



# The Triangle



## Ladies Auxiliary of the Fleet Reserve Association

January 2019

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### 2018-2019 National Officers & Appointees

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**If anyone needs addresses refer to Rosters, Who-What-Where sheet, or Contact NES Doris Fri**

### A MESSAGE FROM OUR NATIONAL PRESIDENT Christina Murray.



Have you ever received an offer that sounds too good to be true, a letter telling you that you received an inheritance from a long lost relative, or an email or phone call asking you to call right away and send money because someone you know is in trouble and needs cash? Most of us recognize these scams. However, would you recognize the latest cybercriminal? This new scam is hitting businesses and organizations and LAFRA has not escaped. The email addresses of LAFRA Officers and many members of the LAFRA and FRA have been hacked and spoofing or phishing emails have been sent to many of you asking you to transfer money today or send gift cards or money to help veterans in need. To check to see if these emails are really from the person you know, hover over the **bolded name** in the "from field" and it will show you their return email address. Be careful to look at the spelling as sometimes they change just one letter. If you do not recognize that email address, do not respond or the perpetrator will get all the email addresses in your online address book and personal information. Over 500 thousand Americans are hacked each year, the financial loss to organizations and businesses has amassed to over 36 trillion dollars in 2018. There is no crime that has affected so many from all ages, backgrounds & geographic locations. Rest assured the officers of the LA FRA have filed reports to assist the cyber-crimes bureau in apprehending those responsible. You can also be assured your officer's will not ask you to buy \$100 dollar gift cards and ask you to send just the code on the back. We will not ask you to wire money immediately to pay a pressing bill, that just must be done by the close of business, nor will you need to send money to help us get home or recover from an accident.

The organization carries a position Fidelity Bond Insurance; however, it does not protect us from Social Engineering Crimes or if we do not follow the prescribed regulations and procedures as outlined in the C&BL's, Standing Rules or Unit Procedures Manuals. Please take the time to review your Units/Regions procedures. Just like the National Organization each Unit/Region needs to have their own IRS EIN Number (I feel like a broken record, but we are making progress). All bank and investment accounts should have the same name as it appears on the designation letter received with the EIN number. Bank accounts should require two signatures for all transactions. Accounts should have two or three authorized signers so that at all time's two people are available to sign checks and make any new changes to the authorized signers list held by the bank or credit union. All checks written should correspond to a budget line item, standing rule or vote from members and be recorded in the minutes of your meeting. According to C&BL's, except for PCT payments to Units all payments are to be completed by having a source document, properly drawn voucher and then a paper check issued. If you have any questions about these procedures, please contact your Regional President or one of the National Officers.

Happy Birthday and Anniversary to those celebrating in January, to those who are ill know that we are thinking about you and wish you a speedy recovery.











If January is your membership anniversary, thank you for your continued service.

In parting, may you be blessed with a Very Happy and Prosperous New Year.

In Loyalty, Protection and Service  
Christina Murray, NP

**IN LOVING MEMORY OF OUR DEPARTED MEMBERS**

National Presidents      Other National/Regional Officers      Members

 PNC Eileen Ligay Unit 126 Member since 1976	 Eva M Hanson MAL Member since 1991	 Lucy M Nord MAL Member since 1991
 Frances L Rivard MAL Member since 1978	 Norma Agee Unit 161 Members since 1990	 Lois A Brecht Unit 324 Member since 2010
 Cordie Taylor Unit 324 Member since 1998	 Jean A Peugh Unit 346 Member since 1992	 <b>Dolores Northcutt Unit 8*</b> <b>Member since 1963</b>
 <b>Agnes E Harlan Unit 49*</b> <b>Member since 1955</b>		

**Bold print with \* indicates 50+ years of membership**

**Remember the Death Notice on the website [www.la-fra.org](http://www.la-fra.org) is PDF fillable.**

**Membership Statistics**

Apr 1	REI	NEW	TI	TO	Resigned	NonPmt	Deceased	Ineligible	Other	Active
6053	198	404	114	113	8	637	93	1	0	5917

**RECRUIT      RETAIN      REINSTATE**

**“Through the generosity of our members, all things are possible”**

**LA FRA Scholarship**

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**NP Scholarship**

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**Welfare**

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**Pilgrimage**

**NP Project 2017-2018**  
**Alzheimer’s Foundation**

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**NP Project 2018-2019**  
**“National Military Family Operation Purple Camps and**  
**Healing Adventures.”**

UNIT 230

**TRIANGLE BY EMAIL**

**ANY** member or Unit Officer, Regional Officer, National officer who would like to receive the Triangle by email, just send me a request by email, (so I know I have your correct email address) and I will put you on my list. This a strictly volunteer option. Anyone who is eligible to receive a Triangle by mail, will continue to receive it in the mail unless you send me a request.

