



LADIES AUXILIARY of the FLEET RESERVE ASSOCIATION

the *TRIANGLE* *MAY* Edition

From the Desk of the NATIONAL PRESIDENT

It doesn't seem possible that I am writing the sixth newsletter. The year is flying by and I still have a places to go and babies to kiss..... It has been so wonderful going to all the Units, seeing the country and traveling in all kinds of weather. Just like the Postal workers – neither rain nor sleet nor hail..... Ok maybe hail might stop me.

Our website is coming along nicely. The National Convention newsletter has been posted with all the information including booster rolls; meal reservations and so forth.

During my visits, I have encouraged the Branches and Units to send in pictures and newsletters. Branch and Unit websites will be linked as well as the FRA and Regional sites. The other Units will have a page for pictures, newsletters and any information that they wish to include. We hope to have the C&BL available too. As I have said before, this is our website and we can use it anyway we want. Until we establish a better procedure, email cindyrodhamtuck@comcast.net any items to be posted to the website The *TRIANGLE* will be posted for a year. A membership application and many Unit forms are available for download. It is still under construction, so check back frequently: www.la-fra.org.



While I was in San Diego caring for PNP Nita, Branch and Unit 289 hosted a dinner for me after which I attended the meeting. I was honored at a luncheon hosted by PRP SW Gigi Hermes and many of the Units of the Southwest were represented. Some of the Shipmates were there too. It was a great opportunity to meet some of the members that I wouldn't have been able to see otherwise.

PNP Dot and FRA PRP WC Red Maurath met me at the train station in Martinez, CA and we attended a delicious St Patty's corn beef and cabbage dinner at Branch and Unit 8. While in the West Coast, I attended both Unit 296 and 275 and a luncheon with Unit 230. PRP Jan Carlson and PRP Joe Nash prepared a steak dinner for us. **NOTE TO FUTURE NATIONAL PRESIDENTS:** Prepare to gain at least 20 lbs while you are in office. Trust me, don't even attempt a diet. On the weekend, we attended the WC mid-year in Corning, CA. RP Mel Cox ran a great meeting. NVP Helen conducted a very exciting game of Bingo having to do with the LA FRA. PNP Gail Doloway gave information on the EIN numbers as well filing of the 990N. Of course, I also gave a "brief" talk. PRP Doris Newland and I were surprised with a birthday cake.

Unfortunately, my meeting with the Safe Harbor Care Managers at Balboa Medical Center had to be cancelled. I am scheduled to visit Bethesda during Pilgrimage week. At the end of February, Penny Collins and Bob Washington from FRA Headquarters met with Dave Pennington from the Navy Safe Harbor/Anchor Program. Enclosed is a message from Dave. In a briefing of that meeting, Penny noted that Dave discussed that the Anchor Program is seeking Senior Mentor volunteers from the FRA and LA FRA who would be willing to work with a sailor or guardian (Coast Guard) enrolled in the Safe Harbor Program.

If you are interested, you would complete an application and sign a Volunteer Service Agreement for liability purposes. For further information, contact Penny Collins Director-Membership Development at National Headquarters (800) FRA-1924 or (703) 683-1400 X123. Sometime soon, there will be a Congressional briefing on the Anchor Program.

The Navy Safe Harbor is the National President's Project for this year. Please support this worthy program with a check made out to LA FRA and NP Project notated in the memo section and mail to NFS Diane Hoover. To help raise money, I have made a quilt (picture on website) and selling raffle tickets – 1 for \$2.00 and 3 for \$5.00. You can contact me. The drawing will be held at the banquet in Spartanburg. You do not have to be present to win.

There have been some problems with the PCT checks. Please let MSA Kathy and NT Carolyn know if there is any discrepancy in the amount you should receive. Please also remember that Bank of America will not let us make a direct deposit for less than \$10.00. If the Unit PCT is only \$7.50, the money will be deposited in the Unit account usually the next month. If you have any questions on that, please feel free to contact Kathy, Carolyn or me.

To the Units that are still receiving checks: **PLEASE DEPOSIT THE MONEY IMMEDIATELY**. Checks not cashed within 6 months are no longer valid and it creates an accounting nightmare when one slips by the teller. Recently, a unit cashed a check that was 18-months old!!!! In addition, we will be making changes to our Bank accounts in the near future and all the current ones will be closed after the six months requirement. According to the LA FRA policy, these checks will **NOT** be replaced.

The Membership year closed on 31 March 2010. When you receive your reports, please check them for accuracy. If there are any discrepancies, please contact NFS Diane immediately. Please be sure to report a deceased member to both National Chaplain John Neal and MSA Kathy Gallagher. Also, please let the MSA know if there is a change of address and/or phone number.

Remember that ALL Units are required to have an EIN# and file a 990N with the IRS. If you have any questions regarding the procedure, please contact me or the Regional President. When you have received your number and had it verified with the IRS, please send a copy to NT Carolyn Whitaker.

It is the time of year for election of new officers. The New Unit Officer's form must be completed immediately even if the officers are the same as before. The form can be filled out on the website. Please fill them out neatly and accurately since the MSA and NES have to record this information. Please remember according to LA FRA policy, if the New Officer's report is not received by 31 July, the MSA must withhold the PCT check until it is received.

In closing, to all that are sick, may you have a speedy recovery; to those who are celebrating a happy occasion, best wishes; to those who have lost a loved one, our thoughts and prayers are with you.

