



THE IRONMAN—A DOUBLE ENDER’S NEWSLETTER

Membership Scorebox

| | |
|--------------------------------|-------|
| Current | 64 |
| Lifetime | 7 |
| Past Due | 120 |
| Snail Mail Ad- dresses Only | 260 |
| Email Address | 493 |
| Total Shipmates | 3,623 |

Dues Notice!

Please be sure to check your mailing label or email notation.

If it doesn't say Current or Life above your name at the top of the label, you should renew your annual dues. To reach the greatest number of shipmates, we will publish the complete Association newsletter to any valid email or snail mail address. Your dues payments make this possible.

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Turning Out The Lights

Remembering the end of the Vietnam War and REEVES’ part in that tableau...

As we headed back to WESTPAC in September 1972, our combat troops were withdrawing from Vietnam and Republic of Vietnam (RVN) forces were taking operational control of the ground battle (although there were still 16,000 Army advisors and administrators remaining to assist South Vietnam's military forces at the end of November).

The U.S. was still providing major airborne support as Operation Linebacker I continued through October. When Linebacker I ended, U.S. warplanes had flown 40,000 sorties and dropped over 125,000 tons of bombs on the North.

The peace talks were established in Paris after the shape of the table was determined to the satisfaction of all three parties.

In December, a breakdown in negotiations in Paris left the conference dangling. Operation Linebacker II was begun to put an exclamation point on the “get to the point” talks. It lasted through eleven days and nights of

Errata: In the last issue and on the website for several months, Oct 9-12, 2016, were the published dates for the San Antonio Reunion. Due diligence by shipmate RADM Bill Center finally got through with his message. The actual reunion dates are 6 thru 9 October 2016.

continuous maximum force bombing against military targets in Hanoi. At that point, there were six carriers south of Hainan Island running 12-hour cyclic ops against Hanoi.

Such was the state of the war when we headed off station for some maintenance and R&R.

We had just returned from a visit to Hong Kong and were headed back to North SAR (NSAR). While ground ops had changed, day-to-day fleet ops continued just as they had for the last nine years. Big Mother made her daily rounds, sometimes parking on the fantail for an overnight visit.

We kept receiving sections of aircraft from the carrier groups to perform Surface Combat Air Patrol (SUCAP) duties. Basically, we were still on a full war footing.

The Paris negotiations had resumed and were headed toward an ending. The Paris Peace Accords were signed on January 27th. And then things changed, a lot. On that date, the draft was ended and replaced with voluntary enlistment.

REEVES was sitting at NSAR in February when the first flights from Operation Homecoming began the release of 591 POWs from Hanoi. They flew overhead as they headed passed Yankee Station and onward to Clark AFB in the Philippines. The flights

The President's Page



Greetings to the USS Reeves Association Family
 November 11th is when the nation takes time to celebrate Veterans Day, and that is cause for us, as an

organization, to realize our part in that celebration. Remember that the USS Reeves Association is, first and foremost, a Veterans Organization. While we may lack the stature of the American Legion or the VFW, we still exist as a collective of veterans that share the common goal of remembering and protecting our fellow veterans. While we are fortunate to be focused on a relatively small group of shipmates dedicated to enjoying our common remembrances of our time on the USS Reeves, our initiatives to remember and protect all our veterans should be the same as the big guys. We have a responsibility to look-out for the best interests of not only our brother and sister veterans, but for the troops currently serving our nation.

Consider for a moment that the population of the United States is currently at 321,968,465 and counting. The number of births, deaths, and migrants creates a net gain of one person every 13 seconds. Yep, that's the plus side of 321 Million - according to the census bureau - and growing. Out of that head count, there are less than 22 million that are listed as veterans. That means that veterans make up less than 7% of the US population, with an astonishing number of WW-II guys leaving those ranks every day. So while the majority of Americans

have no problem with celebrating Veterans Day as a holiday, fewer than 7% that have ever stepped-up to serve as part of the military. That means that most Americans celebrating around us don't really get what it means to serve. Worse yet, they are not making sure that the country takes good care of the troops now serving or those veterans that have gone before them.

