



# The Triangle

## Ladies Auxiliary of the Fleet Reserve Association

January 2017 Edition

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## *From the Desk of the National President*

Auxiliary Members,

I sincerely hope that everyone had a joyous and happy holiday season. I traveled to Hawai'i for the Pearl Harbor events and would like to thank Branch and Unit 46 for their hospitality and their generous donation to the National President's Project-Survival of the LA FRA Programs.



It gave me great pleasure to be able to present checks to the following VAs who have ongoing seminars, retreats, and counseling for the "Warrior to Soulmate" programs: Gulf Coast Veterans HCS Biloxi, Mississippi, VA San Diego Medical Center San Diego, CA, and Chaplain Services South Texas - San Antonio. Each VA will receive \$4,414.79. When speaking to the Chaplains they were all overwhelmed, surprised and so grateful as they stated that with the cutbacks at the VA it would be a welcomed gift. They had seminars and town hall meetings scheduled in December and January. Chaplain Jo Kirkendall from Biloxi called and asked if we had a Unit in Pensacola, FL and of course I stated yes. She asked if we could have a representative attend the town hall meeting, so I asked PRPSE Babe Kilgore if she would attend on my behalf and present the check to them and she accepted. This was great exposure for the LA FRA as they had press coverage. PRPSE Babe called and stated that all went well with the presentation.

Chaplain Larry Taylor of San Diego invited me to be a guest to hear how this program has affected the participants after attending the seminars. I will travel to San Diego this month for presentation of the donation. I am so grateful to all who supported this endeavor and gave these VAs a helping hand to enhance the joyful living to all seeking assistance in keeping the family united. I am attaching a newsletter article of the Chaplains Kirkendall for all to read about the work being done by the Chaplains in Biloxi, MS.

This year we would like to have the Units who are involved in various projects submit articles for the Triangle to have exposure for these projects and let the members know what everyone is doing. We would like to know how your Unit is involved in the community. Pictures are encouraged. We feel that the Triangle needs to be more informative to members who receive it. Subscriptions to the Triangle are \$8.00 per year and should have interesting news that more will want to subscribe for the Triangle. Send all articles to NES Lauren Wynn.

With the changeover of positions this year it has been that brought to our attention that all information, paperwork and thumb drives are not being passed along to incoming officers. Please remember that you are given LA FRA

property and that it should be passed to the new incoming person automatically. This is not being done. Please show respect to each other and help one another. That is what we do.

Members we are asking that all Units throw away all old forms as this past year forms were being used that dated back to 2006. All forms are on the website and have been updated. This includes all delegate forms, death notification forms, and membership forms. When it comes to judging reports, forms being used are not acceptable and there is uncertainty when the committee should throw out the reports when judging because they did not use the right form.

Our condolences to our members in the loss of their loved ones. May you find peace. If you or a family member has been ill, please accept our best wishes. Celebrating a Birthday – Happy Birthday! Wedding Anniversary – Congratulations! To All “Best Wishes” for continued good health.

I remain in,  
Loyalty, Protection, and Service,  
Helen A Courneya


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## National President's Travel Schedule

January:

San Diego & Washington, DC

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## *Annual Pilgrimage The Tomb of the Unknowns & The Mast of the Maine April 22, 2017*

### **Hotel Accommodations: The Westin Tysons Corner**

7801 Leesburg Pike, Falls Church, VA 22043

Room rates will be honored from Tuesday, 18 April thru Saturday, 22 April 2017.

The deadline for reservations in the Room Block is 5:00 p.m. EDST on 28 March 2017.

Room rates are: Suite-\$181, Traditional Doubles-\$131, Traditional King-\$131

When calling for reservations use this code: Pilgrimage Group 2017

Telephone Number: (703) 893-1340

*Come be a part of this wonderful tribute to our fallen.  
It's an experience you'll never forget.*

# Warrior to Soul Mate workshop facilitated by unique couple

By MARY KAY GOMINGER  
Community and Public Affairs Service

VA Gulf Coast Chaplain Jo Kirkendall first met Chaplain Jim Kirkendall nearly 30 years ago. They were both Navy chaplains, stationed in California. When they met, they found they had similar backgrounds — they both were missionary kids. Jo lived in Tanzania and Nigeria (Africa) for 10 years with her physician mother and preacher father. Jim's family did work in Beirut, Lebanon (Asia) so, as a child and teenager, he lived there for seven years. Now these former missionary kids had grown up to be Military Chaplains.

Fast forward 16+ years and their paths cross again. They reconnected and two years later they were married.

These days they each have their separate ministries. Chaplain Jo Kirkendall is a chaplain at the Gulf Coast Veterans Health Care System. Chaplain Jim Kirkendall retired with 26 years in both the Army and Navy and now works with their denomination, The Cooperative Baptist Fellowship, in disaster relief work. And together, these two chaplains facilitate the Warrior to Soulmate workshops offered across the health care system to Veterans and their spouses/significant others.

"We've had the opportunity to facilitate these workshops for four years," Chaplain Jo Kirkendall said. "For us to do this as a couple has such an impact. The couples

taking the workshop can see that we don't just teach these concepts, we live them. And that is very powerful."