In Loyalty Protection and Service
Cynthia Rodham Tuck
National President

Navy Safe Harbor/Anchor Program

Navy Safe Harbor is the lead organization for coordinating the non-medical care of wounded, ill and injured Sailors (USN), Guardians (USCG) and their family members. Through proactive leadership, we provide a lifetime of individually tailored assistance designed to optimize the success of our Shipmates' recovery, rehabilitation and reintegration activities.

Navy Safe Harbor has requested assistance from the Fleet Reserve Association specifically in the area of reintegration for Recovering Service Members and their families. The Navy Safe Harbor Anchor Program focuses on connecting enrollees with mentors by partnering with Navy Reserve Volunteers and a variety of community-based organizations. It is a team approach to mentoring which

Navy Safe Harbor/Anchor Program (continued)

matches a "near peer" mentor from the Reserve Component and a "senior mentor" from the community. This is where members of the Fleet Reserve Association can really help.

When one of our severely wounded, ill or injured service members are identified as relocating within the same geographic area of your Branch, we will be calling to request one of our shipmates to step up and be a mentor for that Sailor or Guardian. There is no way to predict where the next Safe Harbor enrollee and family will transition but when the need arises, our shipmates will answer the call – shipmates taking care of shipmates.

Thank you in advance for your service.

David R. Pennington, MCPO, USN (ret)
Navy Safe Harbor/Anchor Program
(703) 693-0597
david.pennington.ctr@navy.mil

DONATIONS

NATIONAL PRESIDENTS PROJECT

Unit 124
Unit 228
Unit 136
PNP Club WC
Unit 227
Unit 53/Memory of
Hazel Mathes Unit 289
Unit 22
Carol Whitaker
Unit 290
Unit 161
Unit 91
Leo & Millie McCann/In Memory
of Nita DeLesdernier

PILGRIMAGE

LA FRA , Wooster OH
Unit 241
Unit 18
Unit 124
Unit 228
Unit 313
Unit 136
Unit 24
Unit 358
Unit 230
Unit 274
Unit 137
Unit 291
Unit 227
Unit 210
Unit 53
Unit 289
Unit 22

PILGRIMAGE (cont)

Unit 8
Unit 161
Unit 175
Unit 50

LAFRA SCHOLARSHIP

Unit 202
Unit 137
Unit 22
Unit 124
Unit 161

2009 LA FRA Natl Conv. Committee

NP SCHOLARSHIP

Unit 228

IN MEMORIAM – LEST WE FORGET

Deceased members for the month ending March 31, 2010

5 Eckley, Eleanor S	53 Mathes, Hazel D	101 Farr, Girtha M	229 Snyder, Virginia
8 Vecchio, Anne K	60 Gibson, Barbara	105 Calhoun, Catherine	269 Muessig, Kiyoko K
11 O'Reilly, Rose Marie	61 DeLesdernier, Nita L	186 McKenna, Delora E	289 Swann, Patricia E
41 Davison, Betty J	61 McDonald, Florence	186 Miller, Frances A	296 Anderson, Grace O
42 McGinn, Winifred M	91 Ergle, Vera A	208 Liset, Sadie R	
49 Sheffield, Willie C	91 Bailey-Cooper, Cecelia	210 Collum, Charolette M	

WE REMEMBER . . .

PRPNE SARAH KING died April 2, 2010. The funeral Mass was held April 6th in Seaford, NY. The family requested that in lieu of flowers donations be made to the Wounded Warrior Project. Condolence may be sent to her son John Callihan 2063 Paddock Rd, Seaford, NY 11783.

CANDIDATES FOR NATIONAL OFFICERS:

National President: Helen A. Courneya endorsed by Unit 21, 28, 50, 101, 102, 127, 137, 229, 230, 215, 241, 275, 291, 296, 358, 361, 382

National Vice President: Gini C. Larson

National Executive Secretary: Doris Fri

Southwest Regional President : Beatrice Demmel

NOMINATIONS FOR NATIONAL OFFICER: *Nominations for National Vice President and National Executive Secretary should be mailed to National Executive Secretary Rozena McVey. Please follow the C&BL when submitting the nomination resolution.*

MEMORIAL DAY QUIZ

1. What was Memorial Day originally called?
2. Memorial Day was started to honor veterans of what war.
3. Is Memorial Day a national holiday?

4. Memorial Day was officially a concept of a Northerner, how did it have its origin in the South?
5. When Memorial Day was regularly observed on May 30, it always fell on the same day of the week as what major holiday?
6. What piece of military music "rolls down the curtain on the soldier's day and upon the soldier's life?"

ANSWERS TO MEMORIAL DAY QUIZ

1. Decoration Day
2. Civil War
3. No. There are no national holidays. Memorial Day is a federal public holiday for the District of Columbia and Federal employees. Each state has jurisdiction over its holidays, and Memorial Day is observed by the states.
4. In the spring before the Civil War ended, Southern women would decorate graves of their dead soldiers with flowers.
5. Exactly five weeks before Independence Day (July 4th)
6. Taps

MEMORIAL DAY



Once more the day is here when we remember those who,
 Giving life, responded to their country's call,
 Who turned their backs on ease, and gave their all,
WE WILL REMEMBER.

For their readiness to risk, to take a chance,
 For the courage and the valor they displayed,
 For the blood they shed, the lives they gave,
WE WILL REMEMBER.

For the hardships they endured,
 For the pain and anguish suffered,
 For the loneliness they bore,
WE WILL REMEMBER.

For resisting vile temptations,
 For defending truth and right,
 For upholding justice, linked with mercy,
WE WILL HONOR THEM.

For the noble cause for which they died and bled,
 For the freedom, honor, they secured,
 These even we shall treasure and preserve,
WE WILL REMEMBER.