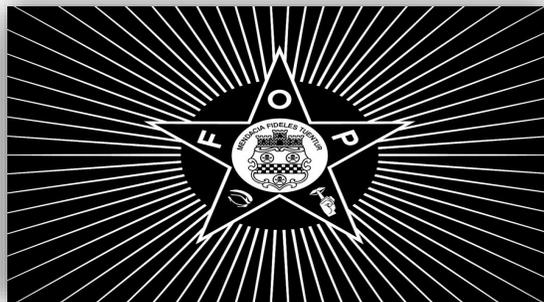
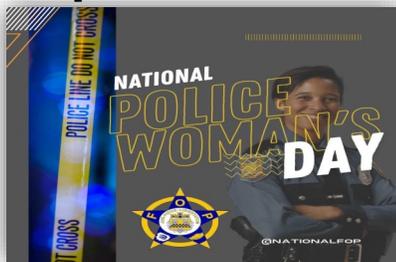


September 2023

Newsletter



President's Message



Leave It Alone

Have you ever tried a new strategy to change or respond to a situation? Don't get frustrated or discouraged over a situation you cannot control. Sometimes you must leave it alone. Just stand still! Rest your mind and watch things change when you leave it alone. Remember every battle is not yours to fight. Don't try to make sense of something you cannot control, leave it alone! Life is too short, and time is too valuable. Leave it alone!

"Doing More with Lodge 64"

Secretary Corner



2024 membership dues invoices will be mailed out starting October 01, 2024. Is your mailing, email address & telephone # correct? Has there been any changes in your beneficiary status? If so, please update it as soon as possible. Don't miss out on pertinent information from Lodge 64, State and/or National FOP Offices.



**Fulton County Lodge 64 website:
" GAFOPLODGE64.com "**

If you know someone that needs to pay dues or are interested in joining the lodge, they can go to the lodge website for an application and **pay their dues with PayPal that is on the website or CashApp \$fclodge64.**

If you change jobs with a law enforcement agencies it is your responsibility to notify the lodge of your employment change. If your mailing, email address or telephone # change, it is your responsibility to notify the lodge secretary.

Call 404.767.0501 and leave a message or send an email to adriennegrooms@fop.net. Your assistance is greatly appreciated.

UPCOMING EVENTS



****2023 General Meeting & Training Location****

General Meeting, Thursday, September 28, 2023 @ 6:00 PM

Training will start at 5:00 PM before the meeting.

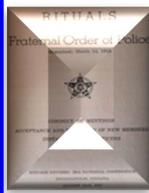
**Class topic - Effective Communication
Woodward Academy Cafeteria
1662 Rugby Ave.
College Park, GA 30337**

**Light Refreshments will be served **

"Fulton County Lodge 64 Induction Ceremony"



At the General Meeting on September 28, 2023, there will be an Induction Ceremony held for any member that was voted into the best lodge in Georgia - LODGE 64 during the period of November 2022 - August 2023, and any member that has not taken the FOP Official Oath of the Order in 2023.



"Take Time for YOU!"

Hearts
of
Teal



Early detection of
Ovarian Cancer

Saves Lives

Education

Ovarian Cancer is the #1 deadly cancer of the reproductive center. This terrible disease is currently the 5th leading cause of cancer related deaths in women. Roughly 22,000 women in the United States will be diagnosed with ovarian cancer this year. The risk of developing Ovarian Cancer each year is 1 in 78. Unfortunately, 80% of cases are diagnosed at late stage 3 and 4. There is currently not a diagnostic test to detect Ovarian Cancer in its early stages. Our goal is to educate as many women as possible in our community of the signs and symptoms of ovarian cancer and to be an advocate for your own health.

"Common Ovarian Cancer Symptoms"



UPSET
STOMACH



FEELING
FULL QUICKLY



STOMACH
BLOATING



FREQUENT
URINATION



PELVIC OR
ABDOMINAL PAIN

We believe in a future where every woman can be in tune with her body, and that those who do have an ovarian cancer diagnosis should not be alone. You empower women through Hearts of Teal in the following ways:

- Awareness Efforts for Early Detection
- Fortifying Conversations with Cancer Patients
- Support Groups for Survivors

**Contact Hearts of
Teals & Donations can
be mailed to:**

Harts of Teal, Inc.

PO Box 3845

Peachtree City, GA
30269

"Doing more with Lodge 64"

easterseals
North Georgia
Children Services

RUN - WALK - ROLL - STROLL

ESNG **5K** **TRICK**
or **TREAT**
FAMILY FALL FESTIVAL & 5K TROT



OCTOBER 14, 2023 | KICKOFF AT 8AM

Trick or Treat Trot 5K Race and Annual Family Fall Festival unites hundreds of children, families, and runners for a day of fun to raise funds and increase awareness for young children with disabilities in the Atlanta and North Georgia communities.

Join us for a day of fun activities, live entertainment and a great time! FREE activities for the whole family to enjoy. ESNG kids get a special treat! Feel free to dress in costume and trick-or-treat through the park!

- Pumpkin Painting
- Petting Zoo
- Face Painting
- Trackless Train
- Clown
- Arts and Crafts
- Live DJ
- & more!

