



The Triangle



Ladies Auxiliary of the Fleet Reserve Association

www.la-fra.org

SEPTEMBER 2019

2018-2019 National Officers & Appointees

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YOU WILL FIND THE ADDRESSES ON THE NATIONAL OFFICERS AND APPOINTMENTS ROSTER

A MESSAGE FROM OUR NATIONAL PRESIDENT:



By the time you read this I will have crossed the country 3 or 4 times visiting Regions and preparing for the National Convention. September will be a busy month with preparations for the annual convention in Memphis and the closing of the national administrative year. I believe we can honestly state the majority of the Units are in good working order, meet regularly, hold activities in support of their corresponding Branch and local community. EIN's have been drilled until we all have a root canal from discussing it. Beating the drum on completing the annual 990N every year at the conclusion of your Units administrative year, doing the Unit report, sending a delegate or proxy to Regional and National Convention. So keep up the great work you have accomplished this year.

As I say goodbye to my time at National President, I would be remiss if I did not Thank each member of the National Board for their dedication to the LA FRA. The National Board members have worked hard to keep in touch with the Units and completing their obligations on time. To each of the Regional Presidents I know it was not always easy, but I thank you for persevering. If you are a new Unit officer or one who is not getting the Region newsletters please send your Regional President (RP) an email. If you are a Member at Large and would like to know what is happening in your region they will add you to their email list.

I would especially like to Thank NES Doris Fri, PNP for keeping me on track at getting all Triangle's out on time. Doris the next one taking your place will have their work cut out for them. Thank you for your "nagging"! NVP Bea Parco I wish you the best in the year ahead, may your travels be many and your problems be few. NFS Pat Suckow you are the best, thanks for looking at the big picture. Remember I am only a phone call, text or email away. NT Linda now that your first year is over it will become smoother. You Got This! To Doreen and Jackie I could not have done this without both of you. To PNP's Helen, Cindy, Diane thanks for being on the committee for Memphis.

Just as each member of the board is an intricate part in the future success of this organization each one of you as a member is vital to our continuing efforts to band together to aid assist and promote welfare, social and patriotic works. We cannot survive without each of you. I love each one of you and wish you the best in years ahead. I also want to thank everyone for your hospitality as I have traveled and met many outstanding members. Each Region has their own twist on opening ceremonies and welcome aboard, while staying with the order of prescribed business. As we continue to move we continue to think out of the box to stay engaged with you and potential members.

Words cannot express my gratitude to each of you who have donated to this year's National President's Project: Operation Purple Camps and Healing Adventures.

And to Christopher, thanks for being my travel agent, chauffer, travel buddy and putting up with the late dinners, late night phone calls especially when people forget we are on the east coast and they are on the West Coast but mostly just because I love you and appreciate your support!

For those celebrating this month Congratulations and for those in need of Prayer, comfort and support your fellow members care. So therefore

Let us leave this meeting place fully aware of the obligations we owe to our country and to the Auxiliary of the Fleet Reserve Association and until we meet again, let nothing swerve us from our principles."

In Loyalty Protection and Service
Christina Murray
NP 2018-2019

IN LOVING MEMORY OF OUR DEPARTED MEMBERS



National Presidents



Other National/Regional Officers



Members

Clara Weir MAL* Member since 1969	Neal Yetter MAL* Member since 1961	Verdie Daniels Unit 16 Member since 1990
Joseph Beneventano Unit 126 Member since 2009	Marjorie Crocker Unit 61 Member since 1974	Marion Henry Member since 2011
Emilia Ballesteros Unit 175 Member since 1977	Marian Baylor Unit 175* Member since 1963	Alberta Becker Unit 175* Member since 1955
Jean Beedle Unit 175* Member since 1948	Margaret Case Unit 175 Member since 1974	Grace Day Unit 175 Member since 1970
Mildred Gagne Unit 175* Member since 1949	Virginia Herbold Unit 175* Member since 1965	Lylas Hougardy Unit 175* Member since 1955
Anne Jefferson Unit 175 Member since 1975	Stella Klein Unit 175 Member since 1979	Mabel Lepionka Unit 175* Member since 1966
Marie Nicholson Unit 175 Member since 1975	Sally Riley Unit 175* Member since 1964	Kathleen M Smith Unit 175 Member since 1972
Helen Stewart Unit 175 Member since 1974		

