



THANKSGIVING POT LUCK



OZARK EMPIRE, BRANCH – 316, INC.

FLEET RESERVE ASSOCIATION

*Representing Enlisted Personnel of the
U.S. NAVY * U.S. MARINE CORPS * U.S. COAST GUARD*

4028 S. Kentwood Ave.
Springfield, MO 65804 * (417) 861-9926

NOVEMBER 2023 NEWSLETTER

IN CASE OF ILLNESS OR DEATH OF ANY SHIPMATE
PLEASE NOTIFY THE BRANCH CHAPLAIN OR
SECRETARY AS SOON AS POSSIBLE

BRANCH OFFICERS

President:	Robert Turner	307 Southview St., Willard, MO 65781	(417)838-4991
Vice Pres	Bernie Daum	264 Meadowview Rd., Galena, MO 65656	(757)620-2113
Secretary:	Chuck Ewy	4028 S. Kentwood Ave., Springfield, MO 65804	(417)861-9926
Treasurer	Frank Parker	847 S Jonathan Ave. Springfield, MO 65802	(417)838-7698
Chaplain:	Don Brunk	2478 W. Nottingham St., Springfield, MO 65810	(417)840-4717

BRANCH BOARD OF DIRECTORS

JrPP:	Tom Newsom	3215 W. Wick St., Springfield, MO 65810	(417)569-9871
Bd. Of Dir.	Teri Jeske	RR 4, Box 436, Ava, MO 65608-9370	(417)413-8606
Bd. Of Dir.	Jim Grier	714 S. Stratford Dr., Springfield, MO 65809	(417)350-3888
Bd. Of Dir.	Nolan Moody	4334 W. La Siesta St., Springfield, MO 65802	(417)894-0083
Bd. Of Dir.	Bill Turpin	2865 S Ingram Mill Rd, Apt B206, Springfield, MO 65804	(417)409-3263
Bd. Of Dir	Virginia Swayne	1427 N. Fender Ave., Springfield, MO 65803	(417)880-7872

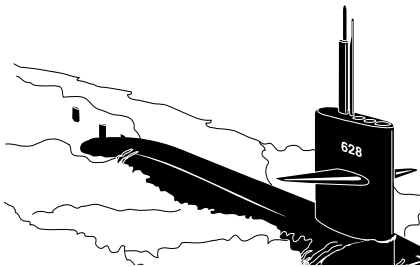
EVENTS OCTOBER 2023

EVENTS NOVEMBER 2023

Nov 4 – Willard Vets Day Parade
 Nov 5 – Daylight Saving Time Begins
 Nov 7 – Election Day
 Nov 10 – US Marine Corps B-Day (1775)
 Nov 11 – Marshfield Vets Parade
 Nov 11 – Veterans Day, FRA 98th B-Day (1924)
 Nov 16 – Branch 316 Meeting (POT LUCK)
 Nov 23 Thanksgiving Day

UPCOMING EVENTS

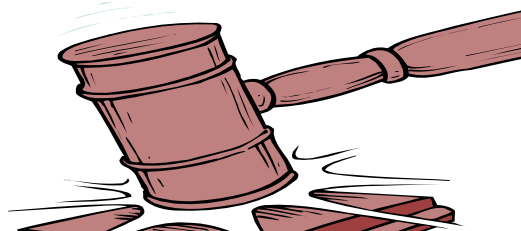
Dec – No Meeting
 Jan 25 – Branch Meeting
 Feb 22 – Branch Meeting
 Mar 28 – Branch Meeting



NEXT MEETING:

**3rd Thur., Nov 16, 2023 (1700)
 American Legion Post 639
 2660 S Scenic Ave.
 Springfield, MO. 65807**

**YOU ARE WANTED
 AND WELCOME
 SHIPMATES
 AT BRANCH 316'S
 MEETINGS**



NOVEMBERS MEAL

Shipmates Come and Enjoy

A Thanksgiving Pot Luck

Here is what's been signed up for.

