



# THE TRIANGLE

## Ladies Auxiliary of the Fleet Reserve Association

APRIL 2020 Edition

**2019-2020**

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Bea Parco

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arpsw2014@gmail.com

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Lyn Transfiguracion

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**National Parliamentarian**

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**Membership Services**

**Administrator transferred to**

**Office of the National**

**Financial Secretary**

LA FRA

104 Berkeley Square Lane

PMB #183

Goose Creek, SC 29445

*Contact NES Vera  
if you need addresses.*

[www.la-fra.org](http://www.la-fra.org)

*From the Desk of the National President*

Spring time is here, a beautiful time of the year. The time flowers are blooming, bringing good feelings and thoughts, difficult times may have passed and new beginnings start. This is a time of spring traditions that are carried forward; traditions of family gatherings, traditions of remembrance and perhaps a beginning of new traditions that bond a family, an organization and a community.

One of our traditions is participation of the LA FRA Pilgrimage to the Tomb of the Unknowns and the Mast of the Maine at Arlington National Cemetery, this year it will be April 25, 2020. This year will be the 105th year since the Mast of the Maine Memorial was dedicated. The Auxiliary of the Fleet Reserve Association began donations for wreaths to be presented at the Tomb of the Unknown in 1934 and 1935. In 1936 when the new name Ladies Auxiliary of the Fleet Reserve Association was chartered, under Americanism the Pilgrimage to the Tomb of the Unknowns and to the Mast of the USS Maine was noted, at that time we had 1,465 members. In the 1940s Pilgrimage was canceled due to the war. This year's Pilgrimage will be compromised due to global pandemic of the Coronavirus declared by the World Health Organization. The DC Health Department released a recommendation that all "non-essential mass gatherings, including conferences and conventions, be postponed or cancelled" in the wake of local COVID-19 cases. Arlington National Cemetery has shut down to visitors on March 12 2020. The biggest concern is traveling and mingling with large groups of people where this virus can be present and spread, especially in a contained environment such as traveling by air. Most of our members are in the age and health (having underlying chronic medical conditions) group that are at higher risk for developing more serious complications from COVID-19 illness and recovery maybe a challenge. In the best interest of our Auxiliary, consideration has been given to the Pilgrimage tradition and wanting to be proactive for the well-being of our members a decision has been made to cancel Pilgrimage 2020. However, an alternative date maybe set to reschedule the 2020 Pilgrimage at the same time when FRA BOD will meet in late June. All Units will be notified immediately when this alternate date can be made with Arlington National Cemetery for our Pilgrimage.

We are now at a turning point for this administration; it is time for units to submit resolutions, per Section C&BL 608 (a), to be considered at National Convention, these are due 120 days before September 27, 2020. You can get feedback and advice from our National Parliamentarian Gail Doloway, PNP and our C&BL Chairman D. Loretta Roberts, PNP. It is also time for units to elect new officers and the secretary is to send in the Unit Officer Information Report Form as soon as elections are completed in accordance with Section 1405 (e), the Unit Officer Information Report Form can be downloaded from the LA-FRA.org website; resolutions for candidacy for National Officers and Regional Officers are due. We currently have two resolutions for National Financial Secretary (NFS), note that the duty of the NFS also includes Membership Services, and this is a 3-year term commitment. When applying for this position (and other National offices) one must consider that the term is a five- or six-year commitment to the Auxiliary which includes moving up to the other national officer positions.

On April 1<sup>st</sup>, I will be visiting Unit 47, El Cajon.

Thank you, to all that has contributed to the National President's project, Operation Homefront. Welcome to new members of the LA FRA; congratulations to all who are celebrating a special event in April; sending prayers for healing, strength and courage for members who are having challenges; sending praying for safe travels for those going to meetings, events and local travels. Take time to smell the roses and enjoy these simple gifts of nature.

Yours in Loyalty, Protection & Service  
Bea Parco, National President



**IRS extends April 15 and other upcoming deadlines, provides other tax relief for victims of Tennessee tornadoes.**

**WASHINGTON – Victims of this week’s tornadoes and severe storms in parts of Tennessee, including Nashville, will have until July 15, 2020, to file various individual and business tax returns and make tax payments, the Internal Revenue Service announced today.**

**The IRS is offering this relief to any area designated by the Federal Emergency Management Agency (FEMA) as qualifying for individual assistance. Currently this includes Davidson, Putnam and Wilson counties, but taxpayers in localities added later to the disaster area will automatically receive the same filing and payment relief. The current list of eligible localities is always available on the disaster relief page on IRS.gov.**

