

SOUTHWEST REGION WEBSITE PAGE



Southwest - Geographic Boundaries

California, south of the east-west line drawn between Monterey, Kings, Tulare and Inyo Counties to the north, and San Luis Obispo, Kern and San Bernadino Counties to the south; Nevada, south of a line running east-west from the Arizona-Utah border; Arizona, New Mexico, and Texas, west of a line extending north-south from the eastern New Mexico-Texas border. **Units:** 61 Chula Vista, 70 Poway, 289 Imperial Beach, 302 Carson

REGIONAL OFFICERS 2024-2025

PRESIDENT

MYRNA C SALES
1843 E 214th STREET
CARSON CA 90745-1830
310-483-8832
mrynasales88@gmail.com

VICE PRESIDENT

JINISE CLAGETT-ROSTRATA
2645 HOLDERNESS LANE
SAN DIEGO CA 92154
619-392-7678
jlrostrata@gmail.com

CHAPLAIN

LYN TRANSFIGURACION
2890 FASHION AVENUE
LONG BEACH CA 90810-2849
562-618-4860
lyntrans@outlook.com

2026 REGIONAL MID-YEAR

Dates:
Location:
Reservations:
Rates:
Contact:



2026 REGIONAL CONVENTION d

Dates: August 17-18, 2026
Location: Gold Coast Hotel & Casino
Las Vegas NV
Reservations:
Rates:
Mention:
Contact:

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PICTURES TELL THE STORY



Auxiliary of the Fleet Reserve Association

Southwest Region Newsletter

Newsletter-1 FEBRUARY 2026

[Unit 61 Chula Vista ♥ Unit 70 Poway ♥ Unit 163 Valley of the Sun ♥ Unit 289 Imperial Beach ♥ Unit 302 Carson]

Regional Officers

2025 – 2026



Regional President

Myrna Sales
Unit 302 Carson
Phone: 310-483-8832
Email: myrnasales88@gmail.com

Regional Vice President

Jinise Clagett-Rostrata
Unit #289 Imperial Beach
Phone: 619-392-7678
Email: jlrostrata@gmail.com

Regional Secretary

Erna Vergara
Unit #302 Carson
Phone: 310-919-6421
Email: vergara.erna@yahoo.com

Regional Chaplain

Lyn Transfiguracion, PNC
Unit #302 Carson
Phone: 562-618-4860
Email: lyntrans@outlook.com

Regional Parliamentarian

Nadine Fulton, PNP
Unit #289 Imperial Beach
Phone: 619-200-7706
Email: saggal2002@yahoo.com

Regional Jr Past President

Marilyn Quesnel
Unit #289 Imperial Beach
Phone: 619-830-9462
Email: marilynq2023@yahoo.com

Greetings, Auxiliary Members of the Southwest Region!

Hope everyone had a wonderful 2025 and wishing you all a happy, healthy, and prosperous 2026, AND Happy Valentines Day! ♥

Since our Regional Convention last August, I attended the National Convention in Springfield, Missouri which was very well attended. Kudos to the North Central Region Committee for a job well done!

2025-2026 Newly elected National Officers – Congratulations!

National President	Kelly Pena
National Vice President	Laurie Starkey
National Executive Secretary	Doris Fri
National Financial Secretary	Pat Suckow
National Treasurer	Sharon Lippitt
Jr Past National President	Veralyn Thomas
National Chaplain	Emilie Jorden
National Parliamentarian	Helen Courneya

SEE PAGE 3 for the National Award Winners.

The Honorary Membership Committee has approved Unit 289's honorary membership for Martin Moreno.

On December 7, 2025 I attended the Pearl Harbor Day Commemoration in Phoenix, AZ. together with my counterpart FRA RPSW Ed Labao, PRPSW Roger Bacud, S/M Sonny Sales and was also joined by PNP Bea Parco.

Effective 01/14/2026, our official name is now **Auxiliary of the Fleet Reserve Association**.

