

EAST COAST REGION WEBSITE PAGE



East Coast - Geographic Boundaries

Maryland, District of Columbia, Virginia, West Virginia, North Carolina, and Delaware

Units: 24 Annapolis, 40 Chesapeake, 41 Roanoke, 67 Capital City, 99 Kempsville, 181 Navy Department, 182 Triangle, 293 Elizabeth City

REGIONAL OFFICERS 2025-2026

PRESIDENT

VIRGINIA JORDEN UNIT 24
2823 WHITEHOUSE ROAD
RIVA MD 21140
410-533-1902
vmjorden@gmail.com

VICE PRESIDENT

PAMELA BISHOP
4108 SWANNANOVA DRIVE
PORTSMOUTH VA 23703
757-381-9551
pambish45@gmail.com

CHAPLAIN

MARGARET ABEL
1140 RIVERBOAT CT
ANNAPOLIS MD 21409
410-940-9231
mmyboatjtwo@aol.com

2026 REGIONAL MID YEAR

Dates:

Location:



2026 REGIONAL CONVENTION

Dates: 7/23/2026 - 7/26/2026

Location: Hilton Garden Inn

Reservations: 804-521-2900

Rates: \$119.00 + tax per night

Mention: Fleet Reserve Association

Contact: Paul Phelps 757-633-5994
paulphelps57@gmail.com or PNP
Christina Murray 757-439-6135
christinamurray.lafra@gmail.com

PICTURES TELL THE STORY

East Coast Regional NewsLetter

Issue I, January 4th, 2026



Happy New Year! I hope your holidays were filled with joy, laughter, and a little well-deserved rest. As we step into the new year together, I look forward to another year of shared purpose and success.

Please review the December Triangle for the appointees for the 2025-2026 year. (I have attached a copy to this email.) Information is also listed for some of the C & BL changes made during the 2025 National Convention. If you are not on the email list to get the Triangle please contact National Secretary Doris Fri to be added.

Last year, while serving as Regional Chaplain, I began sending birthday cards to members in our smaller units, a practice I will continue throughout this term. I respectfully encourage all units to consider implementing a similar outreach effort so that every member feels included, particularly those who may be unable to attend meetings. At times, a single card may be the only personal correspondence a member receives, and these thoughtful gestures help reinforce a sense of connection and belonging within our organization.

Over the past few years, concerns have been raised regarding gaps in the collection, maintenance, and transfer of information between outgoing and incoming officers. While basic information is available on the Auxiliary website, certain sensitive materials—particularly financial and banking information—must be securely stored and properly transferred.

Although each unit operates differently, officers, especially the President and Secretary, should maintain clear guidelines covering recurring responsibilities such as reports, officer information submissions, delegate forms, and required deadlines. Documenting best practices and insights from outgoing officers can greatly assist those assuming new roles.

Our goal is to ensure continuity, encourage open communication, and foster collaboration. Incoming officers are encouraged to seek guidance and ask questions. Together, we can maintain unity and support the continued growth and success of our organization.

From the desk of the Regional Vice President:

Let me introduce myself, I am Pamela Bishop, East Coast Regional Vice President. I am a member of Unit 99 of Kempsville, VA where I currently serve as President. I have been a member of Unit 99 for over 5 years. I also served as East Coast Regional Treasurer from 2022 to 2025; Vice President 2023 to 2024; and Unit Chaplin. I have worked on various event committees, attended Mid-Year Meetings, as well as Regional and National Conventions. I have been married to my husband Sylvester for over 45 1/2 years. My husband Sylvester has served the Army and Navy for over 20 years. He is a retired navy veteran. During his tour I have also served as an ombudsman. We have 6 grown children and 36 grandchildren. I love going to church, cooking, dancing, decorating, and participating in Community service; especially volunteering my services at EDMARC, children who are in hospice. I look forward to working with our National Vice President Laurie Starkey and as well as my East Coast President Virginia Jorden, and especially the other Units of the FRA. Happy Holidays and I wish you a Happy New Year.



