



Our Newsletter



March, April, May, 2024

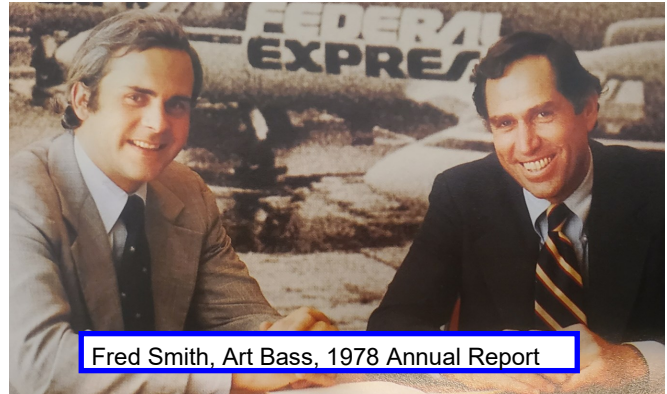
A WALK DOWN MEMORY LANE



In 2008 Ken Boettcher was the second subject for our series of "Passions" articles in this newsletter (a copy of which can be found on the Club's website—[ferc1.org](http://www.ferc1.org)).

He had retired from FedEx and taken up painting. A copy of his "painting studio" wall gave evidence to his 23 years with FedEx displaying many frameable moments. He was very involved in our retirees club as was his wife, Nancy. Both are gone now. Kathleen Strandberg, one of their daughters, contacted Roger Albee recently to make us aware of Ken's collection of FedEx memorabilia. Roger and I went to Kathleen's home to take a look.

I wish all of you could have shared the opportunity to go through all the materials Ken saved. Since that's impossible, I'll share as much as space allows here, in this newsletter. Join me in a walk down Memory Lane. More photos are shared on pages 5 and 6.



Fred Smith, Art Bass, 1978 Annual Report



(Harold) Ford (Sr.) joined the first efforts at airline deregulation to help the fledgling Federal Express Corp. Here, Ford and FedEx founder Frederick W. Smith tour the delivery service's operation in 1977.



Falcon N2FE was named after Ken's youngest daughter, Cheryl in July of '72

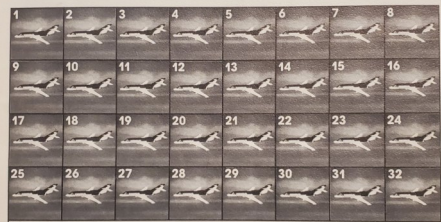
HOUSTON OPENS

On December 10, the Houston Station opened with one of the most impressive initial package counts ever. An average of 99 packages was delivered from Houston the first week with over 100 packages on the fourth day of delivery. Station Manager Bill Morgan, Couriers Jacquelyn Whilly and Richard Wyatt and CSA Cherita Golden opened the city which has the potential of being one of the largest package count cities in the FEC system.

NAMELESS AIRPLANES

With the addition of funds the FEC system is expanding and has added seven new Falcons to its force. To name the airplanes a drawing of names which have been submitted will be held Feb. 1. If you would like to submit your little girl's name you must do so before that date. The names may be submitted to Mary Murphy in the Personnel Dept. A christening ceremony will be announced after the drawing.

33 reasons to bring your pilots and planes to Federal Express



Our fleet of 33 Falcons

FROM YOUR PRESIDENT, RENA ZELLANDER



Susie Tidwell, Rena Zellander, Karen Blanks Ellis

Hello FedEx Retirees!!! Bravo to Karen Blanks Ellis, Managing Director – Strategic Environmental Management and Sustainability at FedEx Express! Karen gave an outstanding presentation at the FERC January 2024 luncheon, which was held in Memphis. She spoke about FedEx' regulatory compliance and global environmental efforts to maintain clean air. These initiatives include lowering carbon fuel emissions and recycling of paper products used for FedEx shipping. Thank you, Karen, for keeping us informed!

This year seems to be fast forwarding, and soon it will be time for us to endorse new FERC Officers at the beginning of this fiscal year. We encourage each of you to look among yourselves to nominate candidates for President, Vice Presi-

dent, Secretary, and Treasurer. We need candidates who are willing to volunteer their time and talents for a minimum of two-year terms, but not limited to two years if the individual is willing to serve longer and the FERC Board agrees.