- ✚ See attached Announcement letter from NP Kelly Pena
- ✚ Kindly discard OLD forms/materials with "Ladies Auxiliary of the FRA"
- ✚ UPDATE all banking accounts (statements, online banking profile)

The Pilgrimage scheduled for Friday April 24th which will be held concurrently with the FRA Mid-Year Board Meeting on April 20-24, 2025. Further details will be posted in the upcoming issue of the TRIANGLE.

My second term as the Regional President is ending with a very busy year having a back to back events. **PLEASE SAVE THE DATES!**

August 17-18, 2026
SOUTHWEST REGIONAL CONVENTION
Gold Coast Hotel & Casino, Las Vegas, NV

September 29 - October 2, 2026
NATIONAL CONVENTION
The Orleans Hotel & Casino, Las Vegas, NV

More info/details to follow and will be posted online www.fra.org

Auxiliary of the Fleet Reserve Association
Southwest Region Newsletter
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SW ASSESSMENT DUES

JUST A REMINDER – as voted during the Regional Convention last August 2025 – it was voted unanimously to increase the SW Assessment dues from \$7.50 to \$10.00
The revision of the SW Constitution & By-Laws is in the works to reflect the above change.

ANNUAL REPORTS

Cut-off date for the annual Membership Report is March 31st. Please review your Membership listing and follow up on past due / deleted members. Let us continue to “recruit & retain” to increase our membership.

UNIT VISITATION

As of this date, I have not yet been able to complete my Unit visitations. However, I will endeavor to complete them prior to the Regional Convention. My counterpart, RPSW Ed Labao, shared his Branch visit schedule, and I would like to coordinate my Unit visitations on the same dates, as follows:

- **Branch 61** – April 8, 2026 (2nd Wednesday)
- **Branch 70** – February 18, 2026 (2nd Wednesday)
- **Branch 289** – June 10, 2026 (2nd Wednesday)

*To those who are ill or have lost a loved one, my love and prayers goes out to you.
To those celebrating their birthdays, anniversaries – Best Wishes and Congratulations!*

I remain, Yours in Loyalty, Protection and Service,



Regional President Southwest

H A P P Y
Valentine's Day
♥

Auxiliary of the Fleet Reserve Association
Southwest Region Newsletter
Newsletter 1 -FEBRUARY 2026

National Awards Winners

UNIT REPORT WINNERS

[1st place Regional Unit Reports that have advanced to National Convention for judging]

Group 1

1 st Place	2 nd Place	3 rd Place
Unit 269 Low Country	Unit 70 Poway	n-a

Group 2

1 st Place	2 nd Place	3 rd Place
Unit 290 Mayport	Unit 261 Lemoore	Unit 302 Carson

Group 3

1 st Place	2 nd Place	3 rd Place
Unit 40 Chesapeake	Unit 287 Livermore	Unit 162 NOLA

Group 4

1 st Place	2 nd Place	3 rd Place
Unit 294 Crossville	Unit 185 Golden Spike Ogden	n-a

MEMBERSHIP AWARDS

Grouping	Unit	Percentage Gain	Award Amount
1	70 Poway	29.9%	\$50
2	346 St Andrews	56.3%	\$50 + Membership Plaque
3	274 High Sierra	37.50%	\$50
4	293 Elizabeth City	11.10%	\$50

NVP RECRUITING AWARDS – UNITS

Membership Awards for the Unit that Recruited the Most New and Reinstated Members

Unit #, Name	Reinstated	NEW	TL Members	Award Amount
24 Annapolis	43	173	216	\$100
346 Andrew Bay	11	62	73	\$75
70 Poway	12	26	38	\$50
94 Corpus Christi	11	19	30	\$50
61 Chula Vista	14	9	23	\$25
269 Low Country	5	17	22	\$25

INDIVIDUAL RECRUITER OF THE YEAR – NEW MEMBERS

Place	Name	Unit	Total Members	Award Amount
1 st	Rene Whitehead	☹️	35	\$80
2 nd	Valerie Shack	24	25	\$40
3 rd	Ann Boyle	346	24	\$40
4 th	Mary Sphere	24	☹️	\$20
5 th	Lisa McGrath	24	20	\$20

National President's Project

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. These 501 (c) (3) organizations have 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"

National Vice President's Membership Project

The NVP's membership project is "Retain and Recruit". 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.