*Membership Statistics – February 2020*

Members										Active
1-Apr	Reinstated	New Tran	In	Tran Out	Resigned	Non-Pymt	Deceased	Ineligible	Other	Members
5866	233	524	88	86	1	938	83	2	0	5588

IN LOVING MEMORY OF OUR DEPARTED MEMBERS



National Presidents



Other National/Regional Officers



Members

Fern Ahrendt, Unit 289	Mary Francis Collier, MAL	Ruth Duley, MAL
Nilda Fowler, Unit 269	Mabel Fuchs, Unit 175	Sylvia Herrick, Unit 175
Phyllis Jones, Unit 101	Susie Jones, Unit 175	Dorothy Kopec, Unit 101
Amie Long, MAL	Dorothy McGowan, MAL	Sarah Mitchell, MAL
Rhua Moberly, Unit 47	Anna Richards, MAL	Maria Rouillard, Unit 91
Gertrude Stewart, Unit 261	Jean Stouffer, MAL	Elese Taylor, Unit 175
Charlie Vanvalkenburgh, Unit 289	Verna Ward, MAL	Micheal Weston, Unit 60
Diane York, Unit 60		

Moses was the first person with a tablet downloading data from the cloud.

*Thank you to Yvonne for the Triangle address change.*

**Donations**

***NP Project 2019-2020***

Unit 124

Unit 185

***LA FRA Scholarship***

Unit 230 - in memory of May Lang

Unit 230

***National Pilgrimage***

Unit 8, Unit 61, Unit 124, Unit 230, and Unit 289

***Welfare Fund***

Unit 40

**Do Not Send Cash. Checks and Money Orders Must Be Made Out To LA FRA.**

***Unit Resolutions Deadline- Not less than four months prior to National Convention Convening date.***

**Section 608. Resolutions & Recommendations**

Sections 608(a). All resolutions to be acted upon by the National Convention, shall be received by the National Executive Secretary in the proper format and content and not less than four months (120 days) before the convening date of the Annual Convention in the association year, except NBOD resolutions shall be allowed an extension of one month (30 days) beyond that date. [One hundred and twenty (120) days before the convening date of the annual convention will be 02 June 2020. That is the last day that any resolutions, with the exception of NBOD resolution, will be accepted.]

***Unit Officer Information Report Form***

The 'Unit Officer Information' form should be prepared as soon as Unit elections take place.

This is a function of the current Secretary and the form must be signed by both the Unit Secretary and Unit President that were in office at the time of the elections. Please do not wait for the installation of the newly elected officers.

The form should be sent to the National Executive Secretary Veralyn Thomas, National Financial Secretary Pat Suckow and the National Treasurer LindaTelly as well as to your Regional President.

It is much more difficult to judge oneself than to judge others. Antoine de Saint-Exupéry

LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

NATIONAL FINANCIAL SECRETARY 2020-2023

GEM STATE UNIT 382

NOMINATION RESOLUTION

**WHEREAS**, it is the duty and responsibility of the delegates assembled at the 88<sup>th</sup> National Convention of the Ladies Auxiliary of the Fleet Reserve Association, to be held on September 27-October 2, 2020 in Portland, OR, to elect a dedicated, experienced, knowledgeable and respected member to serve in the office of National Financial Secretary, for the Association Year 2020-2023; 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 of the three cardinal principals of Loyalty, Protection and Service to the Auxiliary members, and their families, and to the Fleet Reserve Association and

**WHEREAS**, GEM STATE UNIT 382, Nampa, ID is proud to have within its membership, **ROSE HALL** who meets and exceeds the required qualifications of leadership, integrity, executive, financial and administrative abilities, as well as adhering to the three cardinal principles of the Ladies Auxiliary of the Fleet Reserve Association: Loyalty, Protection and Service, and

**WHEREAS**, this member's work history is as follows; Retired from the State of Idaho after 26 years as an Executive Secretary, worked 4 years at Hewlett-Packard, as Executive Secretary to the Vice President and was the manager of a Real Estate company for 3 years, as secretary and bookkeeper. She is excellent at multi-tasking, and at scheduling for multiple persons. She managed staffs from 10 people to 40 people, maintained monthly reports, assisted in hiring employees, high volume of communication internal and external. She is able to keep a set of books both receivables, payables, and payroll. This member spent 6 years traveling with her husband to bases he was assigned to and worked at various jobs in those locations. In all she has 40 years of experience to offer.