FERC Officers are currently required to be active members of the Club. We want both our Satellite members and Memphis members to be active in the selection process by emailing Officer recommendations to the FERC Nominations Chairperson, Juliet Waddell Pittman (julietwaddell@Yahoo.com). If your candidate is not an active member, please contact that person and encourage them to become a member of our FedEx retiree legacy. The FERC Board members will then review and select those candidates whose backgrounds exemplify the strongest leadership qualities.

The mission of the FedEx Retiree Club is to pursue and promote the social, cultural, and recreational welfare of all FERC members. Our goal is to establish and foster friendly relations, loyalty, and identification with FedEx retiree members globally.

FERC strives to stay connected with FedEx Corporate in its efforts to keep the retiree members informed about new corporate innovations and any new retiree benefits or recreational perks that can trickle down to the Ole timers.

Did you know that it only takes five people within a geographic vicinity to establish a Satellite Club? It's rewarding to plan monthly activities to reconnect with colleagues for lunch, a hike in the park, or a ballgame. Please contact our FERC Sales and Marketing Chairperson, Roger Albee, for assistance in organizing a Satellite Club or to request Retiree Calling Cards (ferc2ra@gmail.com).

Remember, you don't have to be retired to become a member of FERC; all it takes is five years of permanent continuous service at FedEx and participation in a FedEx Retirement plan. Please advocate for FERC; our charities are depending on our support.

Jean Ward-Jones, FERC Newsletter Editor, would love to write about your passion stories, vacation adventures, or Satellite Club luncheons. Don't forget to send lots of photos (jeanward-jones@comcast.net). Be Blessed, and stay safe!

CALLING CARDS.....NOW is a good time to order your Retiree Calling Cards. There is no better bargain than our current pricing of \$41 for a box of 250 cards delivered to your home anywhere in the USA. You may order by using the PayPal link on our Web site, or by sending a check to Roger Albee at the address on the sample card shown below.



Roger L. Albee
President Emeritus

2954 Mistwood Cove North
Collierville, TN 38017
Res. 901.853.0488
ferc2ra@gmail.com



JOIN US ON FACEBOOK: Go to FERC—FedEx Retirees Club to get a really good feel for our luncheons. Andrea Wright takes lots of pictures and posts them after each luncheon. Be our Friend!!



Liz Carrozza



Rick & Tina Reublin

Older Americans are Top Scam Targets

To stop a scam, you must learn to spot one. The main hallmarks of cons to watch for and detect could include the following elements:

- Claims of significant financial gains
- Promises of financial security
- Scare tactics or efforts to trigger fear
- Slim details of how a promoted venture works
- Considerable pressure to make a rapid decision or commitment
- Gift cards or bit coin requested for fund transfers

According to the FTC Consumer Sentinel Network Data Book 2022

1,108,609

IDENTITY THEFT

REPORTS WERE RECEIVED BY THE FTC

Consumer Sentinel Network Data Book 2022
Federal Trade Commission - House/Staff
https://www.ftc.gov/system/uploads/attachment_data/file/609893/CSN_Data_Book_2022.pdf




We help protect your personal information from getting into the wrong hands.

As an IDShield member, you will have a dedicated licensed private investigator on your case if you have an identity theft threat and receive alerts in real time on the app.

IDShield Plan Benefits:

- \$1 Million Protection Policy
- Unlimited Service Guarantee
- Full Service Restoration
- Continuous Credit Monitoring
- Privacy Management



LegalShield.com/info/FedExCorp

JOHN FELTER, Indianapolis, reports: We met on February 6 at the updated Rick's Boatyard. Bob Palmer, our retired vice president, was our honored guest. Maybe Fred Smith can come someday. It's a great venue.



John Felter, Dottie Long, Susan Chamberlain, Roger Chamberlain, Larry Bell, Bob Palmer, Mark Bonner, Bobbie Carter, Fred Olive, Tony Strong, & Bruce Ranger.



Rebecca Sutherland & Jerry Secrist—Thanks to Jerry for our great table decorations.



Tamena Purdy



Paul Sanchez



Denise Wyatt



Dorothy Craig



Andrea Wright



Anne Wulff



Well attended Christmas luncheon. If you weren't there, you didn't get one of the many, many giveaways. Thanks to the Board for great selections.

