



NORFOLK

BRANCH 5 NEWS

February 2011



BRANCH 5 GOES TO HARBOR PARK

Branch 5 will hold its annual baseball game/picnic at Harbor Park on Saturday, 28 May 2011. That helps make the Memorial Day weekend one to remember.

There is a concert at Harbor Park starting at 6 p.m. It's a Jimmy Buffet cover band—a local band that plays Jimmy Buffet music. Your game ticket is good for admission to the concert. This will delay the start of the game to 8 p.m. but our picnic will start at 7:30 as usual.

The picnic area is located on a hill just over the left field fence. Maybe you'll be lucky enough to catch a home run hit into the picnic area.

The picnic menu is:

- Fried Chicken
- Pork BBQ
- Italian Sausage
- Potato Salad
- Potato Chips
- Cookies
- Watermelon
- Sodas
- Coffee
- All the Hot Dogs you can eat

Total cost per ticket will be partially subsidized by the branch so the cost to members and their **immediate** family members is only \$15 each. For reservations, contact Shipmate Tom Leisher at 853-1586 or email <secrbr5@cox.net>. Cutoff date for payment of reservations is 13 May 2011.

VIETNAM WAR COMMEMORATION

The Defense Department has begun a project to pay tribute to the nation's Vietnam War veterans. Preparations are underway for the 50th Anniversary of the Vietnam War Commemoration as directed by the 2008 National Defense Authorization Act. "It was a very important time period for veterans, because most Vietnam veterans as a whole never received the homecoming that our troops receive now," said Army Lt. Col. Hunter Holliday, public affairs officer for the commemoration.

At the center of the project is a website, "50th Anniversary of the Vietnam War Commemoration," at <http://www.vietnamwar50th.com>, which will serve as a clearinghouse for information on the war once it is fully functional, a milestone expected this spring. Information gleaned from the website is expected to be used for myriad purposes, such as to chronicle facts, provide educational materials, and offer resources for a commemorative partners program, Holliday said.

The partners program will comprise guidance and materials for agencies, veterans groups, local government and nongovernmental organizations to conduct their own Vietnam War commemoration activities. The website is expected to play a major role in the campaign, said Jeff Wilson, who handles marketing for the project, noting it will be highly interactive and will include content on historical events, a timeline, photos, documents, video and audio. A calendar will list major Defense-sponsored events.

"Hopefully [the commemoration] will be a healing process for the veterans who were never recognized properly when they came home," Holliday said, noting the volatile political landscape that surrounded the war.

Meeting Info

Branch 5 meets in the VFW Hall, 5728 Barteo St., Norfolk, VA. The next meeting will be held at 1000, 22 February 2011. The Board of Directors meet at 0930, the same day. All members are invited to attend.

**BRANCH OFFICERS
2010—2011**

President: Jack Schwartz 588-2050
Vice Pres: Ernie Fearn 466-7008
Secretary/Treasurer:
Tom Leisher 853-1586
Parliamentarian: Mark Dugo 318-3729
MAA: Howard Dellert 480-3937
Chaplain: Ralph Holcombe 484-7403

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Branch 5 News Editor is PNP Tom Leisher. Norfolk Branch 5's mailing address is 4912 Cape Henry Ave., Norfolk, VA 23513.

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**IN THIS MONTH'S
CENTER RING!**

The following shipmates have completed a five-year anniversary as members of the FRA. This qualifies these shipmates for continuous membership awards. Shipmates, if you come to the meeting this month, the Branch President will be more than happy to present you with your well earned award. Let the Branch Secretary know you are present so he can prepare the award.

45 Years—Howard Stewart

Vet Toxic Exposure ~ Asbestos

Mesothelioma is a rare form of cancer that primarily affects the lining of the lungs. Approximately 2,000 to 3,000 cases of Mesothelioma are diagnosed each year in the United States. According to the U.S. Department of Veterans Affairs, there are currently 25 million living individuals who have served in the Armed Forces; hundreds of thousands, if not millions of these living veterans were exposed to toxic asbestos-containing materials during military service.

Asbestos.com's online Mesothelioma Center at <http://www.asbestos.com/veterans> offers assistance with filing your VA claim and can make the process much easier. The Veterans Assistance department offers extensive experience in filing VA claims and can help any veteran coping with Mesothelioma. For more information or assistance regarding VA benefits, programs and eligibility, call (800) 615-2270. For more info on Mesothelioma refer to <http://www.asbestos.com>.

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THE HISTORY OF VALENTINE'S DAY

And its patron saint — is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial — which probably occurred around 270 A.D — others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to "christianize" celebrations of the pagan Lupercalia festival.