Frank Parker – Smoked Turkey

Virginia Swayne – Mashed Potatoes & Gravy

Teri Jeske – Green Bean Casserole

Bernie Daum – Waldorf Salad & Pumpkin Pie

Joe Newton – Cranberry Sauce

Don Brunk – Sweet Potatoes

Chuck Ewy – Dressing

Rob Turner – To be Determined

Lon Jeske – Pie



BRANCH 316'S WEB PAGE (frabr316.org)

NEXT MEETING: Our next meeting will be Thursday, NOVEMBER 16, 2023, and will commence at 1800. We will meet at American Legion Post 639, 2660 S. Scenic, Springfield, MO, 65807. There will be a meal provided at 1700.

LAST MEETING: S/M President Robert Turner called Branch 316's meeting to order at 1800. Members in attendance were: Chuck Ewy, Robert Turner, Mell Johnson, Teri Jeske, Virginia Swayne, Bernie Daum, Frank Parker, Joe Newton, Nolan Moody, and Don Brunk. All Shipmates repeated the "Pledge of Allegiance" to the flag and the "Preamble to the Constitution of the FRA". A motion was made by S/M Teri Jeske to dispense with reading the minutes of last meeting, SEPTEMBER 26, 2023, and approve as published in the OCTOBER 2023 Newsletter. Motion seconded by S/M Don Brunk and passed. We had one new member to initiate, S/M Mell Johnson.

STANDING COMMITTEE REPORTS:

AMERICANISM/PATRIOTISM – S/M Norma Wright reported:

- No Report

HOSPITAL – S/M Don Brunk reported:

- S/M Robert Brauch was in Mercy and was visited by S/M Secretary Chuck Ewy and S/M Chaplain Don Brunk.
- S/M Gerald M. Norman joined the Staff of the Supreme Commander on September 3, 2023.
- S/M Chuck Ewy will undergo a stress test Friday October the 27th.

MEMBERSHIP – S/M Chuck Ewy reported:

- 0 New member, 0 Transfer-Out, 0 Transfer-In, 0 Reinstated, 1 Deletions, 0 Suspension, 1 Members past due, 97 Total active members, 1 Members past due, 97 Members in good standing.

PUBLIC RELATIONS – S/M Teri Jeske reported:

- No Report

VETERANS SERVICE – S/M Belinda Brown reported:

- We had one veteran helper with rent in the amount of \$250.00 from Branch 316.

YOUTH – S/M Sheldon Pryke reported.

- No Report

COMMUNICATIONS - S/M Secretary Chuck Ewy made available to all hands:

- S/M Secretary read a letter received from S/M RVPNC Mark Melton.

TREASURERS REPORT –

- S/M Frank Parker gave the report. All bills paid. Jeske made a motion to accept the Treasurers report. Seconded by S/M Don Brunk and passed. October meal cost was \$100.03, donations of \$65.00.

UNFINISHED AND DEFERRED:

- S/M Secretary past on the results from the NCR 2023 Convention:
 - Americanism Patriotism – Branch 316 – 2nd Place Group IV
 - Public Relations – Branch 316 – 2nd Place Group IV
 - Youth Activities – Branch 316 – 1st Place Group IV
- S/M Secretary once again read the "Save the Date" for the NCR Mid-Year Conference being held in Springfield, MO April 6-9, 2023 at the Oasis Hotel and Convention Center, 2546 N. Glenstone Ave.