Location: Pinckneyville Park
4758 S Old Peachtree Rd,
Peachtree Corners, GA 30071

Date: October 14, 2023

Time: 5k Race: Kickoff 8AM

Fall Festival: **10AM-2PM**



easterseals
North Georgia
Children Services

Easterseals North Georgia is a 501(c)(3) nonprofit organization that provides high-quality services to children in need across North Georgia. We strengthen the health and development of children with disabilities, their families and the greater community.

Are you interested in participating in this event?

Call 404.767.0501 and leave your name and telephone number with your shirt size. Limited space available

"Doing More With Lodge 64"

"Lodge 64 Community Service"



On Tuesday, August 22, 2023, and September 12, 2023, members of Lodge 64 volunteered at the "**The Church God For All Nations, Inc**" Food Pantry. A "BIG THANK YOU" to Sis. Loretha Banner, Bro. Galo Bascope, Bro. Howard Billingslea, Bro. Charles Cooper, Bro. Alfred Francois, Sis. Terri Glanton, Bro. Leighton Graham, Bro. Jerome Hull, Bro. Eardley Jarvis, Bro. Robert Price, Bro. Gary Reid, Bro. Milton Weaver, Bro. Walter White.

"Thank you to some of the best members of Lodge 64, You are truly appreciated"



"National Preparedness Month"

"September is National Preparedness Month"



September is also the beginning of hurricane season. Are you prepared for a disaster? Do you know who to contact? Do you know what you should have in a disaster bag? The Red Cross has a wealth of information that can be at your fingertips by using the Red Cross app which delivers important information and updates on weather-related disasters in your area. Also the Red Cross website has a wealth of information related to disaster preparedness and relief. Go to www.redcross.org for more information. Below is some of the basic items that you should have in your disaster preparedness bag.

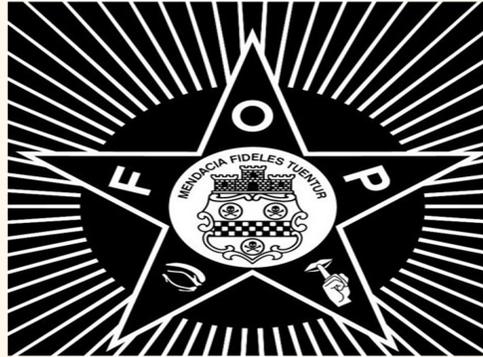
1. Water – 1 gallon per person 3-day supply for evacuation, 2-week supply for home
2. Food – non-perishable easy to prepare 3-day supply
3. Can opener
4. Medical items & medication 1 month supply
5. Sanitation & personal hygiene item
6. First Aid kit
7. Masks, soap, hand sanitizer, disinfecting wipes
8. Flashlight or battery-operated lanterns
9. Battery or hand cranked radio (NOAA Weather radio if possible)
10. Extra Batteries
11. Multi-purpose tool
12. Maps of the area
13. Cellphone with chargers
14. Extra cash
15. Family & emergency contact information
16. Copies of Critical documents
17. Blanket
18. Change of clothes: hats, gloves, boots, coats for the cold weather / sunhats, sunglasses, sunscreen, bug spray for the warm weather



Have you been on the Fulton County Lodge #64 website?

Find information from:

- ◆ National FOP
- ◆ Georgia FOP
- ◆ Meeting Dates
- ◆ Training Dates
- ◆ FOP member benefits
- ◆ FOP Legislation Reports



- ◆ Scholarship Application Information
- ◆ Executive Board Information
- ◆ Newsletters
- ◆ Membership Applications
- ◆ Lodge 64 Activities



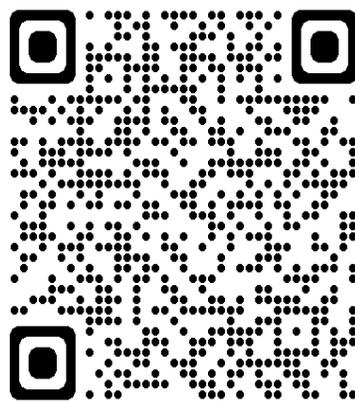
www.GAFOPLODGE64.COM



2023 FOP Member Benefits

There are a wide variety of benefits offered to FOP Members and their families. Scan the QR Code for further information to the 2023 FOP Member Benefits. Listed below are some of the benefits available at www.fop.net/member-benefits.

