

HEARTLAND REGION WEBSITE PAGE

HEARTLAND REGIONS GEOLOGICAL BOUNDARIES

NORTH DAKOTA, SOUTH DAKOTA, NEBRASKA, KANSAS, OKLAHOMA, TEXAS, MINNESOTA, IOWA, MISSOURI, ARKANSAS, LOUIIANA, WISCONSIN, ILLINOIS, MICHIGAN, INDIANA, KENTUCKY, OHIO



UNITS

Unit 94 Corpus Christi, Unit 161 MO-KAN, Unit 162 NOLA, Unit 216 Hawkeye, Unit 276 Omaha

REGIONAL OFFICERS 2024-2025

PRESIDENT

JOSEPH NEAL
2566 Holiday Drive
New Orleans LA 70131
504-666-1081
kinggrela63@outlook.com

VICE PRESIDENT

DEBORAH S BAKER
61111 W Nebraska Ave
Milwaukee WI 53220
414-481-1174
kurtbaker@sbcglobal.net

CHAPLAIN

JO ANN BOSWELL
204 Demandre Street
Belle Chase LA 70037
504-427-1343
joannboswell@gmail.com

2026 REGIONAL MID-YEAR

Dates: Monday April 13, 2026 to
Thursday April 16, 2026

Location: Holiday Inn Bloomington Airport
South
1201 West 94th Street
Bloomington MN 55431

Rates: Non Pool Side - \$114.00 + tax per
night.
Pool Side - \$134.00 + tax per night.

Breakfast Buffet included

Reservations: Call 952-884-8211 &
mention Fleet Reserve Association.

Contact: Gene Jarnagin - 651-434-0209
Roger Jacobson - 612-221-3054



2026 REGIONAL CONVENTION

Dates: August 23, 2026 - August 27, 2026

Location: University Hotel/Convention
Center.

More information to follow

PICTURES TELL THE STORY



THE HEARTLAND REGION NEWS

North Dakota, South Dakota, Minnesota, Wisconsin, Michigan, Nebraska, Iowa, Illinois, Indiana, Ohio, Kansas, Missouri, Kentucky, Oklahoma, Arkansas, Texas, Louisiana, Mississippi

Newsletter #1

November 2025

lafra website: www.la-fra.org

2025-2026 Regional Officers

President

Joseph Neal Unit 162
2566 Holiday Drive
New Orleans LA 70131
504-666-1981
kinggrela63@outlook.com

Vice President

Deborah Baker Unit 161
6111 W Nebraska Ave #202
Milwaukee WI 53220
414-481-1174
kmbaker55@wi-rr.com

Secretary

Doris Fri PNP Unit 161
139 W Peoria St Apt 202
Paola KS 66071-1443
816-878-1720
doriscfri@gmail.com

Treasurer

Sandra J Smith Unit 94
191 Downs Drive
Benton LA 71006-9382
318-617-1019
sierrajuliet1957@yahoo.com

Chaplain

JoAnn Boswell Unit 162
204 Demondre Street
Belle Chase LA 70037
504-427-1343
joannboswell@gmail.com

2025-2026 NATIONAL OFFICERS AFRA

PRESIDENT: KELLY PENA, UNIT 287, penakelly66@gmail.com
VICE PRESIDENT: LAURIE STARKEY, UNIT 31, lafrastarkey@outlook.com
EXECUTIVE SECRETARY: DORIS FRI, UNIT 161, doriscfri@gmail.com
TREASURER: SHARON LIPPITT, UNIT 124, lafrasharonlippitt@gmail.com
FINANCIAL SECRETARY: PAT SUCKOW, UNIT 269, lafranfsnat@gmail.com
JR. PAST NATIONAL PRESIDENT: VERALYN THOMAS, UNIT 126, nplafra2023.24@aol.com
CHAPLAIN: EIMILE JORDEN, UNIT 24, eimilehasfuntimes@gmail.com
PARLIAMENTARIAN: HELEN COURNEYA PNP, UNIT 274, vpc.hac.patches@att.net

2025-2026 OFFICERS FRA

PRESIDENT: RICHARD FETRO FRANP@FRA.org
VICE PRESIDENT: SHA'RON MARTIN NVP@FRA.org
JR PAST PRESIDENT: MARIA BEHM JrPNP@FRA.org
NATL PARLIAMENTARIAN: MARTY POSEKANY NatParl@fra.org
NATL CHAPLAIN: RICHARD RUIZ NatChap@fra.org

From the desk of Heartland Regional President

WELCOME to the AFRA HeartLand Region. As the first AFRA HeartLand Regional President, let me introduce myself. My name is Joseph Neal from NOLA (New Orleans, Louisiana) Unit 162. I am the son of James Neal (FRA PNP 1980-81) and Dorothy Neal (AFRA PRPSE, 65+ years member). I'm an 18 year member of NOLA Unit 162. I have held every elected office in my unit. I look forward to meeting and working with each unit to lay a strong foundation for our new Region which runs from Texas to Minnesota.

