



# Eight O'Clock Reports

Published monthly for the members of Triangle Branch 182, Fleet Reserve Association  
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Triangle Branch 182, F.R.A.

Rockville, MD

July 2025

Volume 27 Number 07

President  
Randy L. Phillipp

Jr Past President  
D. Keith Kaider

Secretary/Treasurer  
Thomas M. Rauch

Chaplain  
PNC Paul R. Gunther

Members Only

### FRA Auxiliary Unit 182 Officers

President  
Dolores Manley

Secretary  
Gloria Bastian

Treasurer  
Anne Dobbs

Chaplain  
Susan Kaider

Members Only



## BRANCH MEETING July 16, 2025

At 1903 Jr. Past President Keith Kaider convened an informal meeting with 6 members present including RSEC Thomas Rauch, Shipmate Valerie Mathews (Zoom), Shipmate Michael Tovornik (Zoom) and Shipmate Mark Allen (Zoom). In addition, RPEC Robert Oliveira (Br. 293) joined via Zoom.

The meeting started with discussion and approval of the June Minutes. Shipmate Tovornik made a motion to approve, Shipmate Allen seconded and all approved.

Next on the agenda was the Report of Committees. Membership & Retention, Shipmate Kaider reported that as of July we have 62 members with two for renewal and one lost.

Americanism & Patriotism, Shipmate Gunther was not present.

Hospitals, Welfare, and Rehabilitation, Shipmate Rauch reported that Shipmate Michael Hamas was in the hospital.

Youth Activities, Shipmate Kaider had nothing to report.

Next were communications to be read, Shipmate Rauch reported that he downloaded the following documents from the FRA Official Correspondence, received via mail, or received via email: 1) Celebration of Life and Burial Ceremony for MRCM(SW) John S. Handzuk. 2) 2025-2026 1st Quarter Membership Report. 3) Delbert Terrell NED Nomination Resolution 2025-26. 4) NPSL 1-25 Board, Staff and Committee Directory - revised 6.30.25. 5) Central Liaison Committee April Meeting Minutes received from the CLC Secretary. 6) National 2025 Convention Newsletter #3. Note: Both the CLC April Minutes and National Convention Newsletter were sent to the Branch/Unit Email Distribution List. No other communications received.

Shipmate Rauch went over the June Financial Statement and supporting reports and Shipmate Tovornik made a motion to accept the report that was audited by the Audit Committee Chairman Shipmate Kaider, Shipmate Allen seconded and all approved. Shipmate Rauch went over our Branch end of year Financial Statement for FRA Association Year 2024-25, and Shipmate Tovornik made a motion to accept the report that was audited by the Audit Committee Chairman Shipmate Kaider, Shipmate Allen seconded and all approved.

Unfinished or Deferred Business. 1) Shipmate Kaider reported that all the Washington Commanders game tickets were sold, except for the preseason game tickets. More details will be presented at the next meeting. No other Unfinished/Deferred Business.

New Business. 1) Shipmate Rauch reported that he will be collecting money next meeting for any Shipmates that want to purchase advertisements and/or boosters for the National Convention Journal. 2) National Convention Meals and Special Events forms are due as soon as possible and Shipmates attending will be responsible for completing/submitting themselves. 3) July CLC Meeting is on July 26, 2025 at Mrs. Philippines Home for Senior Citizens, 6482 Bock Rd., Oxon Hill, MD and via Zoom hosted by Unit 181. No other new business.

Under Good of the Order, Shipmate RPEC Robert Oliveira mentioned that he attended Shipmate JrPNP John Handzuk's Celebration of Life Ceremony and Funeral in Jacksonville, FL. He noted that the National Convention is in November and the Navy & Marine Corps 250th Anniversary celebration will be held in Philadelphia during the week of October 13th, and he will be attending. (More information for that event is listed on the back of this newsletter). Also, that we have three nominations for NED and that we should look closely for the best fit.