The number of Veterans serving in Congress has also decreased in recent years. In 1971, when member military service was at its peak, veterans made up 72 percent of members in the House and 78 percent in the Senate. In 1981, that number dipped to 64 percent of members, but over the past 25 years nearly every congressional delegation has had fewer veterans than the previous group. Sixteen percent of senators and 18 percent of representatives in the 113th congress will be military veterans, or are currently serving. Fortunately the ratio of veterans in Congress still continues to top the percentage of the U.S. population that has served in the military, so those odds are in our favor.

Given that this past year marked the start of the 2016 presidential campaigns, it has never been more important that we, as veterans, keep a very close eye on the game. We need to be vigilant in regard to where politicians seeking election or re-election stand on veterans issues. We need to not just hear what they promise, but consider what they have done to protect the interests of those who have always protected America. To realize the importance of this process, watch

the news and see that the rights and recognition of veteran sacrifices is relatively low on the national consciousness these days. The media is continually playing down the fact that our strictly volunteer forces are performing extremely well under a tremendous amount of pressure. The commitments assigned to our military continue to increase, while the number of troops to meet those commitments continues to drop. They are at the lowest point since before WW-II.

The recent VA debacle sounded an alarm that veterans are not being taken care of, and it is obvious that fixing that problem is not very high on the current national to-do list. We need to pay attention to those who are charged with fixing that problem and see how they perform. They are playing politics with benefits that veterans earned through their service. For many, the impact of political inaction on VA issues is immediate. The longer lasting problem is that the veterans who served are being abandoned, and those currently serving are doing so at considerable risk. All veterans need our help and protection.

What to do? It has been said that the integrity of politics on a small scale is what determines the strength of the process. Consider that small local elections determine how towns, counties, cities, and states were built. Those same values were reflected up to the country through elections and mandates from the people. The leaders all seem to start out with something as mundane as a school board election. Parents and teachers have shown us great examples that can

(Continued on page 3)

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 All comments, suggestions, submissions and criticism are welcome. My email is always open...

Life Memberships

At the 2014 reunion in Portland, shipmates voted for a Life Membership. After researching various Associations, it was decided that the US Navy Cruiser Sailor Association's plan was best for the USS Reeves Association. Monies for life membership are placed in an interest-bearing account and not mixed with operating funds. The schedule is simple:

| Age | Amount |
|------|--------|
| < 50 | \$500 |
| <60 | \$400 |
| <70 | \$300 |
| <80 | \$200 |
| =>80 | \$100 |

We already have seven life members.

Emails, Etc.

Mike,

Regarding the letter from IC1 Saavedra (*Newsletter 8-2*), he must be confusing his ships. The 85 IO cruise didn't hit all those ports and I don't remember anything about black ops. Singapore, Sri Lanka, Karachi, Pakistan, Mombasa, Mauritius and Kenya, and a drive by in Somalia, were not stops on that cruise.

Kurt Stuvengen (80-86)

Mike,

(*In Newsletter 8-2*), you mentioned restricted deck logs on the 1971 WestPac cruise and referenced Cam Rahn Bay I don't remember any significant thing happening on that cruise. I have copies of 71/72-73 WestPac logs nothing significant is in those logs.

I have had diabetes for years now which does not run in my family and filed claim with VA and was denied for the no boots thing.

I am a plank owner with the Blue Water Vietnam Veterans and have kept up on their agent orange info since they've been doing it.

I have noticed the VA is now honoring claims for inland waterways and bays along with storage facilities such as Guam. I distinctly remember the Reeves docking in Guam next to a warehouse area of the base.

I, along with several others, left the ship for several hours, I reread my 1971 deck logs and found no entry for docking in Guam. You may want to ask around if anyone else remembers docking in Guam and for what reason. The stored agent orange could be the reason for restricted deck logs and

not Cam Rahn Bay. Just a FYI, would be nice however, to get proof of being there.

Thanks for your time

Anthony "Tony" Ortega (71-73)

Looks like if you're not already using Express Scripts and are not near a MTF you'll need to sign up with Express Scripts.

This should not be a surprise to anyone.

If you're not already signed up for the Military.Com newsletters you should consider doing so.

W/R,

John Armstrong (83-84)

Have Fun, Regardless

Ed. The pharmacy change can be found on page 9 of this newsletter. It can also be found at this website:

<http://www.military.com/benefits/2015/09/01/tricare-pharmacy-changes-effective-october-1.html#.Ve2-Jfo0aIU.Hotmail>

Please note that the changes apply only if you are not getting generic drugs from civilian pharmacies.

