

LADIES AUXILIARY of the
FLEET RESERVE ASSOCIATION

the TRIANGLE APRIL 2010 Edition

From the Desk of the NATIONAL PRESIDENT

I was home for 14 days and I swear it snowed 12 of them. Thankfully, we live in an over 55 community so my husband doesn't have to do any shoveling. As pretty as it is, enough already. It is time for SPRING!!!

I am writing this article on a flight to San Diego to say goodbye to my dear friend, PNP Nita DeLesdernier who has terminal cancer. She has been a mentor and confidante and I will miss her terribly.

Please forgive me for starting this article on such a sad note but this has made me very aware of just how precious our relationships are and how quickly they can be gone. I have been a member of the Auxiliary for 27 years and met many wonderful people who mean a lot to me. As members, we may not always agree but we are family and need to be there for each other no matter what.

While in San Diego, Dave Pennington from Navy Safe Harbor has made arrangements for me to tour the facilities at Balboa Hospital and speak with some of the Care Managers as well as some of the wounded veterans who are recuperating there. Navy Safe Harbor is the National President's Project this year and I look forward to reporting on my visit and giving more information about Navy Safe Harbor. I will also attend a meeting at Unit 289. A luncheon has been planned with members of Unit 61 and other units in the area.

To raise money for my NP Project, I will be selling raffle tickets for a quilt that I have made (picture included) and also a necklace made of blown glass that I found while I was in Hawaii. The tickets are 1 for \$2.00 or 3 for \$5.00. The drawing will be held at the banquet in Spartanburg and you do not have to be present to win. You may purchase tickets from me during my travels and I will be asking the Regional Presidents to carry them as well.

As reported last month, the amendments made at the 2009 National Convention pertaining to the judging of the committee reports were submitted to the FRA NBOD. I am happy to report that the NBR was approved. Thus, the reports can be judged on the Regional Level. Remember, that only the first place winners of the **UNIT REPORT** in each group will be submitted on the National level.

Many of you may have heard that there has been ongoing research into the feasibility and legality of changing the name of the Auxiliary. Since we have allowed males into the organization, it is necessary for us to consider the options available to us. In the next TRIANGLE, I will report on the outcome of the research.

On April 11, I will attend my own mid year meeting and then FRA NP Gary Blackburn and I will attempt to visit some of the Branches & Units in the New England Region. The second weekend we will travel to Shreveport for the SC midyear and then head to DC for the Annual Pilgrimage. Immediately afterwards, we drive to Charleston, SC for the USS Hobson memorial. The end of the month we will be in Fort Mitchell, KY for the NC Midyear.

The notepads and greeting cards are selling quite well. The order form was enclosed in last month's TRIANGLE and it is also available on the website – I continue to carry a supply while I travel especially to save the postage.

Remember it is very important that all Units obtain an EIN of their own. Once the e-card has been filed and the EIN # verified, a copy MUST be sent to the National Treasurer to place on file.



Pres. Cindy's Quilt

I am very happy to report that RP EC Debbie Washington will be reinstating Unit 182 TRIANGLE in Rockville, MD on March 18, 2010. When Branch 142 surrendered their Charter in Virginia Beach, the members of the Unit wanted to continue. I would like to congratulate them for recruiting the necessary new members required to reorganize Unit 182. Sadly, my travel schedule will prevent me from attending but I will be there in spirit.

The 2010 Convention Committee is continuing to plan for this year's convention in Spartanburg SC. The next newsletter should be available very shortly. As soon as it is available, it will be posted on the website. It will also be distributed with the monthly reports and via email. If for some reason you do not receive it, please let your Regional President or the NES know.

In closing, to those who are celebrating an important event, best wishes; to those who are ill, may you have a speedy recovery; and to those who have lost a loved one, my prayers and thoughts are with you.

In Loyalty Protection and Service
Cindy



Greetings from the New England Region....

We are working on R & R. That is not rest and relaxation but Retention and Recruitment. In an effort for this, as Regional President, we are going to have the Director of Retired Activities accompany me on my unit visits to inform them of the things they need to do and know before they die. It really helps eliminate a lot of confusion at a very trying time. Branches will be invited to join us for the presentation and there are hand out sheets to take home.

This way you do not have to trust not everything to memory. Also we all continue to give to various charities like aid to Haiti, toiletries for the homeless, Salvation Army life line etc. We continue to collect monies for scholarship and achievement awards.

Unit 156 has gained one new member. Thank you again for having faith in my abilities.

Yours in loyalty protection and service

Cookie Loveless, New England Regional President



Greetings from the Southwest Regional President

My thanks to all of the members that I have met during my visits since I was elected Regional President Southwest. By the time you receive this Triangle I would have visited all the Southwest Units. Which are Unit 47 El Cajon CA, 85 Monterey Park CA, 302 Carson CA, 70 Poway CA, 84 San Diego CA, 289 Imperial Beach CA, 313 Oceanside CA, 175 Garden Grove CA, 61 Chula Vista CA, 163 Phoenix AZ, 90 Las Vegas NV, and 120 Oxnard CA. I want to thank all the Units for their warm hospitality when I visited their Unit.

