanese Surrender 1945)

Information for the next Essay Contest will be sent out to schools and will be placed in the entrance of the Home. All 7th – 12th grade children are encouraged to participate.

NPSL was released about the National Americanism and Patriotism essay scholarship, looking for Branch or individual sponsors for prizes for the National essay contest.

By-Laws: PNP Don Muckeck (for PRPSE Fred Bolz)

Last year, two resolutions were passed at the National Convention regarding the VAVS/Hospital, Welfare, and Rehabilitation and VSO. Changes have already been made to the Branch bylaws. The same two changes have to be made in SER bylaws.

Legislative Service & VAVS: PNP Don Muckeck (for PRPSE Fred Bolz)

NewsBytes have been posted.

Hospital, Welfare, and Rehabilitation: Bobbi Sutton

A Two-Bell Ceremony will be held for DK1 Thomas N. Irvine, STCM Carroll E. Watson, STCM John P. Aguilera Jr., CWO-03 Jerry King Stout, WTCS James Henry Spence, FTCS William F. Martin II., AVCM Ernest J. Holt, EN3 John William Hoyt

PRPSE Fred Bolz was in Trident Hospital with breathing problems and was discharged today. Bob 'Beetle' Bailey is in Trident rehab due to leg nerve damage and expects to go home on Friday.

Pete Garrison is having an angioplasty on July 22 which might require a stent.

Rick Wise had a bronchoscopy on Tuesday.

Services for Charles Wood will be held at the Home on July 25th from 1500–1800, with a Two-Bell ceremony at 1700.

Membership and Retention: Ken Wallace

Total active members: 703

New Join/Reinstated:

June: John Ingram, Kelly Price, Shep Rogers Jr.

July: Kenneth Brenneman, Jeffery Burke, Ron Cochran, Angela Culbreath, Robert Cureton, Dwayne Hersh, Beau Hodge, Charles Hollowood, Lamar Scott, Brian Scovell

Past Due: David Chapman, Roger Fincher, Jericho Garcia, Earl Ham, James Harrison, Daniel Johnson, John Murphy, Daron Myers, Gerald Ott, John Pontieri, Linsey Rogers, Thomas Scott, Cecil Skipworth, Michael Sparks, Jack Wrbanich

Ready to Renew: Ludwig Burkle, Harold Clayton, Rick Collins, James Crump, William Dunsing, Mark Erwin, Charles Ethridge, Craig Farr, Rogelio Fulgencio, Peter Garrison, David Harvey, Harold Herrington, Sherman Hostetter, Robert Ingebretson, Jeri Larson, Charles Lewis, Orlando Maningding, Raymond McKinley III, Mitchell Nappier, Dean Nimocks, Sheri Ragan, Cubit Robinson, Bob Segal, Ryan Stevenson, Craig Wold, Robert Zauner

Term NPD:

June: Bryan Alfaro, Larry Fowler, Larry Mole

July: Darryl Barrickman, James Evans, Robert Koscianski, Donald Moseng, Stephen Nogle, Savannah Sellers, Ernest Sweat Jr.

Term Dec:

June: David Cox, Thomas Irvine, Carroll Watson

July: John Aguilera Jr., Ernest Holt, William Martin II, James Spence, Jerry Stout

Youth Activities: Ed Peters

Nothing to report.

Public Relations: John Tharp

Nothing to report.

Ways and Means: Larry Pepper

Get your 50/50 and steak dinner tickets.

Golf: Larry Pepper

The base continues to have restrictions limiting entry to the golf course. No tournaments planned at this time.

Budget and Finance: Glenn Little

The next finance meeting will be determined at a future date.

Home Committee Report: Nate Nathan

Balances as of 11 July 26: Checking \$9,459.05; Savings \$50,500.37; Credit Card \$5,911.91; Pending Deposits \$923.75; Registers/Change Funds \$11,500.00; Total Cash \$78,295.08
Net Profit (Loss): June (\$7,216.21); YTD (\$10,816.49)

The Home had a successful Independence Day Celebration, generating approximately \$8,200 for the weekend, including just over \$3,000 made on Independence Day.

The next event will be for Labor Day. A raffle will be drawn for a “cooler of cheer” donated by Shipmates.

An Audit Committee and a Special Events Committee were appointed.

The committee discussed holding a cake-cutting ceremony to observe the Coast Guard Birthday during the week of August 4. The date and time will be determined later.

The committee discussed hosting a Thanksgiving dinner and opening the Home to active-duty Navy and Coast Guard in the area.

Home Committee bylaws need to be reviewed annually before the general assembly meeting in August. The Home Committee Chairman will appoint members to help review before the August meeting.

The committee discussed purchasing a sump pump to improve drainage in the parking lot after rainstorms. The matter was tabled pending completion of the construction project across the road.

A suggestion was made to advertise upcoming events to other military organizations.