Deck Log Entries from the Website...

These are not currently available. Ownership of the service has been transferred to Virtual Avenue and Hypernet. We are attempting to es-

ublish links to both the old and new deck logs.

From Facebook (USS Reeves CG -24):

Already made my reservation at the "El Tropicano Riverwalk Hotel" in San Antonio for the next REEVES reunion, October 6-9, 2016.

Yep, I realize it's more than a year off – but I have no intention of missing this reunion. And I look forward to buying an adult beverage at the famous Manger Hotel Bar – across the street from the Alamo – where Teddy Roosevelt recruited his "Rough Riders" for all 87-89 era Ironmen in attendance. Really hope to see you there!

Bill Center (87-89)

Sorry it took me so long to join my brothers. I was the boot Ensign on Reeves from 2-83 to 10-85. DCA and those were the best years. For 32 months I got to be a part of the Real Navy and 500 brothers had my back. Glory Days.

Harold Henry LaLonde (83-85)

There are two other active Facebook groups: USS Reeves DLG-24/CG-24 and USS Reeves DLG-24. Check them out for some really interesting facts and pics.

President's Page (cont)

have an impact through association of small PTA organizations. Our role in this is to pay attention to the issues on all levels, educate ourselves on which candidates share our values, and support those candidates that support those things which are important to us.

Don't buy into the rhetoric and political correctness that dominates the news. Listen to their words..... then watch and see what they do before you decide who's with us. Our family of veterans is particularly dependent upon the outcome of this next election, and

they need our help.

Here's wishing you fair winds and following seas..... and a Happy Veterans Day

//tom

Tom Bailey / B-Div. 84-87

End Of Vietnam (continued)

(Continued from page 1)

continued through March.

Following the signing of the Peace Accords, we had 60 days to “get out of Dodge.” And so began the strategic removal of the fleet from the Gulf of Tonkin.

Every few days, Yankee Station would “move” a few miles east, moving both the North and South SAR stations and the PIRAZ station. Since NSAR, of all the three stations, was always closest to Haiphong, it was always furthest West.

While Yankee Station was meandering eastward into the Philippine Sea, the first mine removal units were making their way into the Gulf for mine-removal operations outside Haiphong harbor.

At the end of March, as NSAR ended up somewhere south of Hainan Island, REEVES was detached to head for Japan and home.

Since there was a minesweeping operation beginning in the West Tonkin, REEVES wasn't

the last fleet combatant to leave the Gulf. She was the last TF 77 unit inside the Tonkin Gulf as NSAR.

In one sense, it was as if someone had said, “Turn off the lights and close the door. The war is over.”

TF 77 continued force operations in support of the government in Laos against insurgents. This continued until August when the last carrier, USS CONSTELLATION (CVA-64) departed the Gulf area.

In the meantime, the end of the war brought many changes. The first occurred in Sasebo, when the dollar was devalued and the U.S. went off the gold standard. In one day, a value of a dollar in Japan was reduced from the historic ¥360 to a new low of ¥270. Oh, the wailing and knashing of teeth at the Navy Exchange after the third day, when the American Express office reopened for business.

As REEVES headed for the barn at Pearl Harbor, the super-secret war planning messages of

earlier months were replaced by reams of messages talking about Readiness Improvement (READIMP), Performance Qualification Standards (PQS), Operational Propulsion Examinations (OPPE), and a host of other alpha-soup programs that essentially welded the fleet to the piers. After nearly 10 years of non-stop WESTPAC ops with intense schedules and a lot of “can do,” the fleet was flat worn out.

The traditional post deployment stand down, was indefinitely deferred while the ship underwent a major physical and safety cleanup, just in time for REEVES to proceed to Pearl Harbor Naval Shipyard for it's New Threat Upgrade and a lot of other fixes and upgrades.

And that's how the war ended for REEVES. After the lights went out, she sailed home and then was moored in a Brave New World with the same flip of the switch. (Ask CHENG LCDR Ernie Freeman. He took the brunt of it.)

Reunion Guest Speaker

As highlighted in the last newsletter, CAPT Bill Center (RADM William Center, USN (Ret)) has accepted our invitation as guest speaker at our reunion banquet in San Antonio. Many of you WESTPACs of the late 1980s will remember CAPT Center who commanded from 1987 to 1989. It was under CAPT Center that REEVES deployed to the Per-

sian Gulf and participated in Operation Earnest Will, the merchant reflagging operation. As reported in the last newsletter issue, CAPT Center signed on with a life membership.