In ancient Rome, February was the official beginning of spring and was considered a time for purification. Houses were ritually cleansed by sweeping them out and then sprinkling salt and a type of wheat called spelt throughout their interiors. Lupercalia, which began at the ides of February, February 15, was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

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Tech Support: 'Did you get a pop-up menu?' Customer: 'No.'

Tech Support: 'OK. Right-Click again. Do you see a pop-up menu?' Customer: 'No.'

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Customer: 'Sure. You told me to write 'click' and I wrote 'click'.'



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BRANCH 5 UPCOMING EVENTS

April Meeting: Review of budget and nominations of officers from the Nominating Committee

28 May: Annual ballgame/picnic at Harbor Park

May Meeting: Election of Officers

28 May: Annual Wreath Laying at the Lone Sailor statue, Wisconsin Park, Norfolk

June Meeting: Installation of Officers

28-31 July: East Coast Region Convention, Roanoke

To Be Announced: Annual trip to Colonial Downs for horse races

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MAKING SENSE OF INVESTING

WHAT ABOUT WASHINGTON AFTER HE LEFT OFFICE?

George Washington was delighted to be leaving public office. He was 65 years old and anxious to spend the remainder of his life away from the stress and responsibilities of the presidency. He believed he was near the end of his life; few people at that time lived past their mid-sixties, and many men in Washington's family had died at a relatively young age—four of his brothers and his father had died while in their thirties or forties.

Following Adams' inauguration on March 4, 1797, Washington had remained in the President's Mansion for another five days, while his successor stayed at a local boarding house. He helped Martha pack 97 boxes and 14 trunks, and twice called on Adams. The Washingtons said goodbye to old acquaintances and enjoyed a last-minute shopping spree just before departing the city. Martha bought shoes and furniture, and George purchased wine, nuts, medicine, a smoking jacket, and a new pair of glasses.

When the couple arrived at Mount Vernon, Washington quickly settled into the routine he had always practiced while living there. Rising before the sun, he read or tended to his correspondence until about 7:30 a.m., when he emerged from his library for a light breakfast. He then rode about the plantation, talked to his farm manager and overseers, and inspected operations. He returned to the mansion in the afternoon for the day's second, and largest, meal, one that frequently lasted up to two hours. Before nightfall, Washington often toured the gardens and visited the stables and carriage house near the mansion or returned to his library. In the evening he rejoined the family for a light meal, often cheese, bread, fruit, and a glass of wine, and usually retired before 10:00 p.m.

Colleagues often spoke of Washington's 'retirement,' a term that he also used on occasion. In reality, Washington had not retired; he had merely left public life. Now he managed his personal business interests, which included Mount Vernon's labor force of more than 300 slaves. He enjoyed this lifestyle and sometimes spoke of these pursuits as his 'occupation and amusement.'

Washington thought of himself as a planter, although in eighteenth-century Virginia that term described those who earned their livelihood from growing tobacco. According to that definition, Washington was not a planter. He had nearly phased out tobacco production at Mount Vernon 30 years earlier, substituting grains, flax, and hemp.

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Furthermore, much of Washington's attention was directed toward non-agricultural concerns, and the majority of Mount Vernon's workers never went near a hoe or plow. Some were trained as skilled artisans and labored on the estate as blacksmiths, carpenters, and masons. Others were assigned to one of the property's five stills that produced nearly 12,000 gallons of corn whiskey annually. Some worked in the sawmill, gristmill, and on one of Washington's two fishing vessels that sailed the Potomac River.

Although Washington was happy in retirement, he had not been at Mount Vernon long before he complained that he lacked time to meet his responsibilities. Washington's time was also taken up by the incessant parade of visitors who came to Mount Vernon. Hundreds of wayfarers stayed overnight during the 30 months of Washington's retirement. So many came that once Washington noted in his diary, 'I am alone at present . . . Unless someone pops in, unexpectedly—Mrs. Washington and myself will do what I believe has not been done within the last twenty years by us—that is to set down to dinner by ourselves.'

On December 14, 1799 Washington awoke with a sore throat. Although he was not especially alarmed, he remained inside most of the day. Washington steadily deteriorated. He sat in a chair in front of the fireplace during the morning but returned to bed at about 11:00 a.m., never to arise again. Around 5:00 p.m. Washington, with great difficulty, told all present that he knew he was dying and asked that his doctors do no more. 'I die hard, but I am not afraid to go,' he whispered at about 8:00 p.m. For two hours the only sounds were his labored breathing. Then he stirred. 'I am just going,' At about 10:30 p.m., George Washington, aged 67, drew his final, difficult breath.