WEBSITE FORMS

The forms on the website, www.la-fra, have been updated to reflect the amended name "Auxiliary of the FRA". Unit Officers and Chairman, please remove all forms with "Ladies Auxiliary of the FRA" from your files and be sure you are using the correct forms. Any outdated forms that are sent in to the National Officers or Chairman, will be returned. If anyone finds a Report Form on the Website that is incorrect, please bring it to NES Doris Fri as she is also the Webmaster.

REMINDERS

All members can receive the *Triangle* by email at no charge. Please submit your e-mail address to the National Executive Secretary, npdorisfri@gmail.com. Please encourage your fellow members to send in their e-mail address and start receiving the *Triangle*.

Send membership change information (physical address, telephone number, and any change of status - married or widowed), to the National Financial Secretary. Please contact NES Doris Fri for the e-mail address if needed. Send all Member Death Notices to the Regional Chaplain, National Chaplain (eimilehasfuntimes@gmail.com) and the National Financial Secretary (lafranfspar@gmail.com).

SCHOLARSHIPS

SR-5

Three Scholarships are established in the amount set by the annual budget, to be paid from the Scholarship Reserve Fund.

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.

National President's Scholarship

SR 6

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 his/her committee, in the name of the Auxiliary, and designated as the LA FRA National President's Scholarship.

APPLICATIONS ARE LOCATED ON THE AUXILIARY WEBSITE www.la-fra.org (click on Scholarships and then click on "here for application")

DEADLINE FOR ALL SCHOLARSHIPS IS APRIL 15 of THE CURRENT YEAR

For information about LA FRA Scholarships contact:
LA FRA National Scholarship Chairman
Therese Council
673 Starr CT
Santa Clara, CA 95051
Telephone: 408-205-7467

BE SURE TO INQUIRE ABOUT THE FLEET RESERVE ASSOCIATION'S SCHOLARSHIPS!

www.fra.org

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." – Brian Herbert



Auxiliary of the Fleet Reserve Association

Southwest Region

Unit 61 Chula Vista ▼ Unit 70 Poway ▼ **Unit 163 Valley of the Sun** ▼ Unit 289 Imperial Beach ▼ Unit 302 Carson

2025-2026 SW Region **UNIT** Officers Contact List

UNIT 61		Meeting Place: Branch 61 Home – 288 Third Ave., Chula Vista, CA 91910 Date/Time: 2 nd Wednesday @ 5 pm		
President	Shirley Ferrill, PNC	2712 E. 14 th St, National City, CA 91950	619-267-2516	shirleyazf@gmail.com
Vice Pres	Elaine Holy	4366 Murriette Cir, Chula Vista, CA 92154	619-994-9078	e.holy4368@sbcglobal.com
Secretary	Carrie Campbell-Wood	1011 Woodlawn Ave, Chula Vista, CA 91911	619-778-5937	rwccw@cox.net
Treasurer	Georgina Hermes, PRPSW	678 Floyd Ave, Chula Vista, CA 91910	619-421-7400	
Chaplain	Mary Nelson	599 Heather Court, Chula Vista, CA 91911	619-421-4719	

UNIT 70		Meeting Place: Club 70 – 14231 Garden Rd, Poway, CA 92064 Date/Time: 3 rd Wednesday @ 7 pm		
President	Dominic Kowalski	14315 Ln, Poway, CA 92064	858-204-3867	Dominic7kowalski@gmail.com
Vice Pres	Stephanie Horka	15036 Amso St, Poway, CA 92064	702-339-2046	
Secretary	Rachelle Jensen	922 Sendero Ave, Escondido	858-437-7141	Rachellejensen85@gmail.com
Treasurer	Mark Roberge	13042 Bonita Vista St, Poway, CA 92064	858-735-1096	markrobergesd@gmail.com
Chaplain	Deanna "Dee" Scott	12742 Roca Grande, Poway, CA 92064	858-668-6776	queeney@cox.net

UNIT 163		Meeting Place: x "UNDER SUSPENSION" Date/Time: x		
President				
Vice President				
Sec/Treas				
Chaplain				