**2019 NATIONAL CONVENTION TO BE ANNOUNCED SOON!!!! (WATCH THE WEBSITES)**

**Remember these dates**

**January 1 – New Year’s Day**

**January 21 – Martin Luther King Day**



**A PICTURE IS WORTH A THOUSAND WORDS!**



Unit 269, Goose Creek, SC. Unit member, Benita Kinlaw, wrote 5,000 Christmas Cards that will be sent to Soldiers, Sailors, and Marines serving in overseas locations. The entire unit sent almost 6,000 cards. This is the fourth year the Unit has participated in the Friends of Our Troops program.



Members of Unit 24 participating in the Veteran's Day Activities in Annapolis.



Members of Unit 269, showing support for Toys for Tots.



Unit 302 Members on Veteran's Day 2018



Unit 274 Member Amy Courneya raised \$500.00 and purchased food to make it possible for Sanchez Ranch to provide Thanksgiving Dinner to those who lost everything to the fire in Paradise CA. Amy said thanks to all who donated and to Walmart for the good deal on the Turkeys.



Donated by Unit 154 members, in conjunction with VFW Veterans and FRA members. Children showing off their Brand new slippers, uniforms and umbrellas, after some games with cash prizes and feeding them for lunch...expandable school envelopes for each student and blankets for parents and teachers.



Unit 99 feeding Veterans and FRA Members Thanksgiving Dinner.



LA FRA Unit 93 presented 10 Dolls for comfort and blankets today at Charlotte Hall Veterans Home. Recently the Unit also donated cash for Bingo prizes and an annual NetFlix account. They will also host an outing for residents to "Tuba Christmas", followed with dinner at a favorite local restaurant.



Member of Unit 93 showing off their beautiful Patriotic Christmas Tree.



Bea Parco NVP, Marti Staton Unit 163 Chaplain presenting wreath at Tucson Pearl Harbor Remembrance Day 2018



Branch and Unit 40 show their support of Toys for Tots with over 100 toys, trucks, dolls blocks and balls.

**Keep posting those pictures on Facebook, that is where I am getting them and "Thank You" to the Branch and Unit members who are out there meeting the "NEED"!**

**You are appreciated.**

**You may send pictures directly to me via email, just be sure to tell me what the event is and the names of those who are in the picture!**

**The Triangle is not only Auxiliary News, it is also about the members.**



# 2019 Arlington National Cemetery Pilgrimage

*Hosted by the*

**Ladies Auxiliary of the Fleet Reserve Association**

**Saturday, April 27, 2019**



## **Schedule of Events for Saturday, April 27, 2019**

**11:00 am–12:30 pm – LAFRA National President’s Tea**

**(All LAFRA members are invited to attend)**

**2:00 pm – Leave hotel for Arlington National Cemetery**

**3:00 pm – Wreath Laying at the Tomb of the Unknown**

**4:00 pm – Ceremony at Mast of the Maine**

## **Hotel Reservations:**

**Sheraton Pentagon City Hotel, 900 South Orme Street, Arlington, VA 22204**

**Room rates are: \$139.00 + 12% tax per night**

**Rates are effective April 20, 2019 (Saturday) to April 30, 2019 (Tuesday)**

**Call for reservations 703-521-1900, cut-off date for reservations is by 5 pm, April 2, 2019**

**The Hotel requires 48-hour notice for cancellations.**



## 2019 ANNUAL PILGRIMAGE INVITATION TO ATTEND



From the Desk of our Pilgrimage  
Chairman Grace Villanueva Unit 4

Dear Members, Family, and Friends;

My name is Grace Villanueva and I am the Pilgrimage Chairwoman for the Ladies Auxiliary of the Fleet Reserve Association, 2019 Arlington National Cemetery Pilgrimage.