You deliver
to our families,
we deliver for yours.



Savings



Checking



Home



Auto



fecca.com | 901.344.2500



FedEx Employees
Credit Association

Federal Express announces a new air cargo system that isn't ours.

It's yours.

1974



Most volume shippers are handicapped by an air cargo system based on the movement of airline passengers. The routes, terminals and airplanes were designed for people, not air cargo.

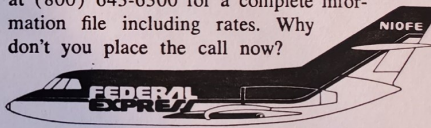
Not any more. Federal Express has developed a completely new system based upon a smaller air freighter . . . the Federal Express Mini-freighter.™ Now the system is yours. It's yours because we fly your schedules on your routes from your local airport with a small jet cargo freighter sized for your freight.

The Federal Express idea is better because it gives you a totally new and improved system.

The Mini-freighter flies in and out of hundreds of airports inaccessible to any other jet freighter. And

because it flies direct, there are no losses, no inter-line transfers, no pilferage, and no delays.

The Mini-freighter. An economical way for you to have your own air cargo system. If you are a volume shipper with air cargo problems maybe you need a new system. Your system. Call us today, toll-free, at (800) 643-6300 for a complete information file including rates. Why don't you place the call now?



It's your system.

HEADLINES FROM "UpDate" Federal Express Corporation People/Service/Profit July, 1977

- Family Briefing Dates Set
- Changes in rate structure simplify discounts
- Couriers promoted to supervisory positions
- FERC Print Shop—high productivity and high savings
- FedEx PartsBank—top flight service in a hurry
- Jumpseating: the biggest discount of all
- On the road with...Ted Sartorian

1977—Federal Express Highlights

- Only airline specializing in transportation of small packages
- A route network of 78 terminals providing door-to-door service to 130 major U.S. cities and 10,000 smaller communities daily
- Only service completely controlling shipments from pick-up to delivery
- Maintains its own 725-vehicle fleet of radio-dispatched courier vans for door-to-door delivery
- More than 60,000 regular customers
- Likelihood of a shipment's being lost is 3,000 to 1
- Claim rate is 5 times less than Emery and 8 times less than Airborne
- Tracing system is designed to physically locate a shipment, not just tell a customer where it should be
- 95 percent of tracing requests are completed with in 19 minutes

1976



What costs \$45 million, can sort 115,000 packages in one night and will have room for parking 32 airplanes the size of 727s?

SUPERHUB!

Flights—November 1979

The first 747 would be scheduled for delivery next March, with the second coming in the fall. They would be used on the Newark and Los Angeles routes. "The only modification necessary would be the painting of the aircraft, if we can find enough purple paint.

Letter From Fred Smith November 3, 1977

There is no way Federal Express could have created any impact on Washington if it had not been for the daily effort put forth by each and every one of you. The new law and the large aircraft is not an end, it is only a new beginning.

1977

Virtual overnight success with Federal Express Corp. has lifted Fred Smith to new heights in the air cargo industry. But now federal red tape and vigorous opposition from the nation's airlines threaten to slow his ascent.

Manager on the spot

Piloting a winner into a new fight

"I do not see the countryside being strewn with bankruptcies of any airlines at all. In fact, we've helped expand the market for air freight!"

FDX Is Changing Its Name to FedEx 1994



Federal Express employees wished for lucky sevens July 16 at the "Casino Express," FEC's Las Vegas Night.

Fun Services, Inc. and the Memphis Jaycees supplied the games and the dealers while the Federal Express Employee Association provided the fun and prizes.

Employees and their guests played blackjack, bingo, chuck-a-luck and craps—all the while accumulating chips to be used in the auction for prizes at the end of the night. The bidding was fast and furious as thousands of chips were traded for more than 50 prizes worth over \$5,000.