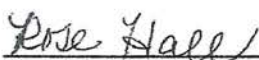
**WHEREAS**, this member has a proficient knowledge of Microsoft Word and Excel, and

**WHEREAS**, this member had served on the unit level as President, Jr-Past President, and BOD, Chaplain. She served as Regional President Northwest. Since joining the LA FRA in 2015 this member has attended Pilgrimages, National Conventions, Northwest Regional Conventions. She is currently serving as Unit President.

**WHEREAS**, this member has served as a Volunteer for the Boise Veterans Home and Veterans Hospital for the past 5 years. She is involved in Thanksgiving and Christmas for the veterans and families, volunteers in the Canteen at the Veterans Home. This member has served as delegate for Roundtable and VAVS. She served on Angel Tree for 7 years. As a unit president she has been supportive of her members, sending cards, visiting and making sure those that can no longer attend are not forgotten on special occasions, and

**RESOLVED**, that Gem State Unit 382, Ladies Auxiliary of the Fleet Reserve at a regularly scheduled meeting on February 8, 2020, a quorum present, by a majority vote do endorse and support the candidacy name of **ROSE HALL** for the office of National Financial Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the association year 2020-2023, and be it further

**RESOLVED**, that members of Gem State Unit 382 do earnestly solicit the endorsement and support of each Unit of the Ladies Auxiliary of the Fleet Reserve Association for the candidacy of **ROSE HALL** for the office of National Financial Secretary of the Ladies Auxiliary of the Fleet Reserve for the association year 2020-2023.



PRPNW Rose Hall Gem State Unit 382 President



Carol Sayles, Gem State Unit 382 Secretary



### ***A message from the Regional President Northeast/New England***

I would like to thank the members of the Northeast/New England Region for electing me the President for the Auxiliary year 2019-20. Even though I've been here before, it is an honor to serve region. Besides, the members tell me I have to do it "till I get it right."

For several years, both the FRA and LA FRA Regional Presidents of this region are invited to make a presentation at the Awards Ceremony for graduating Cadets at the Coast Guard Academy New London, CT. There is always a 'Pass in Review' which is a thrilling experience. The Auxiliary presents the award for the "Most Outstanding Athlete" of that year's graduating class. Also, during the year, Branch 20 in Groton honors the Sailor of the Quarter with a luncheon and ceremony.

The Units continue with various projects such as funding a Cakeless Cake Sale; making phone calls to shut-ins; attending funerals, rituals, and parades. For example, Unit 226/Staten Island donated to "Wreaths Across America" at Arlington National Cemetery; Unit 124/Lakehurst volunteers to read at local schools on America Day; another Unit donates to the local food pantry; Unit 20/Groton helps to serve breakfast at the Branch home; and Unit 156 - Pinetree helps in the community. Some of our members volunteer at the VA hospitals or local hospitals and/or nursing homes providing comfort and aid to the ones that need it. This Region may only have five Units, but each and every member does their part for the Auxiliary.

If you have internet access, the website ([www.la-fra.org](http://www.la-fra.org)) has been updated to include several of the forms that are needed during the year: order forms, new officers' reports, etc. The *Triangle* is posted each month as well as back issues. I **STRONGLY** urge you to go to ([www.fra.org](http://www.fra.org)) especially the ACTION CENTER. Here you can keep up on all the legislative activities. You also have the opportunity to express your opinion to your local elective officials about what is going on at Capitol Hill.

Please check out the Facebook page: Fleet Reserve Association NE/NEng Region hosted by FRA NP Donna Jansky. It is open to anyone and is very informative. The information is not only about this Region, but also other Branches and Units. There are many very interesting and helpful articles.

In LPS  
PNP Cindy Rodham Tuck  
Regional President NE/NEngland 2019-20

#### ***LA FRA National Dates to Remember***

- ~~25 Apr~~ — Pilgrimage - canceled until further notice, may be rescheduled
- 29 Sep – LA FRA Pre Board Meeting
- 30 Sep – LA FRA 87th National Convention Opening Ceremonies [convening date], Portland, OR
- 03 Oct – LA FRA 87th National Convention Installation of Officers
- 04 Oct – LA FRA Post Board Meeting

#### ***April Dates To Remember***

April is the Month of the Military Child - a time to honor the sacrifices made by military families worldwide, with an emphasis on the experience of the dependent children of military members serving at home and overseas.  
April 5 - Gold Star Spouses Day – A day dedicated to those whose spouses gave their lives while serving in the U.S. military or as a result of service-connected injuries or illness.