- AETNA MEDICARE ADVANTAGE
- ALLSTATE/MET LIFE
- AMERICAN POLICE BEAT
- AMPLIFON (Hearing Health Care)
- AVIS RENTAL CAR
- Brookdale Senior Living



- COLLEGE AVE
- CROSS COUNTRY MORTGAGE
- DIRECT MORTGAGE LOANS
- FIRSTNET (Built with AT&T)
- HEROES VACATION CLUB
- HERITAGE HEALTH SOLUTIONS
- HOMES FOR HEROS
- LIBERTY MUTUAL



Contact Gena Maytubby, Marketing Director
Email: gmaytubby@sfindsc.com
Cell: 661.448.9067



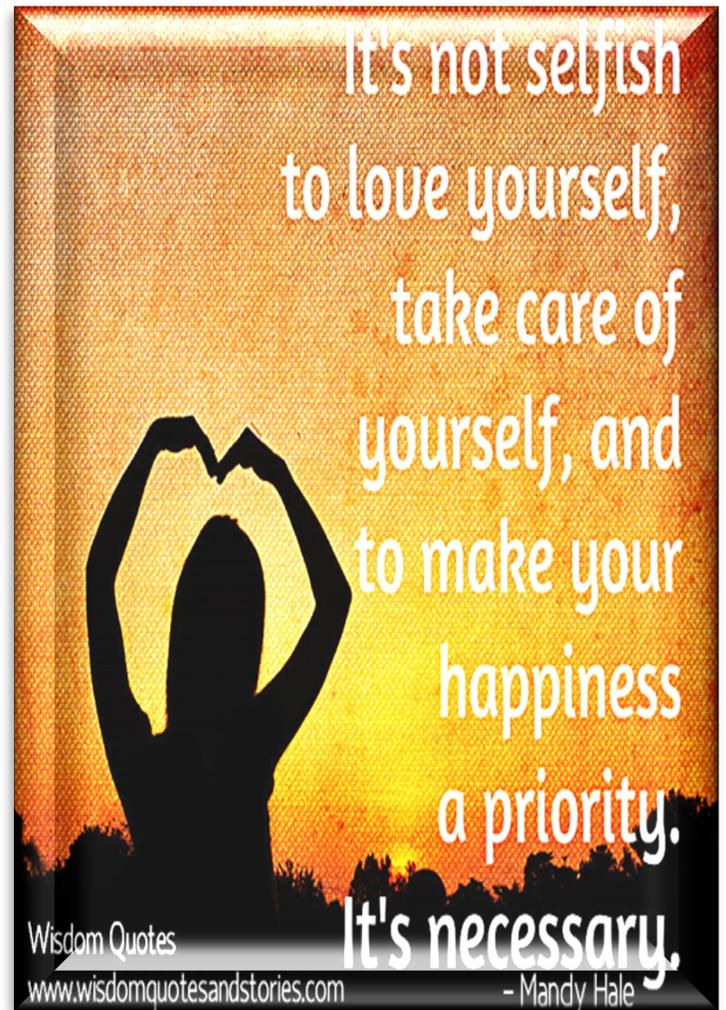
WELCOME!

Fulton County Sheriff's Office

- ◆ Aldranon English - Reinstated
- ◆ Terri Glanton - Retired
- ◆ Deja Hobbs
- ◆ Michael McPherson

Other Agencies:

- ◆ Cedric Bolton - MARTA Police Dept.
- ◆ Jave Brown - Cobb COSO
- ◆ Ajai Hall - MARTA Police Dept.
- ◆ Jamie Bernier Johnson - MARTA Police Dept.
- ◆ Joyce Myrick - Fulton County School Police
- ◆ Jeremiah Perdue - MARTA Police Dept.
- ◆ Dominick Smith - Sandy Springs Police Dept.
- ◆ Sylvia Smith - East Point Police Dept.



Fulton County Lodge #64 Officers Contact List

<u>Position</u>	<u>Name</u>	<u>Contact#</u>	<u>Email Address</u>
President	Charlene Heard	404.680.0071	cheard714@gmail.com
1 st V. President	Howard Billingslea	770.861.0912	billingsleah@bellsouth.net
2 nd V. President	Elbert Carter	678.575.8454	ecarter@bellsouth.net
Secretary	Adrienne Grooms	470.215.1429	adrienneblackie@icloud.com
Treasurer	Andrea Thomas	470.215.1362	andreathomas@fop.net
State Trustee	Eardley Jarvis	404.808.3910	eej1525@aol.com
Sgt@Arms	Jerome Hull	404.645.1075	Jerome.hull1254@gmail.com
Chaplain	Alfred Francois Jr.	770.310.2632	afrancoisj@aol.com
Motor Unit-Pres.	Elbert Carter	678.575.8454	ecarter@bellsouth.net
Lodge#64 Attorney	Leif Howard	770.270.5080	lhoward@howardfirm.com



FOP Newsletter printed by DPD Group— Located 1 block down from FOP Lodge 64 —corner of East Point Street & Taylor Ave.

If it can be printed— we can print it!

POWER of PRAYER



- ◆ Continued prayers for Sis. Maryam Muhammad on the recent passing of her grandmother, Ms. Julia M Wardlaw.



Praying for friends
to comfort you,
faith to uphold you,
and loving memories
to heal your heart.



GET WELL



Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

Self-Care

Increasing your
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

© Dr. Claire Nicogossian 2014 www.momswellbeing.com



**Do you know of any member sick and/or in distress.
Call 404.767.0501 and leave a message.**

"Can **YOU** do more for Lodge 64?"



**Fraternal Order of Police
Fulton County Lodge #64
2896 East Point Street
East Point, GA 30344**

STAMP



"The greatest wealth is to live content with little"
Plato

Membership Applications QR Code



Fulton County Lodge 64

"Doing More With Lodge 64!"