Top prizes and winners included:

- | | |
|------------------|-----------------|
| Microwave Oven | John Benton |
| Color TV | Bill LaRue |
| Camera | John Doolittle |
| Golf Set | Garrett West |
| Stereo | Ernie Pryor |
| Trip to Acapulco | Robert Spartman |
| CB Radio Set | Dan Fowinkle |
| Kitchen Center | Cheryl Rule |
| Luggage | Kermit Selvig |

Other prizes included coffee makers, hair dryers, crock pots, radios, toaster ovens, tennis rackets, calculators and the use of a car for one week.

LAS VEGAS NIGHT—'77



1978

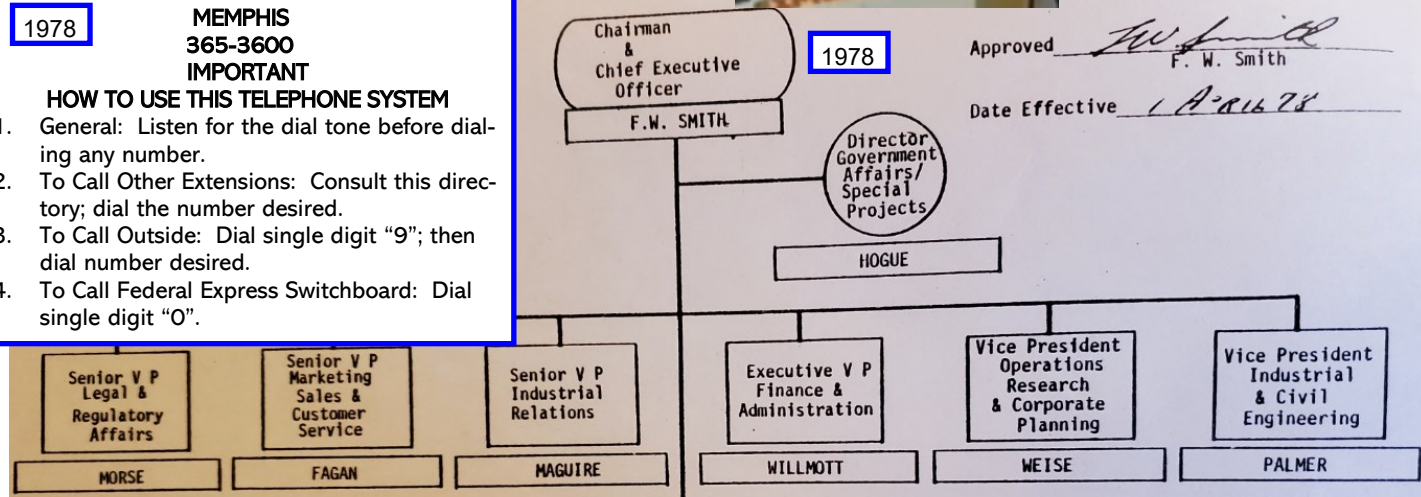
MEMPHIS
365-3600
IMPORTANT

HOW TO USE THIS TELEPHONE SYSTEM

- General: Listen for the dial tone before dialing any number.
- To Call Other Extensions: Consult this directory; dial the number desired.
- To Call Outside: Dial single digit "9"; then dial number desired.
- To Call Federal Express Switchboard: Dial single digit "0".

1978

Approved *F. W. Smith*
F. W. Smith
Date Effective *1 APR 78*

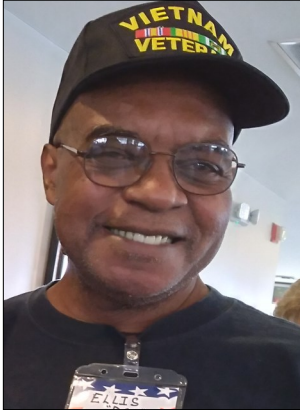


Federal Express Ponders Refinery 9/13/79
By: LEWIS NOLAN
Federal Express Corp. yesterday gave stock analysts from across the country a twin jolt of promising news. The company is considering building an oil refinery to insure adequate jet fuel supplies and is expected to report record first-quarter earnings later this month.

Freight Line OK'd To Fly Passengers 9/14/79
By: DEBORAH M. CLUBB
The Civil Aeronautics Board in Washington yesterday reversed an earlier ruling by an administrative law judge and found that Federal Express Corp. is fit to carry passengers.