(Information above was obtained from
www.historynet.com)

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National Parks: Secretary of the Interior Ken Salazar has announced that National Park Service officials will waive admission fees on 17 selected dates throughout 2011 to encourage all Americans to visit a national park this year. With 394 national parks throughout the country, most Americans live within a few hours of a park, making them places for easy and affordable vacations any time of the year. Many national park concessions also will offer discounts on fee-free days, saving visitors money on food, lodging, tours and souvenirs. For more information, visit the National Park Service website www.nps.gov/findapark/feefreeparks.htm. Following are the fee-free days in 2011:

- January 15-17 (Martin Luther King, Jr. Birthday weekend)
- April 16-24 (National Park Week)
- June 21 (First day of summer)
- September 24 (Public Lands Day)
- November 11-13 (Veterans Day weekend)

Senior Pass Eligibility—As part of the American the Beautiful - National Parks and Federal Recreational Lands Pass program, U.S. citizens or permanent residents who are at least 62 years old can purchase a lifetime Senior Pass for a one-time processing fee of \$10.

ALL I REALLY NEED TO KNOW I LEARNED IN KINDERGARTEN

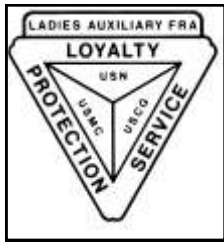
(a guide for Global Leadership by Robert Fulghum)

All I really need to know about how to live and what to do and how to be I learned in kindergarten. Wisdom was not at the top of the graduate school mountain, but there in the sand pile at school.

These are the things I learned:

- * Share everything.
- * Play fair.
- * Don't hit people.
- * Put things back where you found them.
- * Clean up your own mess.
- * Don't take things that aren't yours.
- * Say you're sorry when you hurt somebody.
- * Wash your hands before you eat.
- * Flush.
- * Warm cookies and cold milk are good for you.
- * Live a balanced life - learn some and think some and draw and paint and sing and dance and play and work every day some.
- * Take a nap every afternoon.
- * When you go out in the world, watch out for traffic, hold hands and stick together.
- * Be aware of wonder. Remember the little seed in the Styrofoam cup: the roots go down and the plant goes up and nobody really knows how or why, but we are all like that.
- * Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup - they all die. So do we.
- * And then remember the Dick-and-Jane books and the first word you learned - the biggest word of all - **LOOK**.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living. Take any one of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or government or your world and it holds true and clear and firm. Think what a better world it would be if we all - the whole world - had cookies and milk at about 3 o'clock in the afternoon and then lay down with our blankies for a nap. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess. And it is still true, no matter how old you are, when you go out in the world, it is best to hold hands and stick together.



UNIT 5 NEWS

UNIT OFFICERS 2010—2011

President:	Flo-Marie Holcombe	484-7403
Vice President:	Carolyn Combs	416-1983
Secretary:	Mary Lou McKinley	252-338-3061
Treasurer:	Claire Klavenski	467-8745
Chaplain:	Elsie Hostman	467-7723
Sergeant-at-Arms:	Myriam Leisher	853-1586

HAPPY BIRTHDAY!

Congratulations to the ladies celebrating a birthday **next** month: Sandra Baker, Margaret Fisher, Helen Harris and Barbara Wilson.

HAPPY LA FRA ANNIVERSARY!

Celebrating anniversaries with the LA FRA **this** month are: Rita Fillmore, Elsie Hostman, Claire Klavenski, Nicada Blakburn, Peggy Holtz, and Christine Kay-Dellert - all celebrating 4 years service. Thank you for your continued support!

Unit 5 meets each month on the fourth Tuesday at 10 am and we would love to have you join us. We meet and then go next door to Lone Star for lunch together.

We thought about what our projects would be for the next few months and this is what we came up with. If you have suggestions, please let us know.

Comfort items are still being collected for People In Need. This is part of Voice of America. They need toothpaste, toothbrushes, combs, brushes, shampoo, soap, deodorant, lotion, shaving cream, razors, etc. They also need gently used clothing for men and shoes.

In March we will support Kids Cafe. This is for children who receive free meals at school and need something to eat on week ends. The church gives them a back pack and they bring it to the church two times a month and it is filled with easy to prepare foods like mac and cheese, soup, spaghetti, pudding, peanut butter crackers, pop tarts, etc.

Other possible projects discussed were Southeastern Virginia Training Center, CRIBS, USO and VETSHOUSE again.

Thank You's were received from World AIDS Walk for the Cookies we gave them and Jayne, our AIDS patient.

Cheery cards are still needed for Jodi and Al Munroe, Elsie Hostman and Bertha Champaco to let them know we are thinking of them.

Upcoming Dues Renewals are Robin Carillo, Betty Conner, Nan Gapter and Marge Hornshaw

Hope to see you on February 22.

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