Yours in Loyalty, Protection and Service,
Joseph Neal, RPHL

"Do not take life too seriously. You will never get out of it alive." — Elbert Hubbard

AR, Branch 251 Mt Home AR, Branch 264 Meridian MS, Branch 295 San Angelo TX.
and 5 Units: Unit 161 Kansas City MO, Unit 216 Cedar Rapids IA, Unit 276 Omaha NE, Unit 94
Corpus Christi TX, Unit 162 New Orleans LA. **RECRUIT! RECRUIT! RECRUIT!**

MEMBERSHIP

Section 820. Duties of the National Membership and Retention Committee

Section 820(a). The Chairman of this committee shall be the **National Vice President** with all **Regional Vice Presidents** as members. Their duties are to devise ways and means of increasing membership, retaining current members and persuading former members to return. They encourage the organization of Units in localities, which have sufficient persons eligible to sustain and support a Unit. Section 820(b). The National Membership and Retention Committee Chairman will make a report to the Annual National Convention.

Regional Vice President Deborah Baker will be a member of this Committee and will reach out to members who are either past due or has been dropped for non-payment.

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National Vice President Laurie Starky has a membership project.

Recruit and Retain

“To grow our organization, we need to Recruit members. One of the best ways to do this is ask, explain the membership requirements and ask if they meet those requirements. If they do, ask if they would like to join. Each person who recruits at least one member will receive a pin, To maintain our organization we need to retain our membership. Current members are our lifeblood. One of the best ways to do this is to communicate and reach out to your fellow members. My goal this year is to contact each MAL, introduce myself and make sure that each member renews their membership. This can be done on the Unit level. Start with contacting members that have not been coming to meetings, find out why and see if something can be done to help them attend a meeting. If every member does something to help recruit or retain a member, the Ladies Auxiliary of the Fleet Reserve Association d/b/a Auxiliary of the Fleet Reserve Association will be stronger.”

Always carry Applications with you, learn who is eligible to join and be prepared to tell others about the Auxiliary of the FRA.

.....

From the Regional Secretary Doris Fri

Call me anytime if you have any questions or concerns. I live in the Central Time Zone. I am an early riser, and I stay up late so call if you need me. My phone and email are listed above. I am open to suggestions for the content of the Newsletter and will be happy to post pictures. If your Unit is doing something special that you would like to share, send them to me. If you have any special events or awards you would like to share, send them. Regional Officers/Chaplain please feel free to send an article for publication, Regional President Joseph has the final approval of any articles, before they are published so you might run them by him first.

Besides Regional Secretary, I am also the National Executive Secretary and Webmaster. The LA FRA Website contains all the forms you might need, just go to www.la-fra.org and click on forms and you can find most anything you need. The monthly Triangle is on the website. The C&BL, Standing Rules, and Rituals are also on the website. You can get information about the upcoming 2026 National Convention as soon as we receive the information. Once the minutes of the 2025 National Convention are completed, they will be available on the website. I have included the Heartland Death Notice with this newsletter with the correct name and address of the NFS, National and Regional Chaplains. All three need to be notified of the Death of any Unit Member.

Doris.

My National President Project for 2025-2026 is “Stop Soldier Suicide.” This initiative envisions a nation where veterans and service members face no greater risk of suicide than any other American citizen. I share the belief that no individual who has served our country should navigate life’s challenges in isolation.

All services provided by this organization are completely free of charge for veterans and service members, regardless of their branch of service, discharge status, or era of service. Through their “Roger” program, which focuses on wellness services, they offer complimentary, confidential mental health and wellness care for veterans and service members. The dedicated team comprises trusted clinicians who work closely with clients to mitigate their suicide risk and enhance their overall well-being.

As an employee at the VA Palo Alto Veterans Affairs Hospital and a member of the suicide prevention program team, I have relied on this nonprofit organization to support our patients in need on numerous occasions. This 501 (c) (3) organization has set an ambitious goal to reduce the suicide rate by 40% by 2030, and I genuinely believe that this objective is achievable.