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Contacts for the East Coast:

Regional President:

Virginia Marie Jordan, Unit 24
vmjorden@gmail.com
410-533-1902
2823 White House Road
Riva, MD 21140

Regional Vice President:

Pamela Bishop, Unit 99
pambish45@gmail.com

Secretary:

Candiss Cox, Unit 99
fracandisscox@gmail.com

Treasurer:

Margaret Phelps, Unit 40

Chaplin:

Margaret Abel, Unit 24
mmyboatjtwo@aol.com
1140 Riverboat Ct
Annapolis, MD 21409

Please make sure you are submitting death notices not only to the Regional Chaplin but also to:

National Chaplin:

Eimile Jordan
1633 Underwood Road
Gambrils, MD 21054

(Just an FYI Eimile is pronounced Emily, spelled the Gaelic way.)

National Financial Secretary:

Pat Sukow
PO Box 706
Goose Creek, SC 29445

A total of three notices should be going out.

Ladies Auxiliary of the Fleet Reserve Association
(Please type or print information)
NOTIFICATION OF A DEATH OF A UNIT MEMBER

YEAR 2025-2026

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TO: National Financial Secretary: National Financial Secretary PO Box 706
Goose Creek SC 29445
lafranfsapat@gmail.com DEATH NOTIFICATION

Name of Deceased: _____ Membership# _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____ Unit# _____

Region: _____ (TITLE IF PAST NATIONAL OFFICER) _____

Telephone: _____

UNIT CHAPLAIN _____

Email: _____

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TO: National Chaplain: Eimile Jordan 1633 Underwood Road
Gambrills MD 21054
eimilehasfuntimes@gmail.com DEATH NOTIFICATION

Name of Deceased: _____ Membership# _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____ Unit# _____

Region: _____ (TITLE IF PAST NATIONAL OFFICER) _____

Telephone: _____

UNIT CHAPLAIN _____

Email: _____

.....
TO: Regional Chaplain: DEATH NOTIFICATION

Name of Deceased: _____ Membership# _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____ Unit# _____

Region: _____ (TITLE IF PAST NATIONAL OFFICER) _____

Telephone: _____

UNIT CHAPLAIN _____

Email: _____

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Central Liaison Committee

If you are in the area and wish to partake in the next meeting of the Central Liaison Committee (CLC) will be hosted by Branch/Unit 24 at the Home of Branch 24 on 24 January 2026 at 1400.

Location: Home of Branch 24, 100 Compromise St. Annapolis, MD and via Zoom.

Please contact Thomas M Rauch, CLC Secretary raucht13@gmail.com if you need the zoom information if you are not already on his email list.

FRA and Auxiliary FRA East Coast Regional Mid-Year Meeting

When: February 7, 2026, from 0900 to 1600

Where: Holiday Inn: 5655 Greenwich Road, Virginia Beach, Virginia, 23462

To make your reservation contact the hotel at

<http://tinyurl.com/fra-hotel-ihg>

or 866-994-8637 code FRA

Rate for FRA East Coast Regional Mid-Year meeting is \$109/night plus taxes.

The hospitality room will be open Friday, February 6th and Saturday, February 7th. It's time for Mardi Gras so wear your favorite Green, Purple and Gold to the hospitality room. 50/50's both days will be drawn at 2130.

Mark your calendars FRA and Auxiliary FRA East Coast Regional Convention will be held July 24-27 in Richmond, VA more information to follow.

To keep with the 250th Anniversary of our country we will be going to Richmond, VA. The significance to this and the Birth of Our Nation include the place of Patrick Henry's Give Me Liberty or Give Me Death Speech. The first reading of the Declaration of Independence happened on the Richmond Henrico County courthouse steps etc. Convention will be Chaired by Paul Phelps and Christina Murray as Co-chair.