

## 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, 60 Ocean View, 99 Kempsville, 181 Navy Department, 182 Triangle, 293 Elizabeth City

### REGIONAL OFFICERS 2022-2023

#### PRESIDENT

Dorothy Smiley Unit 99  
3836 Robin Hood Road  
Norfolk VA 23613-4262  
757-240-7537  
candlesamist@yahoo.com

#### VICE PRESIDENT

Loretta Jorden Unit 24  
2825 Whitehouse Road  
Riva MD 21140-1334  
410-956-6015  
stitcherydesignz@gmail.com

#### CHAPLAIN

Rebecca "Ruby" Lopaz Unit 181  
6088 Red Squirrel Place Waldorf  
MD 20603  
443975-1551  
rslopez1114@yahoo.com

#### 2023 REGIONAL MID YEAR

Dates: February 24-25

Location: Holiday Inn Conference Center  
3635 Greenwich Road  
VA Beach, VA 23462

Reservations: 800-567-3856

Rates: \$89.00 + \$15.00 tax + \$2.00 fee,  
per day.

Contact: RPEC Gabriel Falu  
757-581-8390  
gabrielalufra99@aol.com



#### 2023 REGIONAL CONVENTION

Dates: July 5th-9th

Location: Double Tree by Hilton 210  
Holiday Court  
Annapolis MD 21401

Reservations: 410-224-3150

Rates: \$130.00 + tax

Contact: FRA Valerie Toulotte PNC:  
PNCvalerie2lotte@gmail.com  
PRPEC Virginia Jorden:  
vmjorden@gmail.com

### PICTURES TELL THE STORY



## Regional Officers 2022 – 2023

**Regional President**  
**Dorothy Smiley**

Unit 99  
757 240 7537  
[candlesamist@yahoo.com](mailto:candlesamist@yahoo.com)

**Regional Vice President**  
**Loretta Jorden**

Unit 24  
410 533 1901  
[stitcherydesignz@gmail.com](mailto:stitcherydesignz@gmail.com)

**Regional Secretary**

**Linda M. Showers**  
Unit 99  
[lmshowers41@gmail.com](mailto:lmshowers41@gmail.com)  
757-582-1002

**Regional Treasurer**

**Pamela Bishop**  
Unit 99  
757 5971488  
[pambish45@gmail.com](mailto:pambish45@gmail.com)

**Regional Chaplain**

**Rebecca (Ruby) Lopez**  
Unit 181  
443 975 1551  
[Rslopez1114@yahoo.com](mailto:Rslopez1114@yahoo.com)

## EAST COAST REGION NEWSLETTER

January 1, 2023

### News from the Regional President:

Happy New year!!! This has been a season of volunteering, feeding the less fortunate and providing great community service. A warm heartfelt hug to all Units for all your hard work. We may be small, but we are mighty.



Congratulations to All our Regional and National Officers. We are looking forward to a great and wonderful year working together. This year with every visit I will be implementing a game or project, or you can share one. Fun! Fun! Fun! Sharing truly is caring.

We had three winners for the Unit Reports at Nationals for year 2022! All three Groups won 1<sup>st</sup> Place within their group.

Group 1 Unit 24

Group 2 Unit 40

Group 3 Unit 99

Pictures of your events show off your hard work and good times. Please share I love showing off the East Coast accomplishments.

- 2023 East Coast Region Mid-Year Meeting  
TBD
- 2023 Pilgrimage this year will be held at the Westin Old Town Alexandria: \$149 a night, April 11-15; 400 Courthouse Square, Alexandria, VA (703) 253-8600
- East Coast Regional Convention  
Dates to Come Soon

### National President's Project 2022-2023

The National President's Project for 2022-2023 is Warrior Foundation Freedom Station- Assisting, honoring, and supporting those that have bravely served our country. This organization will supply them with quality life items, support services and transitional housing. For more information go to [www.warriorfoundation.org](http://www.warriorfoundation.org).

Please remember that all donation checks be made payable to the LA FRA and stipulate in the memo what the donation is intended for. NP Project 2022-2023".

In Loyalty, Protection, and Service

Nadine Fulton, National President

Unit 40 worked hard and long supporting James, the Unit 40 Ambassador to Ronald McDonald House. He wishes to thank everyone for their continued support. He has delivered a total of 20 gallons of tabs.