Bold print with * indicates 50+ years of membership

Membership Statistics

Apr 1	REI	NEW	TI	TO	Resigned	NonPmt	Deceased	Ineligible	Other	Active
6053	107	203	89	89	6	310	47	1	0	5999

MAIL ALL MEMBERSHIP APPLICATIONS OR DUES PAYMENTS TO: LA FRA, PO BOX 1154, EASTON MA 02334-1154. DO NOT SEND CASH!!! CHECKS/MONEY ORDERS MUST BE MADE OUT TO LA FRA.

NOTE! Slight increase from last month.

ANNUAL REPORTS

To all National Officers, Regional Presidents and Appointees, who are required to submit an Annual Report, please be sure to have a clean, neat, and signed copy for the NES at the Convention or if you are unable to attend the Convention be sure to mail or email it to the NES and NP in time for them to have it at the National Convention. This is the one to be published in the Minutes so be sure it is neat and signed.

ALL Annual Reports are fillable and are on the Website for printing or download to your Computer. Do not fill them out on the Website, it will not save them. If you are unable to download a form please let me know and I will email you a copy.

Regional Presidents: Please remember to bring the 1st place winners, in each group, of the UNIT REPORT, to the National Convention for judging. I suggest you make and keep a copy of these reports, in the event one gets lost or misplaced.

"Through the generosity of our members, all things are possible"

LA FRA Scholarship

Unit 67,
RVPSE Gale Nathan in memory of PRP Dot Neal
Cindy Rodam-Tuck in memory of PNP Jim Scarbro
PNP Helen Courneya in memory of PNP Jim Scarbro

NP Scholarship

RVPSE Gale Nathan in memory of PNP Pat Garwoo
Cindy Rodam-Tuck in memory of PNP Jim Scarbro
SCRPRP Club in memory of PRP Ruth Fuller
PNP Club
PNP Club in memory of PRPSC Terry Merten

NP Project 2018-2019

"National Military Family Operation Purple Camps and Healing Adventures."

Unit 60, 59, 194, 101, FRA, Various attendees at ECR
PNP Arlene Hemmingway in memory of her husband Bill
Loretta and Virginia Jorden
RPEC FRA Randy Phillips
EC Foxy Ladies
Angela Robinson

Pilgrimage

Unit 194, 101

NEWLY ELECTED REGIONAL OFFICERS 2019-2020

RP EAST COAST

Cristina Dixon Unit 24



RVP EAST COAST

Virginia Jorden Unit 24



RP SOUTHWEST

Nadine Fulton Unit 289



RVP SOUTHWEST

Aaron Jensen Unit 70



RP NORTH CENTRAL

Peggy Watkins Unit 276

RVP NORTH CENTRAL

DeeJay Hopkins Unit 161

RP NE/NENG

Cindy Rodham-Tuck Unit 42

RVP NE/NEG

Laurie Starkey Unit 42

RP SOUTH CENTRAL

PNP Gini Larson Unit 94

RVP SOUTH CENTRAL

PNC John Neal Unit 162

RP NORTHWEST

TBA After Convention

RVP NORTHWEST

TBA After Convention

RP WEST COAST

Brenda Horton Unit 137

RVP WEST COAST

Kelly Pena Unit 287

RP SOUTHEAST

PNC Gale Nathan Unit 269

RVP SOUTHEAST

Margaret Horvath Unit 290

CONGRATULATIONS!



Alice Brown Unit 47 – **70 YEARS!**
Meredith Crisp MAL – 50 Years

Betty Seim MAL – **55 YEARS!**
Frances Dame MAL – 50 Years

THANK YOU!

PNP Cindy Rodham-Tuck would like to "Thank" everyone for your condolences, prayers, and cards upon the death of her brother.

"Gone from our sight, but never from our heart"

"OATH OF OFFICE"

As we take on the responsibility of being a Unit Officer, Regional Officer, or National Officer, do we really listen to the "Oath of Office" as we are duly installed?