Next meeting: 17 August 2026 at 1800

UNFINISHED BUSINESS

None

NEW BUSINESS

Changes to the Southeast Region bylaws regarding VAVS/Hospital, Welfare, and Rehabilitation and the VSO will be voted on at the Southeast Region Convention.

- **MOTION:** PNP Don Muckeck moved, and PNC Laurie Bailey seconded, that FRA Branch 269 supports both resolutions. Motion carried.

The Board of Directors approved payment of an invoice for pins to National Headquarters totaling \$648, reimbursement to S/M Ken Wallace of \$165.08 for VA snacks, and reimbursement to the Home for \$161 for six steak dinners and seven key cards.

GOOD OF THE ORDER

S/M Don Pace presented information regarding the American Legion's 9/11 ceremony honoring first responders. The ceremony will be held at the American Legion Post 166 on September 11 and will begin at 1000. Members are encouraged to attend. An official invitation will be sent to Branch 269 requesting the Branch's participation and the presentation of a wreath during the ceremony.

The Tunnel to Towers Foundation will host the grand opening of its Veterans Village in North Charleston on Friday, July 24th. The event will begin with a ceremony at 1100 at the newly renovated complex located on Prospect Drive.

Unit Report: Maryln Tharp

The food collection project for VA Hospital will be discontinued for now. Thank you for your assistance with this project.

The Unit is starting a School Supplies Drive. A flyer listing requested items will be posted on the collection box. The list will also be published in the newsletter.

The Unit will visit Veterans Victory House on Monday, August 10, at 1330.

The next Unit Luncheon will be held Tuesday, August 18, at 1130, at Olive Garden. RSVP to Debbie Breeze.

The next Unit meeting will be Tuesday, August 18, at 1730 at the Fleet.

A Two-Bell Ceremony was conducted in honor of departed Shipmates.

Certificates of Appreciation were presented by Jr. Past President Donald Barton to the FRA Year 2025-2026 officers and board of directors.

Meeting adjourned at 1955.

FRA LOW COUNTRY HOME COMMITTEE MEETING

JULY 13, 2026

S/M Nate Nathan called the FRA Low Country Home Committee meeting to order at 1803 on Monday, July 13, 2026.

Board Members Present: Shipmates Nate Nathan, Sarah Ihme, PNP Don Muccheck, Ernest Culbreath, John Tharp, Bobbi Sutton, and Nick Nichols; Ladies Kim Vandiver, Linda Nichols, and Debbie Breeze

Other Members Present: Shipmates Home Managers Larry Pepper and Bob Zauner, PRPSE Fred Bolz, Ladies PNC Gail Nathan, and NFS Pat Suckow, PNP

Approval of Minutes: The minutes of the June meeting were approved as posted, with no corrections or objections.

Financial Reports

Shipmate Ken Hutchinson assisted PNP Don Muccheck with the cash audit.

Balances as of 11 July 26: Checking \$9,459.05; Savings \$50,500.37; Credit Card \$5,911.91; Pending Deposits \$923.75; Registers/Change Funds \$11,500.00; Total Cash \$78,295.08

Net Profit (Loss): June (\$7,216.21); YTD (\$10,816.49)

Building and Grounds / Special Events Manager's Report:

The Home had a successful Independence Day Celebration, generating approximately \$8,200 for the weekend, including just over \$3,000 made on Independence Day.

The next event will be for Labor Day. A raffle will be drawn for a "cooler of cheer" donated by Shipmates.

Old Business

None

New Business

The following committees were appointed:

Audit Committee: PNP Don Muccheck (Chairman), John Tharp, Debbie Breeze

Special Events Committee: Kim Vandiver (Chairman), Bobbi Sutton, Sue Peters, John Tharp, Debbie Breeze

The committee discussed holding a cake-cutting ceremony to observe the Coast Guard Birthday during the week of August 4. The date and time will be determined later.

The committee discussed hosting a Thanksgiving dinner and opening the Home to active-duty Navy and Coast Guard in the area.

MOTION: S/M Ernest Culbreath moved, and S/M Sarah Ihme seconded, that the Home host a Thanksgiving meal. Following discussion, the motion carried.

Home Committee bylaws need to be reviewed annually before the general assembly meeting in August. The Home Committee Chairman will appoint members to help review before the August meeting.

Good of the Order

The committee discussed purchasing a sump pump to improve drainage in the parking lot after rainstorms. The matter was tabled pending completion of the construction project across the road.

A suggestion was made to advertise upcoming events to other military organizations.

Next meeting: 17 August 2026 at 1800

MOTION: Lady Kim Vandiver moved, and S/M John Tharp seconded, that the meeting adjourn. Motion carried.

The meeting adjourned at 1903.



MEMBERSHIP APPLICATION

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

Member benefits include:

- A legislative team fighting for your pay and benefits on Capitol Hill
- Use 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 fellow service members

Your dues include a subscription to the association magazine. **FRA**today 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 the magazine, please choose to receive any or all of the following member benefits:

- ☐ **NewsBytes:** the weekly email newsletter update of legislative and association activities
- ☐ **Personal Affairs:** a booklet to assist in organizing your most important documents

☐ I certify that I meet the FRA eligibility requirements of being a current or former member of the US Navy, Marine Corps or Coast Guard.