We now have two commanding officers who are life members: RADM Ming E. Chang, USN (Ret) (CAPT Ming Chang) 1977-1979, and RADM Bill Centers, USN (Ret).

Ship's Store Changes

Trying to keep shipping costs low, we are finding that postage and Fedex rates keep climbing. We are told that it's the cost of fuel, although there's probably a lot more than gas to the story.

So, we have to raise our shipping rates to cover the association's costs.

The costs of our stock items have remained the same.

Reunion 2016: San Antonio, Texas

Back at the Portland Reunion in October 2014, our shipmates selected San Antonio as our 2016 reunion site.

In a search of all of San Antonio venues, dealing with the CVB, and a conversation with HotelPlanners for the hotels alongside the River Walk and elsewhere in San Antonio in 2015, only one was able to accommodate us at a reasonable rate in the place we'd really like to be: [El Tropicano River Walk Hotel](#).



El Tropicano Pool

We received six proposals from hotels throughout the San Antonio area: airport, Western Hills, northern suburbs, etc. Many hotels declined to submit a proposal as they couldn't meet our RFP criteria. Room rate was the overriding but unstated reason for disinterest.

Only two River Walk hotels provided a proposal. An in-depth search on the Tivago website was very informative.

Before suggesting San Antonio, we didn't know just how expensive any accommodations along the River Walk would be. It was a very rude awakening. Without exception, daily room rates varied from \$150 to over \$300 per day, even in October, our preferred meeting month. And, as we found out, there is no such thing as complimentary

transportation from the airport to downtown hotels—or complimentary parking on the hotel properties.

In the proposal from El Tropicano, several problems were overcome. The largest was an acceptable daily room rate (\$115). The next was the daily complimentary breakfast. This was followed closely by no charges for the hospitality and banquet rooms, or setup and daily service fees. And lastly, the hotel agreed to participate in our Friday welcoming reception. Basically, the hotel was willing to negotiate.

Since there is so much to do on the River Walk, and the nearby Downtown and Old Town (Mercado) areas, only one day trip is planned—to the National Museum of the Pacific War (Admiral Nimitz Museum) in Fredericksburg. There will be more information in future issues of the newsletter.



Admiral Nimitz Museum

San Antonio tours depart the hotel regularly and cover all sites of interest. The most complete city tours are the all-day Ultimate Trolley Tour and the Grand City Highlights Tour.

As there are no plans for a dinner cruise, evenings are free to explore the many restaurants throughout the area. As done at past reunions, there will be a

Welcome Reception in the Hospitality Room with hosted bar and heavy hors d'oeuvres on Friday evening.

Thursday and Saturday evenings will be free to explore the



La Villita Restaurant

culinary delights along the River Walk and in the Mercado.

For those who feel more agile and adventurous, there is the Ultimate San Antonio Segway tour of the downtown tour highlights. That would be a memory worth a million pictures.

Set aside the dates 6 October 2016 through 9 October 2016 to meet with many shipmates at the El Tropicano River Walk Hotel in downtown San Antonio. Many of our 50+ Texan shipmates are already planning a big Texas welcome.



The Alamo

End FY 2015 Financials

FY 2015 Operating P&L

Income

| | |
|---------------------|---------------|
| Dues | \$3220 |
| Donations | \$335 |
| Reunions | \$0 |
| Ship's Store | \$203 |
| Misc | \$12 |
| Cost of Goods | -\$143 |
| Total Income | \$3627 |

Expense

| | |
|----------------------|---------------|
| Advertising | \$180 |
| Newsletters | \$434 |
| Postage/Delivery | \$104 |
| Reunion Expenses | \$500 |
| Misc | \$104 |
| Total Expense | \$1322 |

Net Income \$2305

FY 2015 Balance Sheet

| | |
|--------------|--------|
| Total Assets | \$8736 |
| Liabilities | \$0 |
| Net Equity | \$8736 |

Charitable/Educational Objectives

The USS Reeves Association is an educational, non-profit 501(c)(3) organization registered with the Internal Revenue Service, FEIN 86-1163983. For that purpose at the 2010 business meeting, it was recommended that future excess funds be used for donations and scholarships as determined at business meetings starting in 2012.