"WILL YOU CONSCIENTIOUSLY PERFORM ALL THE DUTIES OF YOUR OFFICE AS PRESCRIBED BY THE CONSTITUTION AND BYLAWS OF THE LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION?" "WILL YOU AT ALL TIMES PROTECT THE INTERESTS OF THE AUXILIARY AND THE ASSOCIATION, ITS UNITS AND BRANCHES AND ITS MEMBERS TO THE BEST OF YOUR ABILITY?" "WILL YOU BRING TO THE PROMPT ATTENTION OF THE BOARD OF DIRECTORS, OR THE ASSEMBLY, ANY KNOWLEDGE THAT MAY COME TO YOU OF ANY IRREGULARITIES ON THE PART OF ANY OFFICER OR MEMBER IN THE CONDUCT OF THE DUTIES OF THE OFFICE?" "WILL YOU KEEP AN ACCURATE AND TRUE ACCOUNT OF ALL FUNDS ENTRUSTED TO YOU AND SUBMIT THEM TO AUDIT WHEN REQUIRED AND ANY TIME REQUESTED TO DO SO?" "THEN SAY AFTER ME, USING YOUR NAME WHERE I DO MINE, I _____, DO SINCERELY PROMISE AND SWEAR THAT I WILL PERFORM THE DUTIES AS PRESCRIBED TO ME AS AN OFFICER OF THE LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION, AND ABIDE BY THE CONSTITUTION AND BYLAWS, AND THIS OATH OF OFFICE, SO HELP ME GOD."

The Ladies Auxiliary of the Fleet Reserve Association has By-Laws and Standing Rules that govern the day to day operation of its affairs. There are Rituals that we must follow for the good of the organization. As in our daily lives, we have rules, deadlines, etc... to follow these are not suggestions, they are By-Laws and Standing Rules proposed and adopted by our Delegates at our National Conventions and put into our C&BL, in writing. We have created forms, that were also created, presented to and adopted by our duly elected Delegates at National Conventions over the years. When you place your left hand on the Bible and raise your right hand and take this oath, you are expected to abide by the rules set forth. There are no exceptions, all Units and its officers are expected to be familiar with these rules and follow them.

Example: The National Delegate Sheets states on the bottom of the form: **MAIL ONE COPY TO EACH OF THE FOLLOWING 45 DAYS BEFORE NATIONAL CONVENTION**. At the top of the form it gives the dates of the National Convention i.e. September 22-29, 2019. To find the deadline for the Delegate Sheet to be in the hands of the people listed you should count back from September 22, 45 days, and that is the deadline date i.e AUGUST 8, 2019. You are then suppose to send one (1) copy to each of the following people: **National President, National Vice President, National Executive Secretary, National Convention Chairman (read the National Convention Newsletter), National Credentials Chairman, National Registration Chairman, Regional President, and keep one (1) copy for Unit files**. These names can be found on the back of the form if you download it from the Website or you may find them on the Who, What, Where form that can be found on the website, these names are also listed in the "National Officers and Appointments Roster", which is sent to all Unit Presidents and Secretaries, following the National Convention each year. When in doubt, ASK!

NATIONAL CONVENTION 2019

September 22-29, 2019
Crown Plaza Memphis East
2625 Thousand Oaks Blvd
Memphis TN 38118
Reservations 844-750-1135

Chairman FRA: PNP Larry Boudreaux 530-677-3925 - larryboo@pacbell.net
Chairman LA FRA: PNP Helen Courneya 775-882-9201 - vpc-hac-patches@att.net

IMPORTANT NOTE: BE SURE TO HAVE YOUR CURRENT MEMBERSHIP CARD IN YOUR POSSESSION, AS YOU MUST PRESENT YOUR CREDENTIALS TO THE CREDENTIALS CHAIRMAN TO HAVE YOUR MEMBERSHIP VERIFIED BEFORE YOU CAN BE REGISTERED.

IMPORTANT DATES TO REMEMBER

July 15, 2020 –

Unit Officer Information form should be mailed, by the Unit Secretary, immediately after Elections (DO NOT wait until the Installation). This information must reach the Recipients no later than

July 15 - The National Treasurer shall withhold the PCT checks due to be mailed to the Units in July, for all Units which have not complied with Article 14, Section 1404, and 1405(e) by 15 July.