HONORING OUR VETERANS—VETERANS OUTREACH, MEMPHIS,

By Ellis “Doc” Rankin, Travel Committee Chair, VA Liaison & Asst. Chaplain



VETERANS OUTREACH:

A Veterans Outreach program will be held in Memphis on April 24th and 25th at the M.B. Church at 3590 South Third Street in Memphis from 9:00 to 3:00 each day. Workshops for job fair strategies and on-the-spot interviews at various vendor booths will be held. Claims clinics will also be offered. If you are seeking employment, be sure to dress appropriately. If you are seeking claims assistance, be sure to bring all documents related to your claim.

THE AMERICAN LEGION BOYS STATE:

Participants in The American Legion Boys State are exposed to the rights and privileges, duties and responsibilities of a franchised citizen. Activities include legislative sessions, court proceedings, law enforcement presentations, assemblies, bands, chorus and recreational programs. It is one of the most highly respected government education programs in existence. Leadership qualities, good scholastic standing and interest in government are considerations for entry. If you know a high school junior who would be interested in pursuing such an opportunity, talk to the school counselor or an American Legion member. Quite often these participating youths are sponsored by the local American Legion, a local business or another community-based organization.. These programs are currently offered in 49 states, not including Hawaii. To get more information, please go to tnboysstate.org/ if in Tennessee. Otherwise, doing an internet search of The American Legion Boys State will lead you to the right place for your state.

And this reminder—that your local VA Hospital would very much appreciate receiving the following items:

| | |
|------------------------------------|--|
| Men’s Underwear, all sizes | Female Sleep Shirts, Sleep Pants |
| Men’s PJ pants, M, L, XL, 3XL | Female Sports Bras, Underwear, Socks |
| Fixodent or Poligrip Denture Cream | Travel-sized Toiletries |
| Denture Cleaner | Reading Glasses (Strength Identified) |
| Denture Soaking Cups | Purex Liquid Laundry Detergent for Baby 75 oz |
| Bus Passes | J & J First Touch Kits, burp clothes and bibs |
| Lap Robe, Small Blanket, or Throws | Fisher Price Healthcare Kit, 5 pc |
| T-shirts, Socks | Parent’s Choice Dry & Gentle Baby Diapers, sizes N & 1 |

TRACY WILLIS, Des Moines, reports:



Joan McFee, Retired



Roger Albee & Micci Grisanti are looking at blueprints from Boettcher’s collection



Vicki Shirrey Sanders



Carolyn Gause Davis



Art Benjamin



Juliet Waddell



Cindy Smith



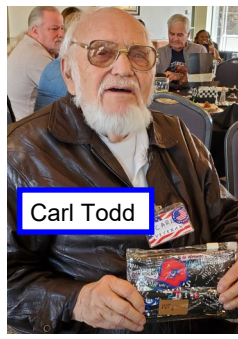
Martha Thomas



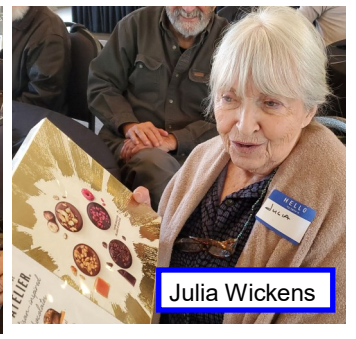
Terry Craig



Cathy Bailey



Carl Todd



Julia Wickens



Ruth Graves



Polly Ratliff



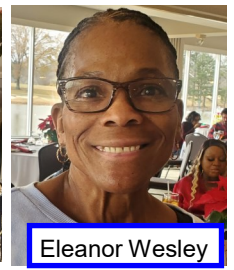
Barry Dotson



Rose Ann Bradley



Mary Soberson



Eleanor Wesley

THE NATIONAL WWII MUSEUM, NEW ORLEANS, LA

By Mark Curtiss



I was in Sales Management for FedEx for 28 years. I spent 4 years as an Account Executive prior to my many management assignments. Most of my management career was spent in the Atlanta and Southeast areas. After 32 years with the Company, I retired in December of 2014. The following year, my Wife Lorie and I moved from Atlanta to Pawleys Island, SC where we had vacationed for many years. We have lived in Pawleys Island for almost 9 years. Lorie retired from her career as a Flight Attendant with Delta Air Lines in August of 2020 after 47 years of service with Delta. We love living in Pawleys Island and the Lowcountry of South Carolina! Pawleys is 45 minutes south of Myrtle Beach and an hour and a half north of Charleston. Pawleys is on the historic Waccamaw Neck between the Atlantic Ocean and the Waccamaw River and just north of the Colonial port city of Georgetown, SC.