On Friday, April 26, 2019, we will display, outside of the Hospitality Room of the Sheraton Pentagon City Hotel, 900 South Orme Street, Arlington, VA 22204, a tribute to our military members and/or their spouses (in the Navy, Marines, and Coast Guard) who have passed away. The theme is "*Photographs and Memories*". Please feel free to bring a picture or a copy of a picture no bigger than 4"x 6". I will provide 3"x 5" index cards to write down the loved one's name and any tribute sayings (no smaller than 10 font). Space on the presentation board is limited, so you can mail or email the pictures to me before Sunday, April 14, 2019 to the address below. Pictures emailed to me will be printed (4"x 6") on a high-resolution colored printer. Additional picture submissions will be displayed on the table. This is a free event with a cash bar.

On Saturday, April 27, 2019, LAFRA officers, members, and invited guests will begin the day at our annual "**LAFRA President's Tea**" at 1100 hours (11:00 a.m.). At 1400 hours (2:00 p.m.) we will caravan by vans to our annual Pilgrimage at Arlington National Cemetery. Seating in the vans are free; *however*, you must email or text me (no calls please) before Sunday, April 14, 2019 to reserve a seat in the van. We will meet at the Amphitheater 1430 hours (2:30 p.m.). we will then proceed to the Tomb of the Unknown Soldier. At 1500 hours (3 p.m.), the LAFRA National President will then lay a wreath at the Tomb of the Unknown Soldier. We will then return to the conduct our traditional ceremony honoring the Mast of the Maine.

We hope you will join us at the 2019 Arlington National Cemetery Pilgrimage, see the flyer for detail. Please RSVP by Sunday, April 14, 2019 by text at (703) 209-3296 or by email [gcv0908@yahoo.com](mailto:gcv0908@yahoo.com).

In Loyalty, Protection and Service,  
*Grace Villanueva*  
LA FRA 2018 Arlington National Cemetery Pilgrimage,  
National Chairwoman  
LAFRA Unit 4, President  
LAFRA ECR, Treasurer



From the Desk of our Scholarship  
Chairman Amanda Murray Unit 40

**Do you know a child or grandchild of an LA FRA or FRA member who is graduating from high school and planning to attend college or a student who may already be attending post-secondary education? Maybe you are a member and planning to continue your education?** LA FRA has 4 Scholarships to present in 2019. Three for \$500 and one for \$1500. When attending a four year university, 2 year community college, private or state run, expenses can add up; Tuition, room, board, books, transportation. Please pass the information to those who may be eligible and encourage them to apply. The application and all required information is on the [www.la-fra.org](http://www.la-fra.org) website. Those who are eligible for LA FRA Scholarships may also find that they are eligible to apply for FRA Scholarships available through the FRA Education Foundation at [www.FRA.org](http://www.FRA.org). If you apply for both, you will need 2 separate applications. Tips to a complete package: #1 Fill out all information and do not leave anything blank, write N/A if a section does not apply to you. #2 The essay, community service,

scholastic ability, letters of recommendation and need are all evaluated. #3 Most applications received are incomplete because they lack transcripts, the letters of recommendation or signatures. Consider providing your teacher or community leader with a self-addressed envelope with a date in the corner prior to 15 March and have them sign across the seal and return to you. #4 Remember to request your high school and or college transcripts early. #5 Enclose all required documentation using the check sheet provided and send a complete package. #6 Most important, make sure to mail in time to be received by the **deadline of 15 April 2019**.

**FRA EDUCATION FOUNDATION**  
**ATTN: LA FRA SCHOLARSHIP**  
**125 N. WEST STREET**  
**ALEXANDRIA, VA 22314-2754**

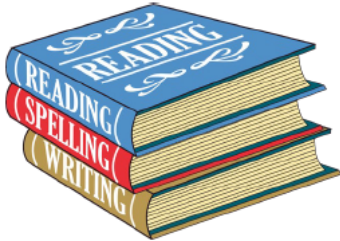
Best of Luck and I hope you or an eligible person you know becomes one of the 2019 recipients. Please provide the Scholarship flier to your local high school or post at the community library.

In LP&S  
Amanda Murray  
Scholarship Chairperson 2018-2019

# “LOOKING TO THE FUTURE”

Are your Children, Stepchildren, Grandchildren and Step Grandchildren planning their future, after graduation from High School.