UNIT 289		Meeting Place: FRA Branch 289 Home – 659 Silver Strand Blvd, Imperial Beach, CA 91932 Date/Time: 2 nd Wednesday @ 7 pm		
President	Nadine Fulton, PNP	330 Ebony Ave, Imperial Beach, CA 91932	619-200-7706	Saggal2002@yahoo.com
Vice President	Linda Acuna	1151 12 th St, Imperial Beach, CA 91932	619-925-2723	lindadacuna@gmail.com
Secretary/Treas	Susan Agellon	2645 Holderness Lane, San Diego, CA 92154	619-753-7051	susanagellon@gmail.com
Chaplain	Heidi Avent	7787 Skyline Drive, San Diego, CA 92114	619-751-2785	heidivent@yahoo.com

UNIT 302		Meeting Place: Carson Veterans Park – 22400 Moneta Ave, Carson CA 90745 Date/Time: 1 st Sunday @ 1:00 pm		
President	Cristina Almazan	23602 Archibald Ave, Carson, CA 90745	310-834-1729	ccaalmazan@icloud.com
Vice President	Josefina Bacud	867 Pinefalls Ave, Walnut, CA 91789	909-598-3736	josiebacud@gmail.com
Secretary	Wynda Gabriel	407 B Realty St, Carson, CA 90745	310-619-0655	wyndagabriel@gmail.com
Treasurer	Myrna Sales, RPSW	1843 East 214 th St, Carson, CA 90745	310-483-8832	Myrnasales88@gmail.com
Chaplain	Viola Manalo	2827 Easy Ave, Long Beach, CA 90810	562-544-5599	Manaric50@hotmail.com

Note: Corrections and/or updates, please drop me an email: myrnasales88@gmail.com

Auxiliary of the Fleet Reserve Association



January 15, 2026

SUBJECT: Important Announcement
Name Amendment of the Auxiliary

Auxiliary Members and Shipmates:

The amendment has become essential following our decision to welcome male members into our organization. Although we previously operated under a (DBA) Doing Business As, we faced potential fines and penalties for persistently referring as Ladies Auxiliary of the Fleet Reserve Association. With this action we have prevented the Auxiliary from further potential harm to the Association.

I am pleased to inform you that the Ladies Auxiliary of the Fleet Reserve Association has officially undergone a name amendment, registered with the Pennsylvania Department of State Bureau of Corporations and Charitable Organizations. Our new designation will be "Auxiliary of the Fleet Reserve Association," effective January 14, 2026. Please note that federal EIN number will remain unchanged.

The National Board is actively collaborating to ensure that all auxiliary business names and our website are updated to reflect this change. We appreciate your patience during this transition and encourage you to work closely with your Units to disseminate this information effectively.

In the coming weeks, we will send detailed correspondence to all Regional and Unit Officers outlining the necessary steps to ensure smooth and accurate implementation of this change. Your cooperation is essential in making this transition successful.

Should you have any questions or require further clarification, please do not hesitate to reach out to me. It is imperative that all Unit and Regional Officers remain attentive to detail and thoroughly review communications from National Board officers, as there will be several important tasks that need to be addressed. Thank you in advance for your support and collaboration in facilitating this significant change.

In Loyalty, Protection, and Service,

Kelly M Pena
Auxiliary of the Fleet Reserve Association
National President

LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION NATIONAL PRESIDENT 2026-2027

UNIT 31 NORTH SHORE NOMINATING RESOLUTION

Whereas, it is the duty and responsibility of the delegates assembled at the 92nd National Convention of the Ladies Auxiliary of the Fleet Reserve Association to be held in Las Vegas, Nevada, to elect one of its outstanding members who is knowledgeable and dedicated to serve in the office of National President for the Association Year 2026-2027; and

Whereas, it will be the duty and responsibility of the delegates to elect a member who continues to demonstrate leadership, integrity, knowledge, and dedication to the three cardinal principles of Loyalty, Protection and Service to her fellow-members, their families and to the Fleet Reserve Association; and

Whereas, Unit 31 North Shore has within its membership a member, Laurie A. Starkey, who has demonstrated all the required qualifications as well as shown dedication and willingness to be of service to the Ladies Auxiliary of the Fleet Reserve Association by practicing the three cardinal principles; and