All the Units that I visited are in good working order. They are recruiting new members, visiting Veterans Hospital and Homes, making baskets for children of deployed service members and for patients in homes and hospitals. We also are sending coupons to the commissaries overseas. During Thanksgiving and Christmas the Units serve dinners to wounded warriors, Fire fighters, Sheriff Department and those in need. Also the Units are providing various scholarships to student for their future education. Units are donating to various charities in their area. Members are making blankets for babies, VA hospitals, nursing homes and LAFRA members that have given so much of themselves and now are receiving help. I got to say that so few are doing so much because we are losing so many to sickness, and pass dues. God bless you who are out there keeping the LAFRA working. I know that all the Units out there are doing the best that they can in these rough times. Keep up all the good work LAFRA. Let's not forget the National Presidents project.

In Loyalty, Protection and Service
Gloria Tompkins, President Southwest

NATIONAL PRESIDENT'S PROJECT THIS YEAR IS NAVY SAFE HARBOR.....

Navy Safe Harbor which provides non-medical care for seriously wounded, ill, and injured Sailors, Coast Guardsmen, and their families.

Safe Harbor enrollment is open to: OIF/OEF casualties, shipboard accidents, liberty accidents and serious medical and psychological conditions (cancer, severe PTSD)

Navy Safe Harbor Recovery Care Coordinators and non medical care managers are located throughout the continental US:

- National Naval Medical Center, Bethesda, MD
- Naval Hospital Bremerton, WA
- Naval Hospital Great Lakes, Ill
- Naval Hospital Jacksonville, FL
- Navy Health Clinic New England Newport, RI
- Portsmouth Naval Hospital VA
- Naval Medical Center San Diego, CA
- Brooke Army Medical Center San Antonio, TX
- US Special Operations Command Care Coalition, Tampa FL
- Naval Station Norfolk, VA

• And at the VA Polytrauma Rehabilitation Centers in Tampa, FL,; Palo Alto, CA; Richmond, VA; and Minneapolis, MN
 The website is www.safeharbor.navy.mil; email safeharbor@navy.mil; and phone 877-746-8563. (quoted from Navy Safe Harbor pamphlet)

I wish to thank so many of you for the cards, notes, emails, phone calls and even visits from far away. To be remembered by our members, the Units and even Shipmates makes one feel very special. I wish I could tell you that I am well on the road to recovery, but I am not. It is five months now with no end in sight. Continued prayers for a full recovery, and soon, will be gratefully appreciated. Thank you.

In LPS & Friendship
 Neeter De Lesdernier, PNP, LA FRA

The family of PNP Nita DeLesdernier would like to express their sincere gratitude for all the cards, letters, flowers, emails and calls during the last three weeks. When she was alert, I would read her the cards and deliver the messages. They gave her great comfort and pleasure. She is comfortable and resting peacefully.

Thank you from the bottom of our hearts.

Jody, Greg and Amber Peterson; Jess(brother) and Nat Adams; and Alice(sister) & Dean Martin

DONATIONS

**NATIONAL PRESIDENT'S
 PROJECT**
 Unit 162
 Unit 202
WELFARE
 Unit 66

PILGRIMAGE
 Unit 66
 Unit 162
 Unit 382
 Unit 41
 Unit 300
 Unit 275

**NATIONAL PRESIDENTS
 SCHOLARSHIP FUND**
 Unit 162
 Past Natl Presidents' Club in Memory of
 PNP Barbara Sherwood

IN MEMORIAM – LEST WE FORGET

Deceased members for the month ending February 28, 2010

Unit 5 Hastings, Wanda B	Unit 94 Coco, Mary R	Unit 175 Graham, Virginia	MAL	Matthews, Mary V
Unit 20 Wagner, Margery L	Sharpe, Gladys B	Unit 181 Easley, Lavetta J		Middleton, Mary J
Unit 24 Donnelly, Phyllis A	Unit 126 Cowart, Carnell J	Unit 208 Reich, Edna F		Pantaleo, Nellie M
Unit 36 McClellan, Frieda W	Fesler, Marie E	Unit 216 Stark, June A		Smith, Emma L
Unit 47 White, Elizabeth M	Mariola, Erma G	Unit 263 Jenkins, Maria B		
Unit 50 Wagner, Louise N	Unit 120 McDonald, Rowena	Unit 269 Pearson, Mary E		
	Unit 136 Lindahl, Anne M	Unit 261 Wolfe, Barbara A		

CANDIDATES FOR NATIONAL OFFICERS:

National President: Helen A. Courneya endorsed by Unit 102, 230, 215, 241, 291, 296, 361, 382

National Vice President: After much prayer and reflection, I have decided to withdraw my nominating resolution for National Vice President of the Ladies Auxiliary of the Fleet Reserve Association for the year 2010-2011 due to health and financial issues. Rozena McVey