Lorie and I both belong to The National WWII Museum in New Orleans, LA. Both of our Fathers and her Grandfather were WWII Veterans. Both my Dad, who is still alive at 95, and Lorie's Dad were Naval Aviators. Her Grandfather was a civilian contractor on Wake Island in 1941 and was captured by the Japanese and held for the duration of the war as a Prisoner of War in China and Japan. He lived through this horrible ordeal and returned to the U.S. after the war. Due to their involvement in WWII and having lived in New Orleans for several years (I managed the River District for FedEx), we have supported the building and expansion of the incredible WWII Museum. We just donated several items to the Museum about Lorie's Grandfather. You must visit if you are ever in New Orleans; it is amazing!

In a recent news magazine from the WWII Museum called "V...-MAIL" I was surprised to see a picture and article about Jim Barksdale and his family! Jim and his Wife Donna are major donors to the museum and Jim is a Museum Trustee Emeritus. I have attached the article which includes a picture of Jim and Donna and another whom I believe is Jim's Son David (also a Museum Trustee) and David's Wife Stephanie. It was good to see pictures of Jim. He was one of my very favorite FedEx Executives! He was key in helping to build FedEx. He always gave the best speeches at our Sales conferences! Jim, of course, went on to an incredibly successful career after leaving FedEx. I thought other Retirees might like to see this. Wishing the best in 2024 for all the retiree club members.

NOTE FROM THE EDITOR: I have included the article Mark refers to on the next page. I apologize for the quality of the copy....it was the best I could do. A big thanks to Mark for providing this information. I, too, encourage all of you to make seeing this museum a high priority. My husband and I have been and it was the most interesting, and most unusual visit I've ever experienced. We attended with 4 other family members. We bought our tickets—actually train tickets. We boarded that train as if we were new recruits back in 1941. We each were given an identity of a WWII soldier whom we followed throughout the tour (my soldier was killed at the Battle of the Bulge). We experienced the war through human stories, interactive displays (unlike any I've seen anywhere else), 4D videos and original artifacts including war machines. We only had a day but the website says you need two days. We would have loved to have a second day. MY ADVICE—GO! And plan to spend at least two days.

WWII Colonel Honored at Heart of Campus

Namesake of Museum's Parade Ground Served Two Decades in the US Army

Adjacent to Liberation Pavilion, the 24,000-square-foot Col. Battle Barksdale Parade Ground is an impressive outdoor space at the heart of the Museum's campus. Its dedication in November 2023 comes almost two decades after the first major donation to the Road to Victory Capital Campaign by Donna and Jim Barksdale, then a Museum Trustee, who earmarked the funds for a future parade ground in honor of his uncle Colonel Battle Barksdale, a US Army officer in World War II.

Battle Malone Barksdale was born in Vaiden, Mississippi, in February 1916. After graduating from Central High School in Jackson in 1933, he accepted an appointment to the US Military Academy (USMA) in West Point, New York. In 1937, Barksdale graduated from USMA and was commissioned a Second Lieutenant in the field artillery, beginning a career in the military that would span two decades and include combat deployments in two wars.

In 1939, Barksdale was sent to the island of O'ahu, Territory of Hawaii. There, he assumed command of a battery of towed 75mm guns in the 13th Field Artillery Regiment, later the 13th Field Artillery Battalion. When the Japanese attacked Pearl Harbor on December 7, 1941, Barksdale was at Schofield Barracks. Not only did he witness the attack firsthand, but his battery suffered casualties during the battle. In the months following the attack, Barksdale and his men were tasked with guarding the island of O'ahu against a Japanese invasion that fortunately never materialized.

In August 1942, Barksdale left Hawaii and returned to the United States. He was eventually sent to North Camp Hood (now Fort Cavazos), Texas, where he joined the 635th Field Artillery Battalion. At Camp Hood, Barksdale prepared for deployment to the European theater. That call came in the fall of 1944 when he and his battalion were sent to England to prepare for combat duty on the European continent.

