



# THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

June 2021



2020-2021

**National President**

**Jackie Scarbro**

757 482 2209

[jackiescarbrolaфра@gmail.com](mailto:jackiescarbrolaфра@gmail.com)

**National Vice President**

**Pat Suckow**

843 452 4719

[psuckow106@gmail.com](mailto:psuckow106@gmail.com)

**National Executive Secretary**

**Veralyn C Thomas**

904 292 1575

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**National Financial Secretary**

**Brenda Horton**

775 881 8731

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**National Treasurer**

**Nadine Fulton**

619 200 7706

[lafrantfulton@gmail.com](mailto:lafrantfulton@gmail.com)

**Jr. Past National President**

**Bea Parco**

602 550 6690

[Arpsw2014@gmail.com](mailto:Arpsw2014@gmail.com)

**National Chaplain**

**Lyn Transfiguracion**

562 618 4860

[lyntrans@outlook.com](mailto:lyntrans@outlook.com)

**National Parliamentarian**

**Christina Murray**

757 588 6135

[Christinamurray.laфра@gmail.com](mailto:Christinamurray.laфра@gmail.com)

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

**Contact NES Vera Thomas  
if you need addresses**

**For Membership and  
Auxiliary Supplies  
Contact**

**LA FRA NFS**

**P.O. Box 3037**

**Carson City, NV 89702**

## *From the Desk of the National President*

As we begin to see restrictions of the coronavirus pandemic lifted across much of the country and reopen with fewer limitations. Please observe local requirements and remain safe and healthy.

National Officers, National Appointees, Regional Officers, and Auxiliary Members, you have time to make plans to attend and participate in the historical LA FRA Annual Pilgrimage. A Memorial Service will be conducted at the Mast of the USS Maine to honor and pay tribute to all who have given their lives for our freedoms and to the brave men that died on the USS Maine. The LA FRA will have the honor of placing a wreath at the Tomb of the Unknown Soldier to honor the sacrifices of American Service Members.

Members are requested to actively support the Auxiliary of the FRA by accepting Unit and Regional Offices, recruiting new members, and encouraging membership retention. Unit Secretaries are requested to submit the Unit Officer information immediately after elections. 2021 report forms are available on the LA FRA website and have been revised to include the current information. The forms are fillable and may be downloaded for convenience and accuracy.

As the Unit Administrative Year begins, it is great time to overcome the restrictions of the past year and establish a schedule of events for Americanism, Welfare, and Social Events to bring the members together to work for the benefit of the organization. June is perfect time to plan a social and to enjoy the camaraderie/friendship with the Auxiliary and FRA members for Flag Day and Father's Day. Let this be a time to come together and have an active Unit again.

Regional Conventions have been planned and announced. Using C&BL 606 as the guide, Units determine authorized delegates, alternate delegates, or proxy delegates. Each Unit is authorized one delegate for each vote the Unit is authorized to cast. Votes as determined by the voting strength based on membership as determined the Membership Year ending 31 March. Alternate delegates may also be selected and attend in the absence of the delegate. Each Unit should identify Proxy Delegates that will be in attendance. All members of the Auxiliary have access to the conventions.

I look forward to attending the Regional Conventions to visit the members and learn of each region's successes and future plans to overcome the difficulties caused by the coronavirus pandemic. Due to the continuing decline in membership, we must work together to ensure that the Auxiliary continues to be active, and the LA FRA/Auxiliary of the Fleet Reserve Association continues to exist.

**AN INVITATION IS EXTENDED TO FRA FAMILY MEMBERS TO JOIN THE AUXILIARY OF THE FRA.** The Auxiliary supports the FRA that serves as the Voice on Capital Hill for the Navy, Marine Corps, and Coast Guard, and their families. The Auxiliary takes an active role in the community by promoting Youth Activities, Americanism, and Charitable Causes. The organization recognizes the Military sacrifices of the past and present, what is needed needed to keep us strong and free with the traditional Patriotic Programs. Join the Auxiliary of the FRA by sending your membership application and dues payment of \$20 to NFS, P.O. Box 3037, Carson City NV 89702.