Then at 1941, Shipmate Tovornik motioned to adjourn the meeting, Shipmate Allen, seconded and all approved. Next meeting will be on August 20, 2025 at American Legion Post 86 and via Zoom.

### Important Dates for August 2025

04 Aug ~ U.S. Coast Guard Birthday - 235 Years!  
20 Aug ~ Branch Meeting @ 1900, American Legion Post 86,  
2013 Veirs Mill Rd., Rockville, MD and via Zoom/Dial-in  
**Zoom:** URL: <https://us02web.zoom.us/j/74199719408>  
Meeting ID: 741 9971 9408  
**Dial-In:** 1-301-715-8592 or 1-253-215-8782  
Meeting ID: 741 9971 9408

### Retain, Recruit, and Attend Reminder

Retention:

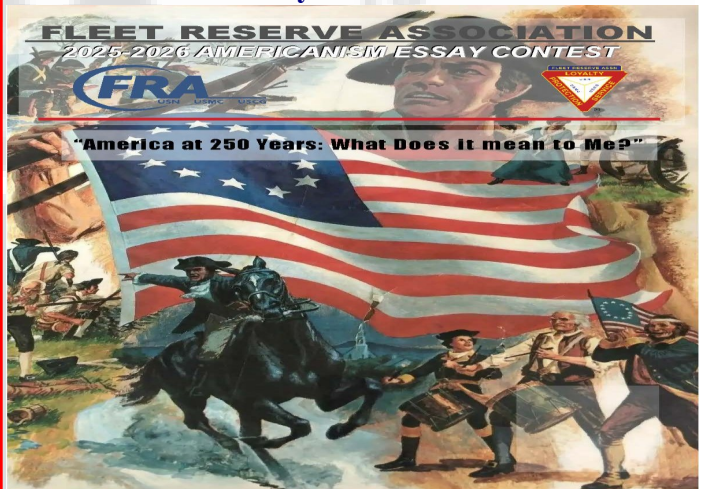
Membership As of July 2025				
Active	For Renewal	Past Due	Lost	Gain
62	2	0	1	0

You can renew at [www.fra.org](http://www.fra.org) or please contact our Branch Secretary for more information.

**Recruitment/Reinstatement:** See [www.fra.org](http://www.fra.org) or Branch Secretary for more details on incentive programs.

**Attendance:** See above for Branch Meeting Date, Time, Location

### Americanism Essay Contest For Grades 7-12



The FRA sponsors an annual essay contest to promote the spirit of Americanism and Patriotism among our country's youth. FRA's Americanism Essay Contest is open to all students, grades 7 through 12, including those who are home schooled. Students are invited to submit a 350-word essay through an FRA member or local FRA branch before the December 1st deadline. Local winners are forwarded for competition at the regional level and regional winners compete for national prizes.

The grand national winner will receive \$1,500, with additional prizes for the top three essays in each grade category (\$1,000 for first place, \$750 for second place, and \$500 for third place). Each national winner will receive an attractive plaque citing his/her achievement, and every entrant judged at the national level receives a certificate of recognition. Additional prizes may be awarded to students winning at local and regional levels of competition.

For more information and Americanism Rules go to the following website: <https://www.fra.org/essay>

Deadline for all entries is **December 1, 2025**

Local entries can be submitted to the below address:

**Name :** Paul R Gunther  
**Address :** 7716 Harvest Hills Ct  
Mt. Airy, MD 21771-8442  
**Email :** [PaulG48104@aol.com](mailto:PaulG48104@aol.com)  
**Phone :** (240) 338-0929

Members Only



Two Bell Ceremony in remembrance of those Shipmates that have received orders to serve on the Staff of the Supreme Commander.



Please remember our troops who continue to serve at home and around the world.