Shift Colors

To receive the Navy's Shift Colors newsletter via email send the following information to Mill_ShiftColors@navy.mil -- First name; Last name; E-mail address; Title (Mr., Mrs., rank, etc.); and Military affiliation (retiree, surviving spouse, veteran, other). There is no longer any funding for hard copies to be printed and mailed. To receive Shift Colors it does not matter whether or not you're retired, active duty, a veteran, a surviving spouse, or just someone who's interested in receiving the newsletter.

Making A Reunion Work

This is a revisit of a topic that has appeared in this newsletter before every USS Reeves Reunion: How to make a reunion affordable for everyone.

In the past, we've always had shipmates who could only afford to join us at the reunion if they could stay with relatives or find an even better room rate than our host hotel has negotiated. In those cases, we are absolutely supportive—even though our shipmates who stay at our host hotel end up helping a bit more with our reunion costs.

When we propose a room-night number (about 89 for the El Tropicano for the four-day period), that is factored into our costs to the ho-

tel. These include breakfasts for reunion guests, room costs for the hospitality room and banquet room setup and daily services in the hospitality room for the four-day period, setup and service in for the banquet room, participation in the extended Friday Welcome Reception, and reduced parking rates for registered shipmates. (In Portland, we exceeded 100 room-nights—which is excellent for an organization of our size.) So, there is added value when staying at the reunion hotel.

There is also the convenience of closeness to activities, and added comradery by sharing more than the hospitality room.

Did You Know?

- Your shoes are the first thing people subconsciously notice about you. Wear nice shoes.
- If you sit for more than 11 hours a day, there's a 50% chance you'll die within the next 3 years.
- There are at least 6 people in the world who look exactly like you. There's a 9% chance that you'll meet one of them in your lifetime.
- Sleeping without a pillow reduces back pain and keeps your spine stronger.
- A person's height is determined by their father, and their weight is determined by their mother.
- If a part of your body "falls asleep", You can almost always "wake it up" by shaking your head.
- There are three things the human brain cannot resist noticing, food, attractive people and danger.
- Right-handed people tend to chew food on their right side.
- Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
- According to Albert Einstein, if honey bees were to disappear from earth, humans would be dead within 4 years.
- There are so many kinds of apples, that if you ate a new one everyday, it would take over XX years to try them all.
- You can survive without eating for weeks, but you will only live 11 days without sleeping, and 9 days without water.
- People who laugh a lot are healthier than those who don't.
- Laziness and inactivity kills just as many people as smoking.
- A human brain has a capacity to store 5 times as much information as Wikipedia.
- Our brain uses the same amount of power as a 10-watt light bulb!!
- Our body gives enough heat in 30 mins. to boil 1.5 liters of water!!
- The Ovum egg is the largest cell and the sperm is the smallest cell!

(Continued on page 9)

Ship's Store

Ships Photos (\$10) + s/h



1968— Entering Sydney Harbor



1985—Yokosuka from Australia



1975—Departing Pearl Harbor



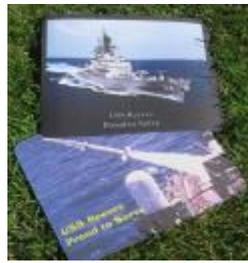
1992—Seattle Sea Fair Festival

Golf Shirts (\$20) + s/h (2XL/3XL-add \$2)

T-Shirts (\$15) + s/h (2XL/3XL-add \$2)

Mousepads (\$10) + s/h

Ship—DLG 24 Ship—CG 24



Challenge Coins (\$14) + s/h



Ball caps (\$12 each) + s/h

2009—San Diego

2010—Chicago

2012—Charleston

2014—Portland - Sold out



| USS Reeves Association – Ship's Store Order Form | | | |
|--------------------------------------------------|-----|-------|-------------|
| Price | S/H | Total | Description |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | Total | |

Shipping and handling:

Shipping is via USPS Priority or Fedex. Please add the following for each item to cover the Association's packaging and postage costs:

Photos: \$2 per photo

Ball caps: \$4 each

Mousepads: \$3 each

Challenge Coins: \$2 for 1, \$.50 for each additional coin

Shirts: \$5 per shirt

Shipping Label

To:

Address:

City, State, ZIP:

Phone:

Email:

Send order to: USS Reeves Association
c/o Michael Robertson
15709 N Sycamore St
Mead, WA 99021

Kilroy Was Here

There was one person who led or participated in every combat, training or occupation operation during WWII and the Korean War.