Near the end of the year, as a result of the German Ardennes Offensive, also referred

to as the Battle of the Bulge, Barksdale was sent to the European mainland. By the time he arrived on the continent, Barksdale was serving as battalion S3, or operations officer, of the 635th Field Artillery Battalion; he was responsible for planning combat operations for his battalion's M1 155mm howitzers.

After the Germans surrendered, Barksdale remained in Europe for some time before returning to the United States. By the

time the Korean War started five years later, Barksdale was commanding a field artillery battalion. He and his battalion were shipped to the Korean Peninsula, where he led it in combat for a time before being assigned the role of adviser to a South Korean field artillery unit. When his tour of duty was up, Barksdale returned to the United States. In 1957, Battle Barksdale retired from the Army with the rank of Colonel.

Following his military career, Barksdale entered the business sector, retiring in 1986. He passed away in 2009 at age 93. The Museum is proud to honor Barksdale's legacy of devoted service and dedication to his country. ■



Trustee Emeritus Jim Barksdale, and his wife, Donna, view a plaque with Col. Battle Barksdale's service history at the entrance to the Col. Battle Barksdale Parade Ground.

Joey Balfour, Assistant Director of Oral History



Museum President & CEO Stephen J. Watson (far left) and President & CEO Emeritus Gordon H. "Nick" Mueller, PhD (far right), welcome David and Stephanie Barksdale of New Orleans, Louisiana, and Trustee Emeritus Jim Barksdale of Ridgeland, Mississippi, to the Col. Battle Barksdale Parade Ground in January 2023.

The Chaplain's Corner: PEACE OF MIND orisit A PIECE OF MY MIND?

By: Ken Pfohl



"Speak when you are angry and you will make the best speech you will ever regret."

~Ambrose Bierce~

"If you are driven by fear, anger or pride; nature will force you to compete. If you are guided

by courage, awareness, tranquility and peace; nature will serve you." ~Amit Ray~

"Stay away from conflictive, negative people that pull you down, because they contaminate your energy and impede your progress. Search for people who look at the world with

optimism, that inspire you, make you happy and provide peace of mind." ~Pablo~

"Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning." ~Albert Einstein~

"When angry, count to ten before you speak. If very angry, count to one hundred."

~Thomas Jefferson~

As I compose this *Chaplain's Corner*, we find ourselves at the threshold of one of the most important federal elections in our nation's history, along with several state and local contests. Simultaneously, *Anger* and *Vitriol* fill the airways and social media. *Psychology Today* posted their lead article, November 28, 2023, entitled "*Defusing Armageddon: Why Are So Many Americans Angry?*"

Their first paragraph reads: "*Many commentators say that anger in America is at an all-time high. According to many, we are all going to hell. The end of the world is nigh. We are going to die from climate change, decadence, pandemics, immigrants, liberal media, conservative media, drugs, politicians, or plutocrats. Pick your poisons.*"

Our beloved country cries out for solutions—not rhetoric, but *Unity* and *Selfless Leadership*. Individually and collectively, we long for some "*Peace of Mind*." As the title of this missive suggests, we feel caught in the middle of two competing mind-sets and emotions—a *Calm* of spirit, I will call *Peace of Mind*; and *Divisiveness/Antagonism*, a verbose term for *Anger*. For this writing, I have selected a phrase that gives a certain familiar tone or voice to *Anger*... "*A Piece of My Mind*." Further, I have invented a new conjunction, orisit; to separate the two homonyms—**Peace** and **Piece**.

Let's begin with the negative and destructive emotion of *Anger*. In defense of being human, I don't think we choose to be angry. I think a bad situation chooses us, and unthinkingly we get mad. *Anger* is an intense emotion we feel when something has gone wrong or when someone has wronged us. It is characterized by feelings of stress, frustration and irritation. And, it is often accompanied by a need to retaliate or give the someone who has wronged us—**A Piece of Our Mind!**

Our Lord's brother, the Apostle James said: "*But no one among mankind can tame the tongue; it is a restless evil, full of deadly poison*" (James 3-8). I believe the acronym, **THINK**, should be in our magazine or clip when we are tempted by *Anger* to verbally retaliate: **T**...Is it **T**True?; **H**...Is it **H**Helpful?; **I**...Is it **I**Inspiring?; Is it **N**Necessary?; Is it **K**Kind? "*A word once uttered can never be recalled*" (Horace).