Section 1404. Unit Officers

Section 1404(a). Each Unit of the LA FRA, in accordance with Unit Bylaws, elects the following:

Section 1404(b). President

Section 1404(c). Vice President, or First Vice President, if a First Vice President and Second Vice President division is desired

Section 1404(d). Second Vice President (optional)

Section 1404(e). Secretary or Executive Secretary, if an Executive Secretary and Financial Secretary division is desired.

Section 1404(f). Financial Secretary (optional)

Section 1404(g). Treasurer (The office of Secretary and Treasurer may be combined and held by one officer. When the Secretarial duties are divided, combining the Treasurer's duties shall not be allowed). 65

Section 1404(h). The Junior Past President is defined as the living person who most recently has served in the office of the President and did not resign from that office.

Section 1404(i). Five Directors - If a Unit desires, one additional director may be elected for each one hundred members of the Unit.

Section 1404(j). The above elective Officers and Directors with the Junior Past President, shall constitute the Unit Board of Directors.

Section 1405. Nominations and Elections of Unit

Section 1405(e). Unit Secretaries immediately after election of officers shall notify the Regional President of their Region, Membership Service Administrator, the National Executive Secretary, and the National Treasurer of the names and addresses of the officers to be installed in the Unit and of all changes in Unit Officers whenever they occur, and give the date, time and location of their regular meeting.

August 13, 2020

The 2020 National Delegate Sheet shall be mailed to the persons listed on the bottom of the page and the names and addresses should be on the back of the form if you download the one from the website.

Units should elect the Unit's National Delegates and Proxies at the Unit July Meeting, make sure the President and Secretary signs the form before it is mailed. The 2020 National Convention will be held in Portland Oregon September 27 – October 4, 2020. It is strongly advised that each Unit name a Proxy and Alternate Proxy. Even if Unit Delegates will be there, the Proxy or Alternate Proxy can cast the Unit votes if there is not a delegate on the floor at the time the vote is being taken. Proxy and Alternate Proxy may not be a member of the Unit for which they have been chosen to be the Proxy.

Section 606(f). Units may designate any member of the LA FRA in good standing as their proxy delegate, including a member of the Membership-at-Large Roll.

April 25, 2020

Section 815(c) Donations – Each Unit is privileged to send five dollars each year, prior to the **25th of April**, to the National Financial Secretary, as a contribution to the Pilgrimage fund. The monies donated helps to defray the cost of the Annual Pilgrimage.

LABOR DAY

September 2, 2020

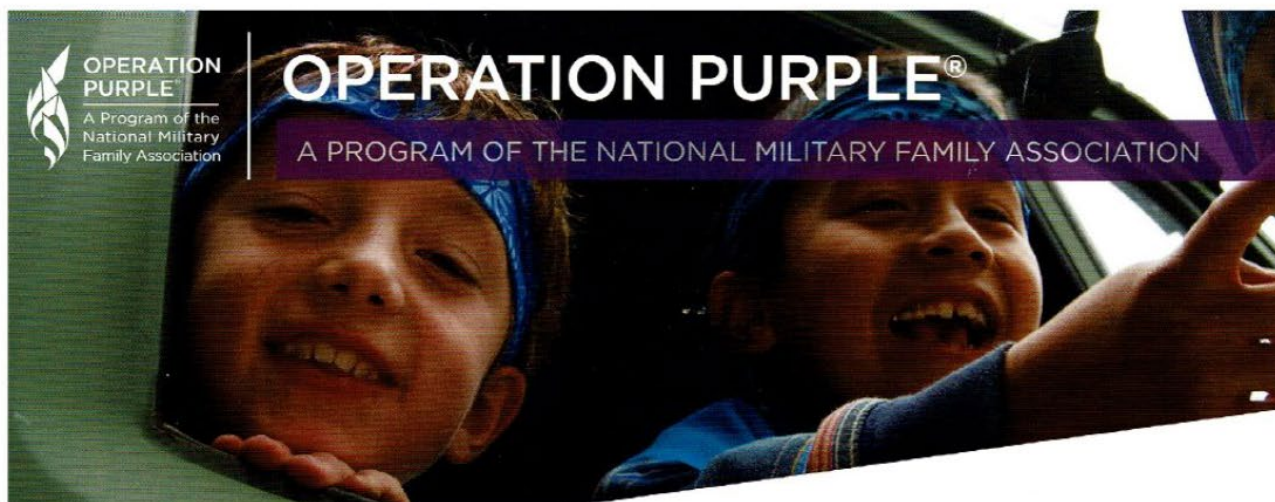
A public holiday or day of festivities held in honor of working people, in the US and Canada on the first Monday in September, in many other countries on May 1.

