

FLEET RESERVE ASSOCIATION

*Representing all Enlisted Personnel of the*

U.S. Navy ★ U.S. Marine Corps ★ U.S. Coast Guard

Atlanta Branch 89

MARCH – APRIL 2020 NEWSLETTER

**President Secretary Treasurer Membership**

Ernie Rose Denise Watkins Howard Hayes Wayne Barron

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**MESSAGE FROM BRANCH 89 PRESIDENT**

Hello Shipmates and Ladies,

At our January meeting the Southeast Region President, Laurie Bailey and her husband Tim visited. She shared thoughts on the Region and some insights of interest to our members. She also helped in the grading of our essays. After the meeting, she and Tim spent time fellowshipping with the shipmates and ladies.

The February meeting saw about 2 inches of snow fall while the meeting was going on. Even with the weather conditions several shipmates and ladies attended and we had two visiting prospective new members.

At the March 14th meeting, we will hold a Two Bell Ceremony and decide on the logo for a Branch 89 ball cap.

Our application for a memorial stone at the Canton, GA VA National Cemetery is still pending approval by the VA. We will keep you advised of progress.

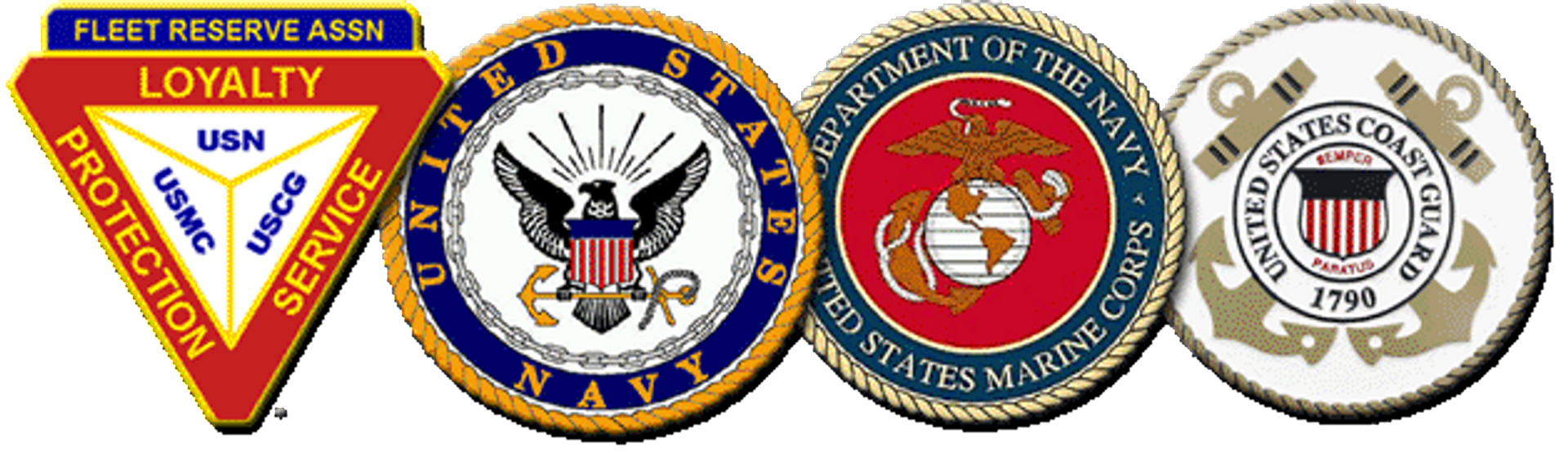
The dates for the NAS Atlanta Reunion in Dillard, GA have changed to 13 and 14 May 2020. If you have never attended and would like information about the Reunion contact myself or Wayne Barron. Most regular attendees should have received information from Wayne recently. Wayne and Jane Lear, President have worked very hard to have another great reunion this year. Let’s do all we can to support them and show our appreciation.

That is about all from this end. I hope to hear from your end soon.

And “Beware the Ides of March”.