Look, *Anger* is a completely normal emotion. But it can be detrimental to both our physical and emotional health, when we lose control of it. Our heart rate quickens and our blood pressure spikes. And, if we repeatedly get *Angry*, there are complications like: Depression, Anxiety and Insomnia. I think this quote from *James Russell Miller* sums up the difference between *Anger* and *Peace of Mind*:

"Anger is not beautiful. Ungoverned temper is not lovely. Rage is demonic. But a spirit calm, strong, and unflustered amid storms of feeling and all manner of disturbing emotions, is sublime in its beauty."

I'm getting depressed, so let us turn to the positive side of this commentary! *Peace of Mind*, means just what it says: a state in which our brain is calm, at ease and untroubled by worry. *"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God"* (**Philippians 4:6**). *"Easier said than done,"* we say.

Perhaps, these strategies can help us gain a modicum of *Peace of Mind*.

1. Accept what we can't change or control.
2. Practice forgiveness.
3. Stay focused on **the-here-and-now**.
4. [Pray and meditate](#).
5. Never lose **Hope**.

I *circle-back-around* to the introduction of this missive where I said, *"We find ourselves at the threshold of one of the most important federal elections in our nation's history—that's the-here-and-now. "Anger and Vitriol fill the airways and social media. . . Our beloved country cries out for Solutions—not Rhetoric"...*

We must pray and meditate for *legal, positive change, Unity and Selfless Leadership*. (Statesmanship). Finally, our collective *Peace of Mind* for our country depends upon two things that are in the sole, proximate, positive and contributing purvey of our control...**VOTING** and **HOPE (another acronym): H...Honest, O...Orderly, P... Peaceful, E...Elections**. So, *"Don't get Angry – VOTE!" (BroKen)*.

"Remember, let everyone be subject to the governing authority, except that which God has established" (**Romans 13:1**). That's why we say—and should demand—of our leaders: **"In God We Trust!"**

"Clear-sightedness, persistence, and transcendence can be excellent antidotes for ultimate peace of mind and buoyancy in life, and sometimes valuable cures against social and administrative bashing." ~Erik Pevernagie~

"Happiness is a choice. Peace is a state of mind. Both are free!" ~Amy Leigh Mercree~

"We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon." ~Franklin D. Roosevelt~

"Don't waste your time in anger, regrets, worries, and grudges. Life is too short to be unhappy." ~Roy T. Bennett~

"Elections belong to the people. It's their decision. If they decide to turn their back on the fire and burn their behinds, then they will just have to sit on their blisters." ~Abraham Lincoln~

"If you don't vote; you're electing your opponent." ~BroKen~



LUNCHEON ACTIVITIES—2024

- March—Tommy Hart, YMCA
- April—Vendor Fair
- May—P. Z. Horton III, LtCol, USAF (ret)
- June—Fred Smith
- July—Director for Shelby County Health Services

- August—Jennifer Dobbs, Author, "Lost in China"
- September—BINGO
- October—Health Fair
- November— Thomas C. Ferguson, MD, VA Memphis Chief of Staff
- December—Christmas Party



Rick Corman
Tom Lawrence

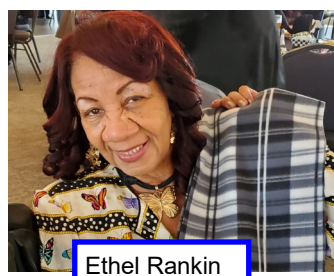
Melissa Wilson



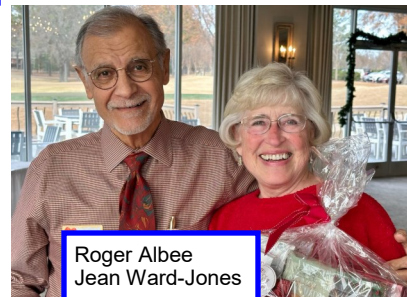
Gay Bynum



Ruth Graves



Ethel Rankin



Roger Albee
Jean Ward-Jones



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