My condolences to members that have lost their loved ones.  
My wish for you is Good Health and Much Happiness,  
Jackie Scarbro

**Regional Membership Statistics - Not available for April 2021**

*IN LOVING MEMORY OF OUR DEPARTED MEMBERS*



National Presidents



Other National/Regional Officers



Members

Kelly Dittman Member At Large (MAL)	Delores Bell Unit 22	Sarah Pennell Unit 22
Dorothy Thompson Unit 22	Phyllis Jamieson Unit 61	Gwendolyn Fluno Unit 61
Dora McMillian Unit 70	Rebecca Mellow Unit 74	Ariel Duggan Unit 85
Renee Albrecht Unit 94	Bobbie Hamilton Unit 94	Gloanne Sullivan Unit 161
Lois Fisher Unit 216	Dorothy Coggins Unit 269	Wilma March Unit 269

**Donations**

***National President Project-2020-21 - Karen Brobst; Unit 59; Unit 94; Unit 182; and Unit 194***

**National Presidents Scholarship - Unit 94**

**LA FRA Scholarship - Unit 137 - in memory of Verne Horton**

**LA FRA Annual Pilgrimage June 30, 2021**

**National Presidents Tea 11 AM**

**Mast of the Maine Ceremony 2:15 PM**

**Tomb of the Unknowns Wreath Laying Ceremony 3:15 PM**

**Westin Hotel Old Town Alexandria, VA 703 253-8600**

**Room Rate \$149.00 plus Tax and Parking Fee \$18 per day**

*June Dates to Remember*

**1<sup>st</sup> Don't Give Up The Ship Day (Credited to James Lawrence); 6<sup>th</sup> D-Day Invasion Anniversary; 12<sup>th</sup> Philippine's Independence Day; 14<sup>th</sup> Flag Day; 20<sup>th</sup> Father's Day; 20<sup>th</sup> June Solstice; 21<sup>st</sup> June Solstice - Republic of Philippines; 23<sup>rd</sup> Coast Guard Auxiliary Birthday.**



© Can Stock Photo



Solicitation to receive bids for the 88th Annual National Convention 2021 C&BL 604(c) states "The LA FRA shall assume the following expense of the National Convention: recording, transcription, publication, and distribution of the convention minutes including the expense associated with the recorder and other necessary convention business.

C&BL Article 8, Section 809 (c) states: The National Financial Secretary, as the contracting officer, shall contract, within the budgeted line item, for services of a competent recorder employing a direct or condensed transcription method for duplication of the National Convention proceedings.

The National Financial Secretary is presently seeking bids for a qualified person or service to fulfill the position of recorder and transcriber for the 88<sup>th</sup> LAFRA National Convention to be held October 2-9, 2021 at the Mirabeau Park Hotel and Convention Center in Spokane Valley, Washington.

If interested in submitting a bid, please contact the National Financial Secretary for specific details as to required format, date and times, and other requirements for consideration pertaining to this bid.

In Loyalty, Protection and Service,  
*Brenda Horton*, National Financial Secretary  
P.O. Box 3037, Carson City, NV 89702      lafransbrenda@gmail.com      laframembership@outlook.com  
(775) 881-8731



In a June 7 session in the Pennsylvania State House (later Independence Hall), Richard Henry Lee of Virginia presented a resolution with the famous words: "Resolved: That these United Colonies are, and of right ought to be, free and independent States, that they are absolved from all allegiance to the British Crown, and that all political connection between them and the State of Great Britain is, and ought to be, totally dissolved."

Lee's words were the impetus for the drafting of a formal Declaration of Independence, although the resolution was not followed up on immediately.

On July 4, 1776, the 13 colonies claimed their independence from England, an event which eventually led to the formation of the United States.



### Regional Convention Information

Check with your Regional President for more Convention contact information.

NE/NEng Regional Convention  
Hilton Garden Inn, Albany Airport  
Rate: \$99 with or without taxes-unknown  
Albany New York  
August 6-7, 2021  
RP Cindy - 328cmrt@gmail.com

East Coast Regional Convention  
Zoom Meeting  
July 24, 2021  
9 AM - 5 PM  
RP Virginia - vmjorden@gmail.com

Southeast Regional Convention  
Ramada by Windham Conference Center  
Rates: M-Thurs \$73-K/\$78-Q; F-Sat \$88-K/\$98-Q  
Jacksonville Florida  
August 24-26, 2021  
FRA Code: Fleet Reserve Association  
RP Gale - gale.nathan19@yahoo.com

North Central Regional Convention  
Inn at Grand Glaize  
Osage Beach, Missouri  
Rate: \$69 plus tax  
August 9-11, 2021  
RP Lisa - rpnc2020@gmail.com

South Central Regional Convention  
Lebossier Hotel Bossier City  
Rates: 69/day + taxes  
Bossier City LA  
August 20-19, 2021  
RP Gini - lovedduck@aol.com

Northwest Regional Convention  
La Quinta Hotel  
Rate: \$119 plus tax  
Tacoma WA  
August 28, 2021  
RP Terri - TERRI69LL@hotmail.com