“LOOK NO FURTHER”



LADIES AUXILIARY of the FLEET RESERVE ASSOCIATION has a SCHOLARSHIP PROGRAM that is there to offer help for the Children, Step Children, Grandchildren, and Step Grandchildren of members of the Ladies Auxiliary of the Fleet Reserve Association.

**LA FRA Scholarship:** be awarded annually to the male or female candidate chosen from children or grandchildren of members of the FRA and LA FRA.

**The Sam Rose Memorial Scholarship Fund:** To be awarded to the male or female candidate chosen from the sons, daughters, grandsons, or granddaughters of deceased LA FRA and FRA members.

**Allie Mae Oden Memorial Scholarship:** is awarded to a candidate chosen from the children or grandchildren of members of the FRA or LA FRA.

**NP Scholarship:** Awarded annually to the candidate chosen from children and grandchildren of members of the LA FRA or FRA, or deceased members of the LA FRA or FRA. by the National President and the committee, in the name of the Auxiliary, and designated as the LA FRA National President's Scholarship.

JUST GO TO THE LA FRA WEBSITE AT [www.la-fra.org](http://www.la-fra.org) and you will find the Scholarship Application and Rules. You may download and print the paperwork from the website.

DEADLINE FOR ALL APPLICATIONS ARE APRIL 15 OF THE CURRENT YEAR. CHECK OUT THE FRA WEBSITE [www.fra.org](http://www.fra.org) for their Education Program

**LIFE MEMBERS**  
**(Let them know they matter)**

(Who are the Life Members of the Ladies Auxiliary of the Fleet Reserve Association)

The Auxiliary currently has approximately 360 Life Members on the Membership Roll.

Life Membership for those over the age of 80, (no longer required to pay dues) was introduced and voted into existence at 1991 National Convention presided over by NP Doreen Huylebroeck.

SR-10 was voted on by the delegates in attendance and passed. SR-10 (a): "Lifetime Membership will be given to members at age 80 with 20 years continuous membership" at 1993 National Convention, presided over by NP Betty DeCleene.

At the 2003 National Convention, presided over by then NP Nita DeLesdernier, the Delegates voted to delete SR-10 (a) LA FRA members in good standing who attain the age of eighty (80) and have 20 years or more years of continuous membership shall not be required to pay dues and shall be issued a "LIFETIME MEMBERSHIP CARD. Those now designated as Life Member retain their membership as such.

It is very important that we keep in touch with our Life Members. They do not receive dues notices since they do not pay dues, and they are not eligible to receive the Triangle each month, so the Units should include them on your Newsletter mailing list, maybe send them a Thinking of You card, Birthday Card, or any other card just to let them know they are important to us as members. Most of these members are in their late 80s, 90s, and Jacksonville Unit 126 has an active life member who just turned 105, so don't count them out too soon.

On your Unit Alpha Listing, Life Members show "Membership Ends" date of 2034 or 2035.

Source LA FRA History Book

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**MEMBERSHIP AT LARGE**

Recently some misinformation was published regarding Membership at Large (MAL) members.

**This information is for Clarification**

**SR-21. Membership at Large**

SR-21(a). Any person eligible for membership in the LA FRA may become a Member-at-Large.

- (1) Dues shall be deposited in the general fund of the LA FRA.
- (2) Applications for membership shall be filled out properly and accompanied with no less than one year's dues.
- (3) The applications shall be mailed to the Membership Service Administrator.
- (4) Member-at-Large members receive notification of dues in arrears in accordance with Article 4, Section 402(b).
- (5) Member-at-Large members receive The Triangle.
- (6) The Membership Service Administrator furnishes alphabetical listing for the Member- at- Large members to the National Executive Secretary.
- (7) Member-at-Large members may attend all functions of the LA FRA.
- (8) Members of the Membership-at-Large Roll shall not be eligible to hold office or vote, except when a member of a Regional or National Committee they may vote within that committee.
- (9) A Member-at-Large may be designated as a proxy delegate by a Unit to represent that Unit at a Regional Convention or at a National Convention. They may cast the vote of that Unit at the Regional Convention or at the National Convention.

**TRIANGLE  
LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION  
139 W Peoria St Apt 202  
Paola KS 66071**

**ADDRESS SERVICE REQUESTED**

**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: DORIS FRI NES. 139 W Peoria St Apt 202. Paola KS 66071**

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

**LAFRA. PO BOX 1154. Easton MA 02334-1154**