Unit 60 doing their annual Thanksgiving and Christmas baskets. It was great to meet Unit 60 new members. Job well done!





Awesome Christmas event at Unit 24! There were door prizes, plenty of food, cake, and games.



Unity everywhere! Fantastic event!



Unit 99 looking for every opportunity to feed families, the homeless, and seniors. On RP front lawn and



in field



**Your Event Pictures go here!!!**

**Congratulations!!!**



**On The Engagement  
Of  
William E. Rosser, I.V., Honorary Member, Unit 24  
And  
Virginia Jorden, PRP EC, and President, Unit 24  
May you always have Love, Blessings and Favor  
from God**



# **Ladies Auxiliary of the Fleet Reserve Association Southwest Region**

## **NEWS LETTER No. 1 - 2022-2023**

Regional President Southwest Marilyn Quesnel

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### ❖ **Southwest Regional Officers continue:**

#### Regional Secretary Southwest

Name: Linda Mowry Unit 289

Address: 534 5<sup>th</sup> St Imperial Beach, CA 91932

Phone: (619) 429 - 6459

Email: iblindam@cox.net

#### Regional Chaplain Southwest

Name: Shirley Ferrill NC Unit 61

Address: 2712 E 14<sup>th</sup> St National City, CA 91950

Phone: (619) 267 - 2516

Email: shirleyazf36@gmail.com

#### Regional Parliamentarian Southwest

Gail Doloway, PNP, Unit 289

3897 San Andres Ave, Las Vegas, NV 89121-6122

Phone: (702) 451 3355

Email: gaildo@embarqmail.com

#### Regional Junior Past President Southwest

Georgina R Hermes, Unit 61

678 Floyd Ave Chula Vista, CA 91910-6427

Phone: (619) 421-7400

Email: [ghermes3@cox.net](mailto:ghermes3@cox.net)

### ❖ **2021-2022 Unit Report Winners, August 23, 2022, Las Vegas NV Regional Convention**

Hospital - 1<sup>st</sup> Place Group III Unit 163

Welfare - 1st Place Group II Unit 302

Unit Reports - 1<sup>st</sup> Place Group 1 Unit 61, Group II Unit 302, Group III Unit 163, 2<sup>nd</sup> Place Grp1 Unit 289

Youth Activities 1st Place Group 1 Unit 289, Group III Unit 163

Unit Activities - 1<sup>st</sup> Place Group 1 Unit 289, Group II Unit 302, Group III Unit 163

Americanism - 1<sup>st</sup> Place Group 1 Unit 289, Group II Unit 302, Group III Unit 163

Publicity - 1<sup>st</sup> Place Group 1 Unit 289, Group II Unit 302

**The 2023 Southwest Regional Convention** location has not been determined at this time.

### **National Business:**

- ❖ LA FRA (National) website is <http://la-fra.org>. This is where downloads are available for: Forms, National contact information, Unit Organization procedures, National Constitution and By Laws (C BL) and Standing Rules. To download the FRA Today Magazine, go to WWW.FRA.ORG.

### ❖ **Congratulations to 2022-2023 National Officers:**

National President: Nadine Fulton PNVP

National Vice President: Veralyn Thomas

National Executive Secretary: Laurie Starkey





# Ladies Auxiliary of the Fleet Reserve Association Southwest Region

## NEWS LETTER No. 1 - 2022-2023

Regional President Southwest Marilyn Quesnel

National Officers continue:

National Financial Secretary: Brenda Horton  
National Treasurer: Carolyn Whitaker PNP  
Jr. Past National President: Pat Suckow

Their contact information is on the LA-FRA Website, under FORMS: 2022-2023 Who, What, and Where

❖ The 2022-2023 National Presidents project is “Warrior Foundation Freedom Station”  
— Assisting, honoring, and supporting those that have bravely served our country by supplying them with quality-of-life items, support services and transitional housing. For more information go to [www.warriorfoundation.org](http://www.warriorfoundation.org)

❖ The 2022-2023 National Vice President Membership Project is “Growing Our Membership”  
— First, concentrate on maintaining the members that we have and then work to increase the membership one member at a time. Most Units know there is a problem with membership, we also know that this is an ongoing issue over many years.