West Coast Regional Convention  
Gold Dust Hotel/Casino  
Carson City, Nevada  
August 19-21, 2021  
RP Kelly - penakelly66@gmail.com

Southwest Regional Convention  
Plaza Hotel & Casino -Rate: Sun-Thurs \$28+  
tax and resort fee; Deluxe 2 Queen on Sunday  
is \$44+ tax and fee and Mon-Wed \$42+tax+fee  
Las Vegas, Nevada  
August 16 & 17, 2021 - FRA Code SPFLEET  
RP Aaron - aaronjensenlafra@gmail.com

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### National Convention

Mirabeau Park Hotel and Convention Center, Spokane Valley, WA  
October 2-9, 2021

Rate 114 per night + 12.2% tax and \$2 fee  
www.mirabeauparkhotel.com or call 509-924-9000 - Code FRAV21

Information for Units filing the IRS Form 990 based on the 'unit year'.

**ATTENTION UNIT PRESIDENTS**  
**A REMINDER AND TIPS TO HELP YOU PREPARE THE FORM 990**

- Know the version of the Form 990 your Unit files
- Assemble key information from Unit records
- Know the Unit's deadline for filing
- Ensure the Unit files the Form 990 for this year
- It is suggested that the updated 990 information be sent to the National Treasurer

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**QUESTIONS: PLEASE CONTACT REGIONAL PRESIDENT OR NATIONAL OFFICER**

Candidates for National Offices

National President: Pat Suckow

National Vice President: Nadine Fulton

National Treasurer: *No resolutions received*

Regional Presidents: *No resolutions received*



***Pre-Election and Convention report reminders (National Officers, Chairman, and Units)***

*After elections:*

Send the Unit Officer Information form to the National Executive Secretary, National Financial Secretary, and the National Treasurer, and send two copies to your regional president.

*Regional conventions:*

From Units: the Americanism, Hospital, Publicity, Unit, Unit Activities, Welfare/Rehabilitation, and Youth Reports. Units need the Unit Chaplain's report to the Regional Chaplain. Prepare and send Regional Delegate forms and Proxy letters. RVP sends the Regional Membership Chairman's Annual Report to the Regional President

*National convention:*

From Units: National Delegate forms sent to the National President, National Vice President, National Executive Secretary, National Convention Chairman, National Credentials Chairman, and the National Registration Chairman, see the 'Who What and Where Information' sheet. Prepare and send National Proxy letters.

From Regions: First place Unit report. Newly Elected Regional Officers Report sent to the National Vice President, National Executive Secretary, and National Financial Secretary. Send the Regional Chaplains Combined Report to the National Chaplain.

From National Officers: (NP, NVP [includes the National Membership Chairman's report], NFS, NT, JrPNP, Appointee (National Chaplain) and Committee Chairmen (Pilgrimage, Goodwill Ambassador, Scholarship, *FRA Today* Liaison, and Honorary Membership): The original signature Annual Report sent by US Postal Service, or equivalent, to the National Executive Secretary by September 19, 2021 and bring two copies to convention.



I have done things that haunt me in the night, so you can sleep in peace.  
I have been away from my family a long time, so that yours can be safe.  
I have sacrificed a lot in my life, so that you may live free.  
I have done these things because I have sworn an oath to my country.  
And I will live by this oath until the day I die.  
Because I am & always will be an  
U.S. Veteran

Hi, my name is Gail Bolz, and I am the National Representative for the VAVS Program. I would like to explain to you about the VAVS VA Voluntary Service. You can become a Representative or Deputy for your Unit, by finding a VAVS facility that is close by and attend meetings every three months. Once you find a facility, contact me and we can get you signed up, it is that easy! Volunteering however does have its rewards, including connecting and building relationships with our veterans. Support our Veterans!

The LA FRA is an Honorary Member of The National Advisory Committee with volunteers in 12 VA Facilities. Our goal is to become a Service Member and have Representatives or Deputies in 25 VA facilities. Contact Gail Bolz, [60grandma@live.com](mailto:60grandma@live.com) to join the LA FRA VAVS Team and volunteer at your local VA Facility.

