

WEST COAST REGION WEBSITE PAGE



West Coast Region – Geographic Boundaries

California, north of the east-west line drawn between Monterey, Kings, Tulare and Inyo Counties to the north; San Luis Obispo, Kern and San Bernadino Counties to the South; Nevada, north of a line running east-west from the Arizona border, Utah; Colorado; and Wyoming.

Units: 8 Vallejo, 59 Wyoming, 101 Santa Clara Valley, 137 Sierra/Tahoe, 197 Modesto, 261 Lemoore, 274 High Sierra, 275 Hangtown, 287 Livermore

REGIONAL OFFICERS 2024-2025

PRESIDENT

TINA PEDERSEN UNIT 137
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2025 MID-YEAR

Date: March 22, 2025

Location: Placerville CA

2025 REGIONAL CONVENTION

Date: September 2025

Location: Modesto CA



West Coast Region LA FRA Officers 2024-2025

President Tina Pedersen Unit 137 Vice President John Souza Unit 287 Secretary Helen Courneya Unit 274 Treasurer Shari Souza Unit 287 Parliamentarian Vickie Janek Unit 275 Chaplain Jan Solberg Unit 137 JrPRPWC Mary Ann Frank Unit 275	Office of West Coast Region LA FRA PO Box 95 Virginia City, NV 89440 775-781-8814 *All other contact info can be obtained from Helen Courneya (775) 882-9201
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Save the dates

March 22, 2025	West Coast Mid Yr Meeting/Convention, Placerville, CA
May 5, 2025	National Pilgrimage, Arlington, VA
September 2025	Regional Convention, Modesto, CA
November 4-7, 2025	National Convention, Springfield, MO

Regional Happenings

- 68th WC Regional Mid-Year Meeting/Convention - details attached
 - Don't forget to preorder your lunch and
 - Please buy 50/50 raffle tickets to support the region
- Regional Convention - Hosted by Branch/Unit 197 Modesto
 - We are perilously close to receiving details about this event



National Happenings

- Annual Pilgrimage at Arlington National Cemetery May 5th
 - Does NOT coincide with the FRA Mid-Yr Convention
 - *~Pursuant to Section 815(c) of the C&BLs, each Unit is privileged to send \$5 each year, prior to the 25th of April, to the NFS, as a contribution to the Pilgrimage fund. The monies help to defray the cost of the Annual Pilgrimage ~*
- FRA & LA FRA in November '25 National Convention Springfield, MO

Reminders

- Please **DO NOT** make donations or buy gift cards for the "LAFRA or FRA" based on a request from an email or a single phone call.
 - Always follow up any unexpected solicitations with a phone call or text. Hackers are doing their best to separate us from our hard-earned money.
- Destroy old forms: destroy all previous copies of the 'Newly Elected/Appointed Regional Officers' and 'Unit Officer Information' forms as these contain personal information of our members.
- File your 990N federal tax forms and any state tax forms as required. If you need assistance please feel free to call me.
- Please consider contributing to the Newsletter with pictures (.jpg format), articles (.doc format) of your unit activities:
 - sent to lafra.tina.pedersen@gmail.com
- Regional Officers and committee chairs, please have your reports ready for submission at Convention.



Here and Now

I want to take a moment to highlight an extraordinary article from the February Triangle. This was submitted by Nicholas Luz the Northeast/New England Regional President. He laments that they are small but mighty and cites a list of regional accomplishments.

Next, he had this to say:

"But at the convention, I saw the struggles that we face as an organization. "Young" is not a defining word for us, although there are "young" members. When I say "young" I'm not talking about the age of our members. I am talking about culture – being a dynamic and energetic organization with a sense of excitement, encouraging new ideas and thinking outside the box; adapting to change and ready to pivot strategies quickly; adopting and integrating new technologies and digital tools; and emphasizing teamwork, diversity, and a strong sense of community. While the vote on "Doing Business As" passed with an overwhelming majority at the National Convention, as one of a handful of males in the room I could feel that there were still some holdouts and concerns on the changing times. There was also a proposition to research new and easier ways to pay dues, such as electronically, that was met with some hesitancy. A young culture can infuse this organization with dynamism and a forward-thinking mindset, making it an exciting place to join and bolster our membership numbers. Some members want change – but others want to keep the status quo. But **we must change to survive** – it is, after all, survival of the fittest. The looming question is how fit are we? Right now, we are out of shape - even with how we refer to ourselves as an organization. However, I am confident that we can get fit gradually and incrementally with assistance and open-mindedness for long-lasting changes.

I could not have said it better myself - Way to go Nick!



And a quick note from National President Kelly Pena:

*At the National Convention in Annapolis, the delegates voted to remove Ladies from the Preamble and use "Auxiliary of the Fleet Reserve Association." There have been no other changes to our Bylaws, Standing Rules or Unit Procedures and Rituals. It is requested that everyone refrain from using the acronym AFRA as **we are the LA FRA**.*

Hope this finds you health and happiness. Until next time, Tina P.



68TH WEST COAST REGIONAL
MID-YEAR CONVENTION
PLACERVILLE, CALIFORNIA
22 MARCH 2025



NEWSLETTER

Hangtown Branch and Unit 275 cordially invite the shipmates and ladies of the West Coast Region, Fleet Reserve Association and Ladies Auxiliary of the Fleet Reserve Association to attend the 68th West Coast Regional Mid-Year Convention to be held on Saturday 22 March 2025 at the Veterans Memorial Building, 130 Placerville Drive, Placerville, CA 95667.

The Mid-Year Convention this year will be a one-day event on Saturday. There will be no Opening Ceremony or Banquet following the conclusion of the convention. The shipmates and Auxiliary members desiring to make hotel reservations may do so on their own. No block of rooms will be set up at any local hotel. All events will be conducted at the Veterans Memorial Building, 130 Placerville Drive, Placerville, CA.

We will be serving a luncheon of Hawaiian roll sandwiches filled with turkey, roast beef or ham and cheddar, Potato and Macaroni Salad, and dessert at a cost of \$10.00 per person.

Name: _____ Branch/Unit: _____

Lunch: ____ x _____ \$ _____

There will be a Hospitality Room and Registration set up in the building. The Hospitality Room will be open from 1700 – 2300 Friday Evening, during Lunch and after the meetings on Saturday.

Plan of the Day

0730 – 0845

0900 – 1045

1100 – 1300

1300 – 1600

Registration

1st Business Session

Lunch

2nd Business Session

Convention Coordinators are:

FRA: PNP Larry Boudreaux, Branch 275, 2589 Dudley Drive, Rescue, CA 95672-9684
(530) 677-3925 – email - larryboo@pacbell.net

LAFRA: PNP Pat Boudreaux, Unit 275, 2589 Dudley Drive, Rescue, CA 95672-9684
(530) 677-3925

68TH WEST COAST REGIONAL MID-YEAR CONVENTION
22 MARCH 2025
VETERANS MEMORIAL BUILDING
130 PLACERVILLE DRIVE

TENTATIVE PLAN OF THE DAY

FRIDAY, 21 MARCH 2025:

1700 – TILL Hospitality Room - **(Bar)**

SATURDAY, 22 March 2025:

0730– 0830	Coffee & Donuts - (Dining Room)
0800– 0845	Registration – (Bar)
0900	1 st Business Session - FRA – (East Room)
0900	Workshop LA FRA – (Dining Room)
1115	Recess for Lunch (Dining Room) (Bar Open)
1300	2 nd Business Session FRA – (East Room)
1300	Workshop LA FRA – (Dining Room)
1600 (Approx)	Adjourn
1600 (Approx)	Hospitality Room - (Bar)