Chaplain Jim Kirkendall agreed. "We've had probably 100 couples take this workshop since we started," Jim said. "For some couples, we can see results by the end of the two-day workshop. We've had couples come in that are distant to each other and barely talking. By the end of the second day, they are sitting close and holding hands. It is very gratifying to see the impact this workshop has on relationships."

Chaplain Jo Kirkendall said she and Jim are the only two chaplains married to each other, teaching this course in VISN 16. She and Jim are both proud and humbled by the experience.

"We don't just teach this course," Jo said, "we live it. The skills we have learned in the workshop have made our own marriage stronger and the couples who attend can see that. Couples don't have to wait until they are in crisis to participate. The Warrior to Soul Mate workshop will enhance any relationship."

## Here are some comments from the workshop:

### What did you like most...

- "It offers the most common sense yet simple tools to encourage safe communication."



- "A course offered that really works with real tools for life!"
- "Offered the chance to do practical exercises which made the information much easier to understand."
- "Brings our communications as a family and married couple much closer and better."
- "I liked that it opened my husband up and in only two days our relationship has gotten better. This will really help our communication and patience skills."
- "Helped me find my emotions."
- "I found that each lesson effectively built onto the next. Practice exercises with coaches was valuable. By taking the course with my spouse, it gave us a level learning platform."

### How do you think the information and skills will be useful in your life?

- "We learned how to speak calmly instead of arguing."
- "They will give me the tools to help me not make the same mistakes I made in my previous marriages."
- "It will help us regain the strength in our relationship."
- "Bring a happier, closer, more understanding way of belief to our marriage."

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<http://www.biloxi.va.gov>

# National Parliamentarian's Message

It is indeed an honor and a privilege to serve as the National Parliamentarian, but with this appointment comes a lot of responsibility. According to Article 8, Section 812(a), the parliamentarian MUST have a thorough knowledge of the C&BL, SR, UI and Rituals and *ROBERT'S RULES OF ORDER NEWLY REVISED*. Wow!!

Have you ever really read the C&BL, SR, and UI and Rituals? Were you aware that we use *ROBERT'S RULES*, not *DEMETER'S MANUAL* if you can't find an answer in the LA FRA Bylaws? For most of us, I am sure the answer is "no".

Referring to *ROBERT'S RULES*, the parliamentarian is mainly an advisor or a consultant. Before a meeting it is advisable for the Chair (President) to review the agenda with the parliamentarian to avoid any interruptions once the meeting has begun. The parliamentarian and the president should establish an inconspicuous "signal" so if a problem should occur, they would be able to communicate without drawing too much attention. The parliamentarian may express an opinion, but the president has the right and duty to make the final ruling.

In my many years as an officer whether at the unit, regional or national level, I am often baffled about the correct way for a member/delegate to bring a matter to the members/assembly. The proper and legal procedures are far too lengthy for this article, but there are some basic guidelines in order for any subject to be considered:

- A member/delegate must "move" a motion by stating the subject matter clearly.
- Another member/delegate then seconds the motion.
- The President repeats the motion entirely and asks if there is any discussion. Then and only then can the matter be discussed.
- Discussion should be held to a reasonable time limit.
- Then a vote is taken.

This is a very simplified explanation. Please consult *ROBERT'S RULES OF ORDER, NEWLY REVISED* for a more in depth discussion.

Summarizing Chapter 21, Section 2102 of the Unit Instructions and Rituals, we are all governed by the provisions of the C&BL, SR, and UI & Rituals and/or *ROBERT'S RULES OF ORDER, NEWLY REVISED*. To quote SR 2102(c): **In essence, Parliamentary Procedure is, "Majority rule with the right of the minority to speak and be heard."**

In Loyalty, Protection, and Service,  
Cindy Rodham-Tuck, PNP  
National Parliamentarian





*If you would like more information on Robert's Rules of Order,  
you can visit:*

**ROBERTSRULES.COM**

*The site has links to purchase both the "In Brief" and the full edition.*





# Units in the News

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Unit 46, Pearl Harbor - Honolulu hosts the National Presidents, Don Larson and Helen Courneya



ABOVE: Branch and Unit 269 - Toys For Tots Presentation

BELOW: RPEC Shirley Vatter presents a violin to NFS Christina Murray as a donation for Unit 40's Title I School Project



BELOW: Marilyn and John Quesnel, Philippine Ambassadors, visiting Branch and Unit 154, Baguio City Philippines.



ABOVE: Members of Branch and Unit 127, Bicol Philippines on their annual Visitation, Outreach and Gift Giving mission.

To have your Unit's activities included in the Triangle, please send photos in either JPEG or PNG format, along with the name of the Unit and a description of the activity to: [LWynnNES@yahoo.com](mailto:LWynnNES@yahoo.com)  
They will be included as space allows.



# TRIANGLE

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## REPORT OF CHANGE OF ADDRESS FOR TRIANGLE

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Member No: \_\_\_\_\_

### OLD ADDRESS

Street: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

### NEW ADDRESS

Street: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

MAIL TO: LAUREN WYNN, NES, 5515-C PATRICK CIRCLE, WASHINGTON, DC 20032

ALSO REMEMBER TO NOTIFY THE **MSA** OF ANY CHANGE OF ADDRESS

LAFRA, PO BOX 2086, SHINGLE SPRINGS, CA 95682-2086