This person could always be depended on. GI's began to consider him the "super GI." He was one who always got there first or who was always there when they left. I am, of course, referring to Kilroy Was Here. Somehow, this simple graffiti captured the imagination of GI's everywhere they went. The scribbled cartoon face and words showed up everywhere - world-wide. Stories (some even true) abound.



He is engraved in stone in the National War Memorial in Washington, DC- back in a small alcove where very few people have seen it. For the WWII generation, this will bring back memories. For you younger folks, it's a bit of trivia that is a part of our American history. Anyone born in 1913 to about

1950, is familiar with Kilroy. No one knew why he was so well known-but everybody seemed to get into it. So who was Kilroy?

In 1946 the American Transit Association, through its radio program, "Speak to America," sponsored a nationwide contest to find the real Kilroy, offering a prize of a real trolley car to the person who could prove himself to be the genuine article. Almost 40 men stepped forward to make that claim, but only James Kilroy from Halifax, Massachusetts, had evidence of his identity.



'Kilroy' was a 46-year old shipyard worker during the war who worked as a checker at the Fore River Shipyard in Quincy. His job was to go around and check on the number of rivets completed. Riveters were on piecework and got paid by the rivet. He would count a block of rivets and put a check mark in semi-waxed lumber chalk, so the rivets wouldn't be counted twice. When Kilroy went off duty, the riveters would erase the mark. Later on, an off-shift inspector would come through and count the rivets a second time, resulting in double pay for the riveters.

One day Kilroy's boss called him into his office. The foreman was upset about all the wages being paid to riveters, and asked him to investigate. It was then he realized what had been going on. The tight spaces he had to crawl in to check

the rivets didn't lend themselves to lugging around a paint can and brush, so Kilroy decided to stick with the waxy chalk. He continued to put his check mark on each job he inspected, but added 'KILROY WAS HERE' in king-sized letters next to the check, and eventually added the sketch of the chap with the long nose peering over the fence and that became part of the Kilroy message.

Once he did that, the riveters stopped trying to wipe away his marks. Ordinarily the rivets and chalk marks would have been covered up with paint. With the war on, however, ships were leaving the Quincy Yard so fast that there wasn't time to paint them. As a result, Kilroy's inspection "trademark" was seen by thousands of servicemen who boarded the troopships the yard produced.

His message apparently rang a bell with the servicemen, because they picked it up and spread it all over Europe & the South Pacific.



Before war's end, "Kilroy" had been here, there, and everywhere on the long hauls to Berlin and Tokyo. To the troops outbound in those ships, however, he was a complete mystery; all they knew for sure was that someone named Kilroy had "been there first." As a joke, U.S. servicemen began placing the graffiti wherever they land-

(Continued on page 10)

Tricare Pharmacy Policy

TRICARE beneficiaries who take certain brand - name medications on a regular basis will be required to fill prescriptions at a military treatment facility or through a mail-in program beginning 1 October, a Defense Health Agency (DHA) official said 20 August . George Jones, DHA's pharmacy operations division chief, said the new policy does not apply to active-duty troops, overseas beneficiaries, nursing-home residents and those with other health insurance that has a prescription-drug program. In certain circumstances, he added, some beneficiaries might be waived from the program on an individual basis. The brand-name, regularly used, or "maintenance" medications could include those to treat chronic conditions such as blood pressure or cholesterol issues, Jones explained. Ge-

neric medications are not affected by the new policy, he said.

TRICARE pharmacy beneficiaries who will be affected will receive a letter from TRICARE in early to mid-September, with instructions on making the transition from retail pharmacies to a military pharmacy or the Express Scripts mail-in program, he said. Those with questions about medications in the brand-name maintenance category can call Express Scripts customer service at 1-877-363-1303 or look up the drug online at TRICARE's website. Beneficiaries can track their medication status and expected delivery date by calling or going online to Express Scripts. The new TRICARE policy stems from the 2013 National Defense Authorization Act and is designed to save beneficiaries and taxpayers money, Jones explained.