❖ Awards, National: Congratulations to the following Southwest Region Units:

UNIT REPORTS WINNERS:

Group 1 – 3<sup>rd</sup> Place UNIT 61, Chula Vista

Group 2 – 3<sup>rd</sup> Place UNIT 302, Carson

❖ ALL STAR RECRUITER OF THE YEAR\* CONGRATULATIONS TO:

UNIT	NAME	REINSTATES	NEW	TOTAL	AMOUNT
289	Imperial Beach	23	22	45	\$50.00
61	Chula Vista	11	18	29	\$25.00

❖ The 2023 National Convention will be held at Sparks, Nevada, Nugget Casino. September 24<sup>th</sup>-30<sup>th</sup> 2023, The hotel provides free shuttle service to and from the Reno/Tahoe Airport

❖ The 2023 Pilgrimage hotel location has changed to Westin Hotel Old Town Alexandria, 400 Courthouse Square, Alexandria, VA, Phone 703 253 8600 [Dates and contacts to follow](#)

**Please share & read this important message from our National Parliamentarian at your meeting. Important to know about Mandated changes in membership.**

From the Desk of the National Parliamentarian:

At the Convention in Birmingham this past October 16-22, the FRA National Board of Directors and subsequently, the delegates voted to make changes to the Auxiliary C&BL, Article 3 Section 301 (a). This is a Mandate which took effect immediately at the close of the Convention (10/22/2022). The letter from the FRA reads:

“The FRA National Board of Directors have proposed, debated, and approved the following directives for the National Auxiliary action:

(1) FRA membership eligibility from the Charter of the Organization had to meet the following requirements:

- 1925 – USN, USMC Enlisted Male personnel that were transferred to the Fleet Reserve
- 1970 – Career designated Enlisted USCG and USN, USMC and USCG women personnel
- 1975 – All Active Duty Enlisted Sea Service (USN, USMC, USCG) personnel from 1st day of enlistment
- 2005 – Former Enlisted USN, USMC and USCG personnel not discharged with a Bad Conduct Discharge or Dishonorable Discharge



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Regional President Southwest Marilyn Quesnel

(Nat,l Parliamentarian Message Cont,d)

(2) Sponsorship as it pertains to eligibility in the LA FRA must meet one of the criteria listed in paragraph (1) and the information must be verified to be after the listed dates on the proposed Sponsor's DD214." Therefore, C&BL Article 3 Section 301(a) will now read: Section 301(a). ***Membership in the LA FRA shall be limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren, and grandchildren not less than sixteen years of age of members of the FRA and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren, and grandchildren not less than sixteen years of age of persons who were members at the time of death or eligible to be members of the FRA at the time of death after***

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1925 – USN, USMC Enlisted Male personnel that were transferred to the Fleet Reserve  
- 1970 – Career designated Enlisted USCG and USN, USMC and USCG women personnel  
- 1975 – All Active Duty Enlisted Sea Service (USN, USMC, USCG) personnel from 1st day of enlistment  
- 2005 – Former Enlisted USN, USMC and USCG personnel not discharged with a Bad Conduct Discharge or Dishonorable Discharge If the sponsor is still alive, they **MUST** be current members of the FRA. If the sponsor is deceased, the dates above **MUST** be verified using his/her DD214 (you **CANNOT** keep or copy the DD214).  
Applications **MUST** be signed by the person in the Unit responsible signifying that the applicant AND sponsor have been vetted.

**The NFS will return any forms that do not meet ALL the above criteria.** If you have any questions, please feel free to contact me: 328cmrt@gmail.com or (508) 238-3607.

In Loyalty Protection and Service,

PNP Cindy Rodham Tuck National Parliamentarian 2022-23

### ❖ **Regional Vice President Message:**

Thank you to the members of the Southwest Region who elected me as Regional Vice President at our August Convention. My duties as Regional VP include contacting members whose dues have lapsed. It has been a pleasure speaking with several members and their responses have been positive. Maintaining our members and recruiting new members is vital to our organization. The rules for eligibility have changed and clarification is in the process. Our National President Nadine Fulton and National Parliamentarian Cindy Rodham-Tuck will address this issue with the FRA and will bring that information to us. Remember it's been said many times, many ways: keep your membership current. Throughout our Region LAFRA members are volunteering hundreds of hours to support the FRA and other causes. This time of year many Units are hosting Christmas parties for children, donating to Toys for Tots, and serving meals for those in need. All these activities are so worthwhile and appreciated by the community. Wishing all Happy Holidays and Happy New Year!  
Jo Anne Dougherty  
Regional VP Southwest

### ❖ **Southwest Unit and Member Recognitions:**

Keep the region up to date on Unit activities and Member recognition by emailing or phone call to LA FRA Regional President Southwest and Vice President Southwest, take pictures to be included in future Southwest newsletters. Also, to inform our Regional Chaplain on members who need prayers or member had passed away.