LA FRA members who are now serving are: PNP Helen Courneya – VA Sierra Nevada, NV; Carole Curtis – Carl Hayden VA, AZ; Christine Drew – Minneapolis VA HCS, MN; PRPWC Mary Ann Frank – Sacramento VA MC, CA; Virginia Ginter – Phoenix Carl T. Hayden VAVC, AZ; Dianna Laugheed – VA Hospital Reno, NV; National Deputy Peggy Lee Loa – Long Beach VAMC, CA; Matthew McIntyre – VA Menlo Park, CA; Joan E Miller – Austin Veterans Affairs Clinic, TX; Rosamond Theresa Milligan – Ralph H. Johnson VAMC, S. Claire L. Payne – VA Boston HS – Brockton Campus, MA. Kelly Pena – Livermore Division – VA Palo Alto HC, CA; Cynthia Rodham-Tuck – Brockton Campus – VA Boston HCS, MA; Amelia Ruiz – San Jose VA Clinic – CA; Carol Sayles – Boise VA MC, ID; Polly Stonich – VAMC Arroyo RD Livermore, CA; Karen Webster – VA Palo Alto HCS, CA; and Pat Wentworth – Kansas City VAMC, MO.

### **Ladies Auxiliary of the Fleet Reserve Association CONSTITUTION & BYLAWS RESOLUTION**

**Article 8, Section 809 (q) 4**

**Proposed by Unit 137 Sierra-Tahoe**

**C&Bl Article 8, Section 809(q) 4 Update all records, address changes, dues payments, terminations, etc.**


**Whereas: Many of the members have email addresses which are recorded on the profile section of this membership and so noted on their dues statement and membership card and**

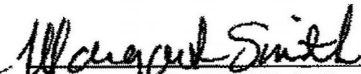
**Whereas: The recording of the members' email address, though not stated in the existing C&BL, is not listed as the responsibility of the National Financial Secretary to record the email and**

**Whereas: The members email address has become a vital information source for the transmission of LA FRA information therefore be it**

**Resolved: C&BL Article 8, Section 809(q) 4 Update all records, address changes, email address entry and changes, dues payments, terminations, etc.**

**This is to certify that this resolution was proposed at a regular meeting of Unit 137, held on the 14<sup>th</sup> day of April 2021 read, debated and at a regular meeting of Unit 137, held on the 12<sup>th</sup> day of May 2021 was again discussed and adopted by a unanimous vote, there being a quorum present at each of these meetings.**

  
Cherlita Dagang, Unit President

  
Margaret Smith, Unit Secretary

**Ladies Auxiliary of the Fleet Reserve Association  
CONSTITUTION & BYLAWS RESOLUTION**

**Article 8, Section 809(q) 4**

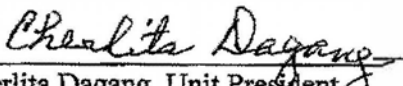
C&BL Article 8, Section 809(q)4 Update all records, address changes, dues payments, terminations, etc.

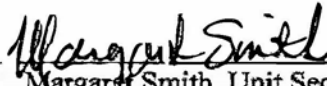
*Whereas:* Members emails have become an essential part of a means to communicate within the LA FRA and

*Whereas:* The presently are no guidelines available regarding the use of a member's email and therefore be it

*Resolved:* That Article 8, Section 809(q)4(a) be added to state: Members' emails addresses are confidential and will be used only to provide LA FRA correspondence, distribution of the Triangle and official notification. It will not be listed on the Monthly Unit Roster nor provided or sold to a third party. The email address will remain as part of the members' profile while the membership is in good standing.

This is to certify that this resolution was proposed at a regular meeting of Unit 137, held on the 14<sup>th</sup> day of April 2021 read, debated and at a regular meeting of Unit 137, held on the 12th day of May, 2021 was again discussed and adopted by a unanimous vote, there being a quorum present at each of these meetings.

  
Cherlita Dagang, Unit President

  
Margaret Smith, Unit Secretary



**Unit 182, TRIANGLE, ROCKVILLE, MD**  
Presentation of flags at a multilevel girl scout troop meeting.

**Unit 182, TRIANGLE, ROCKVILLE, MD**  
PRPEC Gloria Bastian prepared a special LA FRA Memorial Service and the Members of Unit 182 held the LA FRA Special Ritual in memory of and to honor PRPEC Duane and Margarite Robertson Branch, longtime active members of Branch and Unit 182 East Coast Region.



*Please use the below form to report a change in your email address. Send to NES Vera Thomas (2929 Bobcat CT, Green Cove Springs, FL 32043) or send an e-mail (that includes at least your name and if you have it handy your member number for a faster delivery method to aquaspacev@aol.com*

**REPORT OF CHANGE OF ADDRESS FOR TRIANGLE**

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

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

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

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

**OLD ADDRESS**

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

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

**NEW ADDRESS**

Telephone number (if changed) \_\_\_\_\_

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

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

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

Remember to notify the NFS of any change of address: LA FRA, P.O. Box 3037, Carson City, NV 89702