Yours in Loyalty, Protection and Service,

Ernie



**MONTHLY MEETINGS**

**Second Saturday of each Month \***

At American Legion Post 160

160 Legion Drive

Smyrna, GA 30080

770 436-2501

*\*Unless otherwise announced.*

**UPCOMING MEETING DATES**

**At American Legion Post 160**

**Start Time: 10:00am or 1000 Hours**

* **March 14th, 2020**
* **April 11th, 2020**
* **May 9th, 2020**

**JUST FOR LAUGHS**

**One morning a radio announcer on the AFES station in Anchorage, Alaska was giving the time one morning at 8 AM. He said, for those of you in the Air Force, it is 8 Am. The Army, it is 0800 hours, the Navy, it is 8 Bells, and for the Marines, the little hand is on the 8 and the big hand is on the 12.**

RECRUIT A NEW MEMBER TODAY

As an FRA member, you get answers to questions from friendly member-service staff with one phone call or e-mail. You also have access to the members-only areas of the website to read the latest association news, read our monthly publication FRAtoday, share your opinions in the community section, post reunions and subscribe to e-mail updates.

FRA members get up-to-date information on:  
Legislation, Health care, Education benefits and enhancements, Veterans' service benefits  
Survivor benefits opportunity to affiliate with a Branch (see [Branch Locator](https://www.fra.org/fra/Web/About_FRA/Branch_Locator/Web/Branch_Search_Page.aspx?hkey=0d0eacd3-3646-4d5f-94a3-61f488702dfa))  and much more!

A unique username and a password are required to create your membership online. FRA membership dues are as follows:

1 year for $40.00  
 2 years for $75.00  
 5 years for $180.00

**Life Membership Fees**

*Effective 1 January 2017*

Active Duty..............................$400

Ages 40 and younger................$450

Ages 41 to50.............................$425

Ages 51 to 60............................$390

Ages 61 to 70 ...........................$340

Ages 71 to 80............................$260

Ages 81 to 99............................$200

Ages 100 and older...................FREE

**Your Mission** • **Your Voice**

**Dues Information**

* **Branch 89 will pay $15 of a two-year renewal**



* **$50 for a five-year renewal**
* **and 30 percent for Paid Up for Life Membership**

In addition, if you attend 4 out of 6 meetings during each half of the year (January thru June, and July thru December), Branch 89 will have a drawing to pay for a PUFL Membership. If you are already a PUFL, you would be given that amount of monies that it would have cost you for the PUFL membership as of your age on the drawing date.

**(Another reason to come to our monthly meetings!)**





**DATES TO REMEMBER\_\_\_\_\_\_**

**MAR 1 – Peace Corps Day**

**MAR 12 – Girl Scouts Day**

**MAR 15 – Ides of March**

**MAR 17 – Saint Patrick’s Day**

**APR 1 – April Fool’s Day**

**APR 5 – Palm Sunday**

**APR 10 – Good Friday**

**APR 12 – Easter Sunday**

**APR 15 – Tax Day**

**APR 20 – Patriot’s Day**

**APR 22 – Earth Day**

**APR 24 – Arbor Day**



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**LEGION FOOD PANTRY**

**Please remember to bring non-perishable food items for donation to the American Legion Post 160 Food Pantry. These donations assist our families and friends that are in need. All donations are greatly appreciated.**

**“The Power of Gratitude (Excerpts)”**

By Ellen G Goldman, Health and Welliness Coach Cleveland Clinic Wellness

Robert Emmons and Michael McCullough are two leading American investigators of gratitude. They describe gratitude as personality strength – the ability to be keenly aware of the good things that happen to you and never take them for granted. Grateful individuals express their thanks and appreciation to others in a heartfelt way, not just to be polite. If you possess a high level of gratitude, you often feel an emotional sense of wonder, thankfulness and appreciation for life itself. Researchers are finding that individuals who exhibit and express the most gratitude are happier, healthier and more energetic.

Grateful people report fewer symptoms such as headaches, stomachaches, nausea, even acne, and spend more time exercising! And the more a person is inclined towards gratitude, the less lonely, stressed, anxious and depressed he or she will be.

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