# **Ladies Auxiliary of the Fleet Reserve Association Southwest Region**

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### ❖ LAFRA RPSW (TENTATIVE) VISITS SCHEDULE:

UNIT	DATE	MEETING	TIME	PLACE
61	2/8/2023	2 <sup>nd</sup> Wednesday	5:00	288 Third Ave C.V. 91910
84	2/11/2023	2 <sup>nd</sup> Saturday	1:00	2926 Market St S. D. 92102 FAVA HALL
163	3/11/2023	2 <sup>nd</sup> Saturday	1100	804 E. Purdue Av Phoenix, AZ. 85020 VFW 9400
70	4/5/2023	1 <sup>st</sup> Wednesday	7:00	14231 Garden Rd Poway 92064
302	6/4/2023	1st Sunday	1:00	22400 Moneta Av Carson 90745 VETS Park
289	6/14/2023	2 <sup>nd</sup> Wednesday	7:00	659 Silver Strand Blvd 91932 I.B. CA 91932

- ❖ Join us as we bring in the New Year 2023!! At Club 289 659 Silver Strand Blvd. Imperial Beach CA 91932 PH 619 429 3485

\$45.00 Per person if purchased before Dec. 15

\$50.00 Per person if purchased after Dec. 15

Ticket Purchased Includes:

Dinner, Champagne toast at midnight, Party Favors, and Light Breakfast.

Entertainment: COPYCATS BAND

**Happy Holidays, wishing you all Health, Happiness, and Prosperity this Holiday Season and in the Year to Come.**

Yours in Loyalty, Protection and Service,  
Marilyn Quesnel RPSW



Pearl Harbor Remembrance Ceremony 12/7/2022

L-R : Roseanne Kramlich Unit 289 Pres. Marilyn Quesnel RPSW, John Quesnel PRP, Kathy Bourke FRA lifetime member, Joyce Semenza



Unit 289 Annual Kids Christmas Party. Kitchen volunteer L-R: Cathy Clamp, Maureen Demby, Joanne Dougherty RVPSW, Linda Mowry, NP Nadine Fulton, PNP Mick Fulton (no Pics) Rebecca, Marilyn Quesnel RPSW, Geena Bauza, Deanna Lewandowski, Richard Mowry (Santa Clause) Joyce Zemenza, Diane Long (Mrs Clause) Pics by Cricket Clowry 12/22





# VETERANS EXPERIENCE ACTION CENTER

## VETERANS BENEFITS LIVE VA IN MY TOWN CARY, NC

**YOU CANNOT AFFORD TO MISS THIS EVENT**

Should any of the following apply :

You would like to file a new claim with the VA.  
You have questions about VA appeals or benefits to which you may be entitled.  
You have questions about VA healthcare.

Veterans and dependents will be assisted by a combined team including Veterans' Benefits and Health Administrators, Vet Center, and Veterans' Service Officers.

They will assist with the following:  
Face-to-face explanation and assistance facilitating and expediting existing claims and appeals, filing new claims, and accepting all claims-related evidence for processing and providing information regarding benefit related VA programs.

**Who:** All veterans and family members of veterans

**Where:** Herbert Young Community Center, 101 Wilkinson Avenue, Cary, North Carolina 27513

**When:** 23th, 24th, 25th of March 2023.

Hours on Thursday and Friday from 9 am to 3pm, and Saturday 8 am to 2 pm.

Please bring with you the proper documentation about your case: DD 214, all medical records about your disability both military and civilian, and dependency documents if new or not already provided to the VA.

Wait times may be long, please be patient.  
Coffee, water, and snacks provided free of charge.

For more information contact Richard Spyrison at [CaryVEAC@gmail.com](mailto:CaryVEAC@gmail.com)