To help Officers understand reports

MEMBERSHIP CODES

(To help read Membership Reports)			
<u>SPONSOR'S SERVICE</u>	<u>CODE</u>	<u>CHANGE</u>	<u>CODE</u>
USN/USNR	N	LAST NAME	LM
USCG/USCGR	C	FIRST NAME	FN
USMC/USMCR	M	MIDDLE NAME	MN
		ADDRESS	AD
		CITY	CI
<u>AFFILIATION</u>	<u>CODE</u>	STATE	ST
		ZIP CODE	ZI
Wife	A	BIRTHDAY	BD
Widow	B	PHONE	PH
Sister	C	SPONSOR	SP
Mother	D	AFFILIATION	AF
Husband	E	SPONSOR' SERVICE	SS
Daughter	F	MEMBER BEGIN DATE	MB
Brother	G	MEMBER END DATE	ME
Granddaughter	H	MEMBER MEMO	MM
Son	I		
Grandmother	J		
Father	K		
Grandson	L		
Grandfather	O		
Stepson	P		
Widower	R		
Stepdaughter	S		
Unknown	X		
Honorary Member	Z		
<u>EVENTS</u>	<u>CODE</u>		
Resign	50		
Suspend	51		
Reinstate	52		
Deceased	53		
Ineligible	54		
Life Member	58		
New Member	59		
Transferred Out	56		
Transferred In	57		

Just a reminder of NP Project



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"Before I came here I thought my family was the only one having a hard time during deployment. At Operation Purple, I realized just how many families have to go through these hard, tough years of homesickness and missing mom or dad or both. I appreciate what you've done to make this week really special."

—Teen Camper

"We were actually sad to go back home to the real world. This past year has been tough for us. You guys have made it a little easier by giving us that break. So again, from the bottom of our hearts, a big thank you to all of you for everything you do!"

—Military Spouse

"It pulled us closer together and at the same time took me out of my comfort zone. Never made to feel like our sickness and challenges are handicaps."

—Service Member Dad”

Operation Purple® Camps

At Operation Purple Camp (OPC), over 2,500 military kids per year will connect with peers who have dealt with many of the same things, like frequent moves, a deployed parent, and sometimes a parent's injury. At camp, kids enjoy kayaking, zip lining, horseback riding, and service activities where they give back to the community. With a waitlist of more than 2,000 kids each year, OPC continues to be a sought-after summer experience. Military Kids Serve, Too®!

Operation Purple® Buddy Camp

Buddy Camp is a 2-day program celebrating and appreciating military kids. The goal of buddy camp is to provide a one on one bonding and resiliency-strengthening experience for children ages 5-8 and their adult "buddy". Buddy Camp is for military-connected children and a same gender adult. The adult can be mom or dad, grandparent or guardian.

Operation Purple Family Retreats®

Our Retreats help families reunite and reintegrate after deployments. Families can unplug and relax and also attend organized activities to help strengthen and renew their relationships. With an average of 300 family applicants each year, and the ability to serve only a quarter of these families, Family Retreats remain paramount to us and to the nation's military families.

Operation Purple Healing Adventures®

Our Healing Adventures are family retreats designed specifically to help families of wounded, ill, or injured service members. These long-weekend experiences help families adjust to their "new normal," and rediscover family-fun and togetherness. With an average of 150 applications and the ability to serve only a fourth of these families, Healing Adventures continue to be vital to our mission and the nation's wounded, ill, or injured families.

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