"Based on estimates, the program is expected to save beneficiaries \$16.5 million in reduced copays, and projected Defense Department savings is \$88 million during the first year," he said. That translates into a savings of about \$176 per medication per year, he added. A pilot program on the new pharmacy initiative was conducted in 2014, and it was "very successful," he added. "It was very well received by beneficiaries and met reductions in beneficiary-out-of-pocket costs and reduced costs to the government," he said. [Source: TREA News for the Enlisted | August 24, 2015 ++]

An additional version of this report can be found at:

<http://www.military.com/benefits/2015/09/01/tricare-pharmacy-changes-effective-october-1.html#.Ve2-Jfo0aIU.Hotmail>

Did You Know? (continued)

(Continued from page 6)

19. Stomach acid (conc. HCL) is strong enough to dissolve razor blades!!
20. Take a 10-30 minute walk every day & while you walk, SMILE. It is the ultimate antidepressant.
21. Sit in silence for at least 10 minutes each day.
22. When you wake up in the morning, pray to ask God's guidance for your purpose, today.
23. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
24. Drink green tea and plenty of water. Eat blueberries, broccoli, and almonds.
25. Try to make at least three people smile each day.
26. Don't waste your precious energy on gossip, energy vampires, issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
27. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
28. Life isn't fair, but it's still good.
29. Life is too short to waste time hating anyone. Forgive them for everything.
30. Don't take yourself so seriously. No one else does.
31. You don't have to win every argument. Agree to disagree.
32. Make peace with your past so it won't spoil the present.
33. Don't compare your life to others. You have no idea what their journey is all about.
34. No one is in charge of your happiness except you.
35. Frame every so-called disaster with these words: 'In five years, will this matter?'
36. Help the needy, Be generous! Be a 'Giver' not a 'Taker'.
37. What other people think of you is none of your business.
38. Time heals everything.
39. However good or bad a situation is, it will change.
40. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
41. Envy is a waste of time. You already have all you need.
42. Each night before you go to bed, pray to God and be thankful for what you've accomplished, today.
43. Remember that you are too blessed to be stressed.

Kilroy Was Here (cont)

(Continued from page 8)

ed, claiming it was already there when they arrived.

Kilroy became the U.S. super-GI who had always "already been" wherever GIs went. It became a challenge to place the logo in the most unlikely places imaginable (it is said to be atop Mt. Everest, the Statue of Liberty, the underside of the Arc de Triomphe, and even scrawled in the dust on the moon.

As the war went on, the legend grew. Underwater demolition teams routinely sneaked ashore on Japanese-held islands in the Pacific to map the terrain for coming invasions by U.S. troops and thus, presumably, were the first GI's there). On one occasion, however, they reported seeing enemy troops painting over the Kilroy logo!

In 1945, an outhouse was built for the exclusive use of Roosevelt, Stalin, and Churchill at the Potsdam conference. Its' first occupant was Stalin, who emerged and asked his aide (in Russian), "Who

is Kilroy?"

To help prove his authenticity in 1946, James Kilroy brought along officials from the shipyard and some of the riveters. He won the trolley car, which he gave to his nine children as a Christmas gift and set it up as a playhouse in the Kilroy yard in Halifax, Massachusetts.



Ed. Growing up in the late 40s and 50s, Kilroy was alive and well all up and down the highways in California. There wasn't a vacation spot anywhere (including the bath houses) where Kilroy had been there. Many a rock or boulder along those two lane highways and evidence of Kilroy's

travels. And this was in the days before spray paint.



And so, the tradition continues...



EVEN Outside Osama Bin Laden's compound in Pakistan. Was this the work of SEAL Team Six? One can only wonder.



"If ye break faith - we shall not sleep" IRISH PROVERB



Valuable News Sources

As I have said before, the semi-monthly RAO Bulletin is an invaluable source of USN/DOD news for this newsletter. I strongly recommend every Veteran subscribe to this informative and timely source:

Lt. James "EMO" Tichacek, USN (Ret)
 Editor/Publisher RAO Bulletin
 RAO Baguio, PSC 517 Box RCB, FPO AP 96517

Tel: (951) 238-1246 in U.S. or Cell: 0915-361-3503 in the Philippines.