NEW BUSINESS:

- Results of the 8 Resolution submitted at the National Convention
 1. **Passed.** If passed, would allow officers who served or are now serving in the Navy, Marine Corps and Coast Guard to join the FRA
 2. **Passed.** If passed, would require branches to purchase all year's continuous membership pins.
 3. **Failed.** If passed, would have dues for first time members who sign up between 11 Nov 2023 and 10 Nov 2025 be free and require them to pay \$24.00 for the second year.
 4. **Failed.** If passed, would have branches pay an administrative fee equal to one-half of the current dues for members they carry as exempt.
 5. **Passed.** If passed, would eliminate C&BL Sec 401(m). Members who attain the age of 85 with 40 years continuous membership would be exempt from paying dues. Members who are already receiving this benefit will continue to be exempt from paying dues.
 6. **Passed.** If passed, changes the Life Membership fee. See additional article in the November Newsletter
 7. **Failed. Ruled out of order (C&BL conflict).** If passed would have allowed the NED (National Executive Director) to be an FRA member or hired from outside the association.
 8. **Failed. Ruled out of order (C&BL conflict).** If passed, would allow the National Board of Directors to appoint a designated representative to advertise the NED position, review resumes and make recommendations to the NBOD. The NBOD would then hire the best-qualified candidate.
- We have signed up for the Willard Veterans Day Parade November 4th. We need riders.
- We have signed up for the Marshfield Veterans Day Parade November 11th. We need riders.

- S/M Secretary stated our supply of shirts is dwindling. S/M Teri Jeske made a motion to purchase 20 short sleeve shirts and 20 long sleeve shirts from Upward Promotions in Springfield, MO. At a cost of \$1,060.00. Motion seconded by S/M Virginia Swayne and passed.
- S/M Secretary made a motion that we move our meeting in November 16th, motion seconded by S/M Don Brunk.

GOOD OF THE ORDER:

- S/M Nolan Moody passed on the following information:
 - The Elks will have a Toys for Tots on November 26, 2023.
- S/M Secretary showed the Centennial Book from Grace UMC that we purchased a half page ad for.

Motion by S/M Teri Jeske to adjourn the meeting, seconded by S/M Virginia Swayne and passed.

Meeting Adjourned 1906

Next meeting will be November 16, 2023 at 1800. Our meeting will be held at the American Legion Post 639

NEW MEMBERS: Welcome aboard to S/M Mell Johnson, 709 W Katella St, Springfield, MO

MEMBERS WHO ARE PAST DUE:

MEMBERS WHO ARE READY TO RENEW THEIR MEMBERSHIP AS OF SEPTEMBER 30, 2023:

MEMBERS WHO ARE READY TO RENEW THEIR MEMBERSHIP AS OF OCTOBER 31, 2023:

MEMBERS WHO ARE READY TO RENEW THEIR MEMBERSHIP AS OF NOVEMBER 30, 2023:

Shipmates we need you to renew your membership. If you need any assistance. Please notify Secretary Ewy at 417-861-9926. (If no answer please leave a message) or e-mail me at cmewy@sbcglobal.net Please contact me if you have sent in your dues and are still in arrears, to get it corrected.

THE FOLLOWING MEMBERS ARE TERMINATED FOR NON-PAYMENT OF DUES:

THE FOLLOWING MEMBER HAS REPORTED TO THE STAFF OF THE SUPREME COMMANDER:

SHIPMATES IN GOOD STANDING, WITH 50 YEARS OF CONTINUOUS MEMBERSHIP NO LONGER HAVE TO PAY DUES:

VISITATION: Shipmates, if you are sick or confined to bed, please let us know so one of the following S/M can come and visit you. Contact: S/M Chaplain – Don Brunk (417-840-4717), S/M Secretary – Chuck Ewy (417-861-9926) or S/M President – Robert Turner (417-838-4991).

NOVEMBER 2023 CONTINUOUS MEMBERS: We want to congratulate the following members of Branch 316 for their continuous membership in the FRA.

Don Brunk	47 Yrs.	Patrick Buzzard	21 Yrs.	Charles Cline	47 Yrs.
Joe Hopkins	2 Yrs.	Edward Jones	42 Yrs.	Bill Turpin	30 Yrs.
Pamela Warner/Dawes	35 Yrs.	Donald Weiss	2 Yrs.		