If you are interested in contributing to this vital cause, please send a check to the LA FRA National Financial Secretary at PO Box 706, Goose Creek, South Carolina 29445, and kindly indicate “2025-2026 NP Project” in the memo line. Your support can make a significant difference in the lives of those who serve our nation.

“STOP SOLDIER SUICIDE-GIVE HOPE TO OUR HEROES”

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

YEAR 2025-2026

.....
TO: National Financial Secretary: National Financial Secretary PO Box 706
Goose Creek SC 29445
lafranfspat@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: 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: JoAnn Boswell 204 Demandre Street
Belle Chasse LA 70037
joannboswell@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: _____



Join the Ladies Auxiliary of the FRA DBA Auxiliary of the FRA: Membership Application



I am the:

Name in full _____
First Middle Last

Address: _____
Street City State Zip+4

Phone: (____) _____ Date of Birth _____

Email _____

Wife	Mother
Sister	Father
Daughter	Widow
Stepdaughter	Widower
Husband	Granddaughter
Brother	Grandson
Son	Grandmother
Stepson	Grandfather

The following service member information validates this application:



SERVICEMEMBERS FULL NAME RATE/RANK USN/USMC/USCG

I certify that the information is true and accurate and that my sponsor is a member of Branch _____ or MAL

I certify that the information is true and accurate that my sponsor was eligible for membership at time of death.

Unit preference _____ Applicant's signature _____ Date _____

\$25	1 Year
\$50	2 Years
\$75	3 Years
\$100	4 Years
\$125	5 Years

Recruited by _____ Member # _____ Unit/Branch _____

Verified by _____ Title _____ Unit/Branch _____ Date _____



Join the Ladies Auxiliary of the FRA DBA Auxiliary of the FRA: Membership Application



I am the:

Name in full _____
First Middle Last

Address: _____
Street City State Zip+4

Phone: (____) _____ Date of Birth _____

Email _____

Wife	Mother
Sister	Father
Daughter	Widow
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ABOUT OUR ORGANIZATION

Founded in 1930, the LA FRA is federally chartered organization. LA FRA Units are located throughout the United States and the Philippines. Eligible persons may also become Members-at-Large (MAL) who do not have access to, nor the desire to join a Unit. The LA FRA has a proud standing tradition and heritage that supports this great nation and recognizes the sacrifices, past and present, of those who kept us strong and free.



WHAT WE DO

The LA FRA plays an active role in our communities. Local Units sponsor youth programs, welfare projects, social and patriotic activities to benefit the communities at large, veterans programs, and the active duty community. The organization provides annual Scholarships to outstanding students each year.

www.la-fra.org

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Save The Date

FRA and FRA Auxiliary

Heartland Region 2026 Mid-Year Conference

Hosted by Viking Branch 136

Monday 13 April – Thursday 16 April

The Mid-Year conference will be held in Bloomington, MN. Enjoy the on-site Green Mill Restaurant, unwind in the pool or enjoy the hot tub. The Mall of America is 5 miles away.

Holiday Inn Bloomington Airport South (an IHG Hotel)

1201 West 94th Street

Bloomington, MN 55431 United States

Room Rates:

Rates are applicable for 3 days pre and post official dates

Non Pool Side - \$114 per night + tax

Pool Side - \$134 per night +tax

Breakfast Buffet included

To make reservation, call the hotel @ 952-884-8211

Be sure to tell them you are with the Fleet Reserve Association

Hotel Reservations must be made by 30 March, 2026 for this rate.

Hotel Information

Check in 1500 Checkout 1100

Complimentary Parking

Complimentary Airport Shuttle

Pool and Hot Tub

Handicap accessible rooms

Refrigerator & Microwave in room

Keurig Coffee Maker in room

Elevator

Snack Pantry on site

Fitness Room

Restaurant on site

Complimentary Coffee in lobby

Free WIFI

Contacts: Gene Jarnagin 651-434-0209, Roger Jacobson 612-221-3054



“SAVE THE DATE”



**FRA/AFRA HEARTLAND REGIONAL
2026 CONVENTION**

**HOSTED BY: OZARK EMPIRE BRANCH 316
SPRINGFIELD, MISSOURI
23 AUGUST – 27 AUGUST 2026**

UNIVERSITY HOTEL AND CONVENTION CENTER

MORE INFORMATIN TO FOLLOW