Email: raoemo@sbcglobal.net
 Web Access:

<http://www.veteransresources.org>,
<http://frabr245.org> or
<http://vets4vets.zymichost.com/rao.html>

This version of the Kilroy legacy was found at the Bellingham, WA, FRA website:

<http://frabr245.org/>

There is a wealth of Vet and Retiree information on those pages. Check it out—there's something for everyone



...Two Steps Back

The Department of Veterans Affairs recently issued a revision to its manual defining what areas can be considered for the presumption of Agent Orange exposure. This revision specifically excludes the crews of ships that entered the major bays and harbors of Vietnam, including Navy personnel who were exposed to Agent Orange in Da Nang, Nha Trang, Vung Tau and Cam Ranh Bay. The provision was issued in response to a court order from the Court of Appeals for Veterans Claims decision entitled *Gray v. McDonald*, which found the old regulation to be improper and ordering the VA to re-write it. Military-Veterans Advocacy Executive Director Commander John B. Wells, USN (Retired), described the new regulation as a "betrayal."

"It does not change their old rule," Wells said. "It merely restates it with language that is just as irrational."

The new regulation comes on the heels of a meeting between Wells and VA Deputy Secretary Sloan Gibson, which occurred last month. The meeting was arranged as a result of Congressional pressure to open a dialogue on Gray and the entire Blue Water Navy issue. During that meeting, Wells showed evidence of the Agent Orange infiltration into the bays, harbors and territorial seas of the Republic of Vietnam. The meeting also included the discussion of a report confirming the presence of the Agent Or-

ange dioxin in the bottom sediment of Nha Trang Harbor.

Several scientific studies have shown that the process used to distill potable water from salt water, for crew use, did not remove the dioxin, and actually enriched it. "These folks got a straight shot into their drinking water," Wells said. "Studies conducted for the Australian Department of Veterans Affairs and confirmed by the United States' Institute of Medicine have proven that. Yet the bureaucrats at the VA refuse to accept the fact that they were wrong." Australia has granted the presumption of exposure to their shipboard veterans since 2003.

"Sloan Gibson promised me that the VA would keep in contact with us and consult with us," Wells continued. "That never happened." Wells noted that a similar promise of contribution made in January of 2012 by then VA Chief of Staff John Gingrich never materialized either. "We tried to give the VA the benefit of the doubt but, as usual, they disappointed us." In an e-mail to Gibson, Wells wrote: "While I had hoped that our meeting would result in a partnership, the fact that it did not was not completely unexpected. Like most veterans, I am used to being disappointed by the VA. Working with you, I believe we could have resolved this matter. Instead, we now have to pursue other avenues. But our mission is to work for the veterans and we will continue to do that." Wells, who served as

a Chief Engineer on several Navy ships, is a retired surface warfare officer. He is now an attorney practicing military and veterans' law. He is recognized nationally as the subject matter expert on the Blue Water Navy matter. In contrast, Wells noted that at the meeting with Gibson the Deputy Secretary conceded that the people he had working the issue had no surface ship experience.

"The lack of nautical experience is evident in the new regulation and as well as previous VA statements on the matter," Wells said. Wells promised continued pressure in Congress and the courts. HR 969, which would expand the presumption of exposure to the territorial seas, is pending in the House Veterans Affairs Committee with 264 co-sponsors. The Companion Senate bill, S 681, has 20 co-sponsors.

The Senate Veterans Affairs Committee has held one hearing on May 13, and is expected to hold another when Congress reconvenes. Currently litigation is pending before the United States Court of Appeals for the DC Circuit and the Court of Appeals for Veterans Claims. Wells, an attorney whose practice focuses on military matters, is based in Slidell, Louisiana, near New Orleans. For more information about MVA, refer to www.MilitaryVeteransAdvocacy.org or <https://www.facebook.com/pages/Military-Veterans-Advocacy-Inc/379899502270588?fref=ts>. [Source: MVA Press Release | John B. Wells | August 13, 2015 ++]



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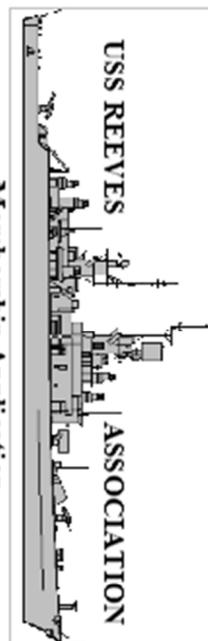
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