Service: ☐ USN ☐ USMC ☐ USCG

Status: ☐ Active ☐ Reserve ☐ Retired ☐ Veteran

NAME

PHONE

RATE / RANK

DATE OF BIRTH (MM/DD/YY)

SSN (optional)

STREET ADDRESS

SPOUSE'S NAME

SUITE / SPACE / LOT

☐ Closest Branch

☐ Member-at-Large

CITY

☐ Branch # _____

STATE

ZIP CODE

SPONSOR'S NAME & MEMBER ID#

Are you a previous FRA member?

EMAIL ADDRESS

☐ No ☐ Yes, previous member# _____

MEMBERSHIP OPTIONS

☐ 1 Year / \$40.00

☐ **2 Years / \$64.00 Centennial Special Offer**
(for New Members to FRA)

☐ 2 Years / \$75.00 (for renewing or reinstating FRA members)

☐ 5 Years / \$180.00 (\$20 Savings)

☐ Life Membership \$ _____

PAYMENT OPTIONS

☐ Master Card ☐ Visa ☐ Discover

☐ American Express ☐ Check-enclosed

☐ Life Membership Installment (1st payment is \$50 + 11 equal monthly payments automatically debited from a credit/debit card.)

CREDIT CARD NO.

EXP. DATE

SIGNATURE (REQUIRED)

DATE

LIFE MEMBERSHIP

Age Amount

Ages 40 and younger... \$600
Ages 41 to 50..... \$570
Ages 51 to 60..... \$535
Ages 61 to 70 \$475
Ages 71 to 80..... \$380
Ages 81 to 90..... \$260
Ages 91 to 99..... \$145
Ages 100 and older..... FREE

Your Mission • Your Voice



1600 Duke Street, Suite 300
Alexandria, VA 22314-2754

Phone: 703-683-1400 Toll-Free: 1-800-FRA-1924

www.fra.org



BENEFITS OF FRA MEMBERSHIP

The Fleet Reserve Association represents and serves all current and prior U.S. Navy, Marine Corps and Coast Guard service members and their families. Here are just a few of the benefits our members enjoy.

Advocacy

The FRA's highly respected legislative team ensures that your voice is heard and understood on Capitol Hill. We fight for the pay and benefits of active duty, reserve, veteran and retired members of the Navy, Marine Corps and Coast Guard. Check out www.fra.org/ActionCenter to review the current issues and lend your voice to our shared mission. The FRA also has veteran service officers who assist veterans with filing their claims and appeals to the U.S. Department of Veterans Affairs.

Branch Affiliation

Almost every state in the U.S. has at least one FRA branch, and several branches are located overseas. The FRA branches foster camaraderie among fellow sea service members and strive to keep Shipmates informed about changes in local policy as well as to support local veteran and youth activities.

FRA Publications

The FRA produces a bimonthly magazine, FRAtoday; a weekly email newsletter, NewsBytes; call-to-action emails, Making Waves; and quarterly e-newsletters for active-duty members, OnWatch.

Education Scholarships

The FRA Education Foundation provides more than \$90,000 in scholarship funds each year to sea service personnel, FRA members and their dependents. The funds are applicable toward tuition at trade schools, community colleges and four-year universities.

Disaster Relief

The FRA facilitates relief to fellow Shipmates during times of need. Shipmates who have suffered losses due to natural disasters, have received more than \$100,000 in aid.

FRA Life and Health Insurance Programs

As an FRA member, you are eligible for excellent coverage at affordable group rates by participating in the FRA-endorsed insurance programs. You can request information by calling 800-424-1120, or by following the links on the Membership Benefits page online at www.fra.org/benefits.

Savings Marketplace

The FRA Marketplace offers unique discounts on things like travel, restaurants, electronics, movie and event tickets, shopping, and more! Discounts are accessible through your myFRA membership profile on www.fra.org or by calling 1-800-683-2886 and providing your FRA member ID number.

VA Volunteer Service

FRA members volunteer thousands of hours at Veterans Affairs hospitals through the VA Center for Development and Civic Engagement, bringing assistance and companionship to veterans and service members who are in VA medical centers. For more information, call 800-FRA-1924, extension 113.

USAA Visa Rewards Program

Members can apply for the only credit card that supports the FRA. With a low APR, no annual fees and some great rewards programs, you will see why a credit card from a bank built on military values is better. Apply today at www.usaa.com/fra or call 877-372-8722.

USAA Financial Services

The United Services Automobile Association (USAA) provides competitive products, award-winning service and the convenience of banking and investments to active-duty military, veterans and their families. The FRA endorses USAA and its preferred financial services. Best of all, joining USAA is free and you can pass the benefits along to your children. Find out more information at www.usaa.com/fra or call 877-372-8722.

Take advantage of some of these benefits and your membership will pay for itself!