**Upcoming Meetings/Events**

**Central Liaison Committee**

July 26, 2025 2:00 PM Hosted by Unit 181  
Mrs. Philippines Home for Senior Citizens  
6482 Bock Rd., Oxon Hill, MD

**Central Liaison Committee**

October 25, 2025 2:00 PM Location: TBD

**97th FRA and 92nd AFRA National Convention**

November 3-8, 2025

Oasis Hotel & Convention Center

2546 North Glenstone Avenue, Springfield, MO

Reservations call (417) 866-5253, Room rates are \$119/night

<https://springfieldoasis.com/>



**MEMBERSHIP**

Updates Since June 2025

**Renewed Members**

Thomas Lovett

**New Branch Members**

None

**Thank you and Welcome, Shipmates!**

**AUGUST BIRTHDAYS**

Carlton Thigpen, Jr	2nd	John Koval	9th
Michael Tovornik	4th	Thomas Rauch	14th
Wesley Stokes, Jr		20th	

**HAPPY BIRTHDAY, SHIPMATES**

**AUGUST FRA ANNIVERSARIES**

Carlton Thigpen, Jr	43yrs	Helene Delizo	24yrs
D. Keith Kaider	31yrs	Andrew Gosnell	14yrs
Wesley Stokes, Jr	27yrs	Harold Dewese	7yrs
Carl Lenhart		4yrs	

**Thank you for your support, Shipmates**

**VA| News Summer is here. Stay hydrated.**

**10 tips to increase your fluid intake:**

1. Carry a refillable water bottle.
2. Don't wait until you're thirsty, drink water throughout the day.
3. Drink water when you first wake up.
4. Drink water at all your meals.
5. Eat foods that are high in water content, such as juicy fruits and vegetables (Grapes, melon, cucumbers, lettuce, celery, pineapples).
6. If you struggle to drink water, alternate your drinks. If you drink juice or soda, challenge yourself to have a cup of water as your next beverage.
7. Add fruit to your water to jazz it up. Slices of lemon or oranges can be a fun way to add a little flavor to your water.
8. Dilute juice with water or use club soda.
9. Set a timer on your phone or watch to remind yourself to hydrate throughout the day.
10. Set a goal on how much fluid you're going to drink in the day.

Reference: <https://news.va.gov/132742/summer-is-here-stay-hydrated/>



**Homecoming 250 Navy and Marine Corps**

**Celebrating the Services who secured 250 years of independence.**

**October 9 - 16 & November 10, 2025**

This October, the U.S. is celebrating the 250th anniversary of the Navy and Marine Corps with a weeklong schedule of events in Philadelphia, PA and Camden, NJ.

The Navy was established on October 13, 1775, and the Marine Corps on November 10, 1775. Philadelphia is the birthplace of both military branches.

As Americans celebrate the 250th anniversary of the Declaration of Independence – the Semiquincentennial – Philadelphia and New Jersey will be commemorating the founding of the military services that helped the United States gain and defend our independence for 250 years. This special week will include exciting events, including the parade of Navy ships and other vessels, a spectacular flyover by the Blue Angels, special museum exhibits, tours of modern and historic ships, and much more.

These celebrations will shine a spotlight on the birthplace of our nation, honor the Navy and Marine Corps, salute our military service members and veterans, and remind us what unites us all.

Featured Events include the following:

Parade of Ships and Opening Ceremonies

Ship Tours

All Veterans Reunion Picnic

“Victory at Sea” Concert

Marines Corps 250 Parade Presented By Walmart

Navy 250th Commemoration at Independence Hall & Flyover by the Blue Angels

Marine Corps Commemoration at Independence Hall

For more details go to the Homecoming 250 website listed below:

<https://www.homecoming250.org/>

**FRA AUXILIARY UNIT 182**



**AUGUST BIRTHDAYS**

Dolores Manley	13th
Sandra Long	24th

**HAPPY BIRTHDAY, Auxiliary Members**

FRA Auxiliary 07-17-2025

There was no meeting held this month. Our next meeting will be August 21, 11:30 A.M. at the Urbana Regional Library.

Respectfully,  
Susan Kaider

**AUGUST ANNIVERSARIES**

Carolyn Self 32yrs

**Thank you for your support, Auxiliary Members**