DECEMBER:

Michael Baker	38 Yrs.	Alan Fear	13 Yrs.	Philip Fogle	25 Yrs.
Durnell Forrest	50 Yrs.	Robert Lea	49 Yrs.	Joe Newton	2 Yrs.
Kenneth Spink	29 Yrs.	Billy Tettenhorst	26 Yrs.		

WE WISH EACH SHIPMATE, WHO HAS A BIRTHDAY IN NOVEMBER, A HAPPY BIRTHDAY:

Patrick Buzzard	63 Yrs.	Charles Duff	74 Yrs.	James Hawthorne	75 Yrs.
Sheldon Pryke	43 Yrs.	Doug Scott	55 Yrs.	Jimmie Shehi	95 Yrs.
Wallace Watson	76 Yrs.				

DECEMBER:

Daniel Bunch	83 Yrs.	Charles Cline	87 Yrs.	Michael George	61 Yrs.
Joe Newton	80 Yrs.	Frank Parker	77 Yrs.	Dennis Shanklin	81 Yrs.

If any of these are incorrect, please notify Branch Secretary.

Shipmates, if you have been thinking about life membership, you should do
it before January 1, 2024

Current Life Membership Fees are:

After Jan 1, 2024

Active Duty	\$400.00	Under Age 40	\$600.00
Under Age 40	\$450.00	Age 41 – 50	\$570.00
Age 41 – 50	\$425.00	Age 51 – 60	\$535.00
Age 51 – 60	\$390.00	Age 61 – 70	\$475.00
Age 61 – 70	\$340.00	Age 71 – 80	\$380.00
Age 71 – 80	\$260.00	Age 81 – 90	\$260.00
Age 81 – 100	\$200.00	Age 91 – 100	\$145.00
Over 100	Free	Over 100	Free

TRICARE Copayment Changes for 2024

Place of Service	Formulary		Non-Formulary Tier 3
	Generic (Tier 1)	Brand (Tier 2)	
Military Pharmacy (up to 90-day supply)	\$0	\$0	Not applicable
TRICARE Home Delivery (up to 90-day supply)	\$13.00	\$38.00	\$76.00
Retail Network Pharmacy (up to 30-day supply)	\$16.00	\$43.00	\$76.00

Chuck Ewy,
Secretary, Branch 316

Give Vets Hope



Our group celebrated 5 years of existence recently and that's quite a milestone for us. Some marriages have not made it that long. Fortunately, for us we continue to meet, reminding me of this saying "a little+often= a lot".

Holly, my co-facilitator, is planning on being at the Stand Down introducing and recruiting new members at a table, stop by and see her if you get the chance.

Our group has talked about being "grounded" on occasion. What this means is that you are aware of what is happening outside of your body/environmentally and inside of your body/internally. Often our perceptions of what is happening enter our behaviors. Grounding involves dealing successfully with these perceptions before they become troublesome. This can be done by noticing where you are, who is around you, and what is happening to you, physically or emotionally.

Noticing where you are in what you are doing or how you respond in that place and time may adversely affect how you react. If you are with friends or family doing something that is normally fun and you hear a loud sound, hear thunder, get startled by someone, or the loud explosions of fireworks, these triggers will need to be dealt with. You might get away from surprises like these, but the best solution is avoiding potential situations that may bring about or prompt these difficult reactions. Physically, your heart may speed up, blood pressure goes up, your breathing becomes rapid or you begin to feel confused or sweat, however, your being grounded can help you realize what is happening and do something about it.

Next month we will talk about more of the emotional aspects of dealing with stressful situations and getting "grounded".

David Suits

Give Vets Hope, Co-facilitator

OZARK EMPIRE FLEET RESERVE
4028 S. KENTWOOD AVE.
SPRINGFIELD, MISSOURI 65804-6517

"RETURN SERVICE REQUESTED"