#### ***Regional Dates to Remember - Regional Conventions***

- 16-18 Jul – East Coast, Annapolis MD - Double Tree Hotel
- 02-05 Aug – North Central, Osage Beach MO - The Inn at Grand Glaize
- 07-08 Aug – NE/NEng – Albany NY, Sure Stay by Best Western
- 17-18 Aug – Southwest, Las Vegas NV – Plaza hotel
- 21-22 Aug – West Coast, Carson City, NV – Gold Dust West Hotel Casino
- 27-29 Aug – Northwest, Tacoma, WA
- 10-13 Sep – Southeast, Sea Mist Oceanfront Resort & Conference Venter, Myrtle Beach, SC



### *A note from the Regional President Southeast*

Happy Easter to everyone. I know most of you can't wait for Spring, but that means we will be fighting allergies. April showers bring May flowers.

The Units in the Southeast are always hard at work raising money by holding raffles, car washes, working golf tournaments, quarter auctions and having dinners to raise money to help at the local VA Hospital, Animal Shelters, Nursing Homes, Youth Activities, Fischer House, and supporting Abused Children Projects and Ronald McDonald House.

I attended the Memorial for the USCG Blackthorn held in St. Petersburg, FL with FRA RP Laurie Bailey, which was hosted by Branch and Unit 291. I went to Mayport, FL February 6 to attend Unit 290 meeting, but was postponed due to inclement weather. Attended Unit 126 meeting on Friday, February 7 after which we went to Olive Garden to celebrate the Unit 66<sup>th</sup> Birthday. Branch and Unit 290 held our Midyear meeting where the Branch judged essays and the Unit held a workshop conducted by LA FRA PNP Sandra Robbins. I will be visiting more Units in the next few months.

I look forward to seeing each of you at the following:  
April 25 Pilgrimage in Arlington, VA

Sept. 10-13, 2020 Southeast Regional Convention at Sea Mist Oceanfront Resort & Conference Center 1200 S. Ocean Boulevard Myrtle Beach, SC 29577 Room rate \$95.00 plus tax. Telephone: 800-732-6478 Reservation cutoff date is August 20, 2020.

September 29-October 4, 2020 National Convention held in Portland Oregon at the Sheraton Portland Airport Hotel 8235 NE Airport Way, Portland, OR 97220. Phone number is 503-281-2500 Group Code "Fleet Reserve Association." Room rates are \$112 per night (without breakfast) plus 15.3% hotel tax. Reservation cutoff date: Tuesday, September 2, 2020.

In Loyalty, Protection and Service  
Gale Nathan, LA FRA RPSE



Unit 46 Pearl Harbor, Honolulu, HI –

Looks like lū'au time, and it was a lū'au fund raiser.

According to the Unit President it was very successful.

"Meow is like aloha - it can mean anything." - Hank Ketchum6

***From the Honorary Membership Committee Chairman***

Does your Unit have someone who devotes their time to aid, assist and promote in all matters pertaining to the welfare, social and patriotic work, for the benefit of the Fleet Reserve Association, its members and their families but can't join because they aren't eligible for membership? There is a way for a Unit to honor what this person has done to help them. They can become an Honorary Member.

Article 3, Section 305, of the Constitution of the Ladies Auxiliary of the Fleet Reserve Association sets forth how you can nominate someone for Honorary Membership.

Under Section 305(b), nominations for Honorary Membership are made by resolution and must be received by the National Executive Secretary of the LA FRA not less than four months (120 days) before the convening date of the Annual National Convention in the association year.

The resolution should set forth some of the ways that the nominee has helped to aid, assist and promote in all matters pertaining to the Fleet Reserve Association, its members and their families. This may be the only way the delegates will know what an asset this nominee will be to the Ladies Auxiliary of the Fleet Reserve Association.

Under Section 305(c), a certified statement, signed by the Unit President and Unit Secretary of the Unit submitting the resolution, stating in detail what distinguished service the nominee has rendered to the LA FRA and that the nominee is not otherwise eligible for membership in the LA FRA or FRA, must accompany each nominating resolution for Honorary Membership.

Once someone becomes an Honorary Member, they may serve on a committee of a Unit or at the Regional or National Convention as Chairman, Co-chairman, or member. They do not pay dues or hold office. They only vote on the committee which they are serving on at the Unit, Regional or National level.

Units, please get the resolutions for Honorary Members to the National Executive Secretary in as soon as possible, because under Section 305(f), **no more than five Honorary Members** shall be elected at any National Convention.