Whereas, she is a charter member of Unit 31, which was instituted in April 2021, served as Unit secretary from March 2022- May 2024 and on the Unit of Board of Directors from 2024-present; and

Whereas, she was an active member of Unit 57 since she joined on April 1, 1999. Laurie served the as Unit Secretary/Treasurer, Unit Vice President, Unit President and on the Unit Board of Directors; and

Whereas, on the Regional Level, she served as Northeast/New England Regional President for the Association Year 2021-2022, served as Northeast Regional President from 2001-2004 and attended numerous Spring Meets and Regional Conventions of the Northeast Region since April 1, 1999, she served as Northeast/New England Regional Vice President several times during Association Years 2014-2021 and as Secretary pro tem of the 2021 and 2025 Regional Conventions; and

Whereas, on the National Level, and served as National Executive Secretary for the Association Years 2022-2025, and Honorary Membership Chairman for the Association Years 2019-2020 and 2020-2021. She aids and assists at the National Conventions in any way she can and has attended numerous National Conventions since joining the Auxiliary on April 1, 1999; she is currently serving as National Vice President for the Association Year 2025-2026; and

Whereas, she was a paralegal and office manager for 25 years before she retired; and be it

Resolved, that Unit 31 North Shore, at a regular scheduled meeting held on November 19, 2025, a quorum being present, by unanimous vote to place in nomination the name of Laurie A. Starkey for the office of National President of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2026-2027; and be it further

Resolved, that the members of Unit 31 North Shore do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Laurie A. Starkey for the office of National President of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2026-2027.


Beverley Griffin-Dunne
President


Lee Berrier
Secretary

AUXILIARY OF THE FRA MEMBERSHIP APPLICATION



ABOUT OUR ORGANIZATION: Founded in 1930, the Auxiliary of the FRA is a federally chartered organization. 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 desire to join a Unit. The Auxiliary of the 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 Auxiliary of the 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, veteran programs and the active duty community. The organization provides annual scholarships to outstanding students each year.

WHO CAN JOIN? All applicants must be at least sixteen (16) years of age.

Membership in the Auxiliary of the Fleet Reserve Association is limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of members of the Fleet Reserve Association and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of persons who were members at the time of death or eligible to be members of the Fleet Reserve Association at the time of death.

HOW CAN I JOIN? Members fall into two categories. Members who belong to an AUXILIARY of the FRA Unit or Members who do not but join as "Members-at-Large."

Join the Auxiliary of the FRA

Name in Full: _____
(First) (Middle) (Last)

Address: _____
(Street) (City) (State) ((Zip + 4)

Telephone: _____ Date of Birth: _____

Email: _____



The following service member information validates this application:

(Serviceman's Full Name) (Rate/Rank) (USN/ USMC/ USCG)

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

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

Unit Preference _____ Applicant's Signature _____ Date _____

Recruiter _____ Member # _____ Unit # _____

Verified by _____ Title _____ Unit/Branch _____ Date _____



I am the:

<input type="checkbox"/>	Wife	<input type="checkbox"/>	Mother
<input type="checkbox"/>	Sister	<input type="checkbox"/>	Father
<input type="checkbox"/>	Daughter	<input type="checkbox"/>	Widow
<input type="checkbox"/>	Stepdaughter	<input type="checkbox"/>	Widower
<input type="checkbox"/>	Husband	<input type="checkbox"/>	Granddaughter
<input type="checkbox"/>	Brother	<input type="checkbox"/>	Grandson
<input type="checkbox"/>	Son	<input type="checkbox"/>	Grandmother
<input type="checkbox"/>	Stepson	<input type="checkbox"/>	Grandfather

Annual Membership Dues:	
<input type="checkbox"/>	\$25.00 for 1 Year
<input type="checkbox"/>	\$50.00 for 2 Year
<input type="checkbox"/>	\$75.00 for 3 Years
<input type="checkbox"/>	\$100.00 for 4 Years
<input type="checkbox"/>	\$125.00 for 5 Years

Make all checks or money orders payable to
AUXILIARY of the FRA,
 Be sure Application is signed.