Thanks, In Loyalty, Protection and Service,  
Laurie Starkey, RVPNE/NEng, PRPNE

Unit 154

Baguio City

Philippine  
Islands

A Valentine  
celebration



Cats leave paw prints on your heart forever

Unit 290, Atlantic Beach, FL

A letter of appreciation presented by Walter Moniz (HSM-46) for the Unit's donations of 'care packages' containing personal care items, treats, and snacks during HSM-46's deployment during the holidays. Walter Moniz (HSM-46) kneeling up front; Auxiliary members: First row left to right - Roxann Pffier, Margaret Horvath, Sally Masters, and Kristina Martineau. Back row left to right Tracy Farthing, Trish Graham, Sheila Moore, and Jackie Cann



***Note about supplies, membership information, and the Membership Year and Voting Strength.***  
All mail being sent to the National Financial Secretary is to be addressed as follows:

LA FRA  
National Financial Secretary  
106 Hyrne Drive  
Goose Creek, SC 29445-7330

**Do Not Send Cash. Checks and Money Orders must be made out to LA FRA.**

**1- Please remember that** membership dues and orders for supplies and/or donations must not be included together on one check. All membership dues payments are deposited into one account and monies for supplies and donations are deposited to a different account. Also, elections are coming up and that the unit may need to order membership, service, and officer pins, remember to consider processing and mailing time, please order early – before July 30<sup>th</sup>.

**2- A reminder -** The Membership Year and Voting Strength is from 1 April through 31 March. The NFS will be sending out the Membership reports by email to the Regional Presidents and all Units (President and Secretary on record) no later than May 15th. The Memorial list which is for our deceased members from July 1, 2019-June 30, 2020, will be sent out by July 3rd. This report will also be sent to the Regional Presidents and National Chaplain.

***Some Americans have not traveled much –  
This statistic is actually pretty shocking—according to a small survey reported on  
by Forbes, 11 percent of survey respondents have never left their home state.  
And over half of those survey takers said they've visited ten states or fewer.***

Cats' hearing apparatus is built to allow the human voice to easily go in one ear and out the other. - Stephen Baker



Your Medicare Part B (Medical Insurance) covers a test to see if you have Coronavirus.

*This test is covered when your doctor or a health care provider orders it, if you get the test on or after February 4, 2020. You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests.*

To prevent the spread of this illness or other illnesses, including the flu:

- \* Wash your hands often with soap and water
- \* Cover your mouth and nose when you cough or sneeze,
- \* Stay home when you're sick, and
- \* See your doctor if you think you're ill.

Visit [The Centers for Disease Control website](#) for information on the Coronavirus.

**Unit 289  
and  
NP Parco**



SM Anna Cox, BR 289, presents the Auxiliary with a certificate of appreciation and a \$100 donation for their participation in Americanism.

Unit 289 - Imperial Beach, CA

PNP Ruth Eblen (left) presents Cheryl French (middle) and Cecilia Coy (right) with their 30 year pins.



Left to right: Cheryl French, PNP Ruth Eblen and Cheryl French.

#### Four Chaplains Memorial

Amelia Ruiz and Karen Webster  
Unit 101 and Branch 101 Shipmates  
Richard Ruiz, Bill McCormick,  
Kathy Blanton, and Robin Roberts.



"The phrase 'domestic cat' is an oxymoron." - George F. Will

Unit 4 at East Coast Midyear



East Coast Midyear Attendees



**TRIANGLE – April 20**  
**Ladies Auxiliary of the Fleet Reserve Association**  
**2929 Bobcat Ct**  
**Green Cove Springs, FL 32043-7014**

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ORGANIZATION  
U. S. Postage  
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**ADDRESS SERVICE REQUESTED**

Anyone who wishes to change from a paper Triangle, sent through the US Postal Service and the delay that always happens, please return the below form adding your e-mail or save the postage and e-mail your request to change to the faster (not handled by people) e-mail delivery method it to [aquaspacev@aol.com](mailto:aquaspacev@aol.com)

**REPORT OF CHANGE OF ADDRESS OR ADDING AN E-MAIL ADDRESS FOR THE TRIANGLE**

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Member No: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**OLD ADDRESS**

Street: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

**NEW ADDRESS**

Street: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

**MAIL TO: Vera Thomas NES, 2929 Bobcat CT, Green Cove Springs, FL 32043-7014**

Notify the NFS of any change of address: LA FRA, National Financial Secretary, 106 Hyrne Drive, Goose Creek, SC 29445-7330