



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association
June 2023 Edition

2022-2023

National President

Nadine Fulton
619-200-7706
lafranpfulton@gmail.com

National Vice President

Veralyn C. Thomas
904-291-1575
aquaspacev@aol.com

National Executive Secretary

Laurie A. Starkey
856-294-1282
lafrastarkey@outlook.com

National Financial Secretary

Pat Suckow
843-452-4719
lafranfspat@gmail.com

National Treasurer

Carolyn Whitaker
386-447-5420
ntcarolynw@yahoo.com

Jr Past National President

Jackie Scarbro
757-482-2209
jackiescarbrolaфра@gmail.com

National Chaplain

Shirley Ferrill
619-267-2516
Shirleyazf36@gmail.com

National Parliamentarian

Cindy Rodham Tuck
508-238-3607
328cmrt@gmail.com

Website: la-fra.org

Contact NES Laurie Starkey if you need addresses.

For Membership and Auxiliary Supplies, Contact NFS:

LA FRA
PO Box 706
Goose Creek, SC 29445



From the Desk of the National President

This has been a tough month for the LA FRA. We lost a key member of our team, NFS Brenda Horton on April 30th. It's never easy to lose a member but in Brenda's case, it was also a call to action to make sure that the LA FRA can continue to serve the membership in a timely manner. Parliamentarian Cindy Rodham-Tuck and I made the trip to Carson City to sort, pack and ship the NFS records, equipment, and stacks of dues payments. With the help of Unit 137 President Jan Solberg and Unit 137 member Joyce Jackson, we made quick work of it. Brenda was organized so it was easy to find where she left off.

On May 19th, SWRP Marilyn Quesnel and I traveled back to Carson City to attend Brenda's funeral and celebration of life hosted by Unit 137. LA FRA was well represented, and I am sure Brenda's family appreciated the support. Stories were told of her dedication to the community and of course, her baking skills. It is apparent that she made a difference. Her dedication and commitment to the LA FRA will not be forgotten.

The National Board of Directors has also been busy, transfer of responsibilities and positions takes time and communication. I'm proud to announce that PNP Pat Suckow has been appointed to fill the vacant NFS position. Filling the JrPast President position vacated by Pat is PNP Jackie Scarbro. My thanks to both of them for stepping up, or stepping back as the case may be, in our time of need. I ask that everyone please be patient as NFS Pat has a big job ahead of her while catching up with 2 months of work. I've been asked repeatedly about the voting strength statistics; it is one of her priorities. No one will lose their membership because a dues check was cashed late. If you need help or have questions, reach out to your Regional President first. All LA FRA business should be sent to NFS Pat's new PO Box and email information address listed below.

Ladies Auxiliary of the FRA
PO Box 706
Goose Creek, SC 29445

Email: lafranfspat@gmail.com
Phone: (843) 452-4719

NFS Pat will not have time to send out April Unit reports, but Units should be receiving them for May. Be sure you get your Regional and National Delegate forms submitted as soon as possible. Be sure to mail your Officer's Reports form as soon as you have elections. If they are not received by July 15th, the unit's PCT will be held back.

I will be attending the East Coast Regional Convention in Annapolis on July 5th and North Central Regional Convention July 30th. I'm looking forward to seeing familiar faces and meeting new friends.

Yours in Loyalty, Protection and Service,
Nadine Fulton, National President

In Memorium



Brenda Marie Horton, NFS
8/1/1951 – 4/30/2023

Brenda Marie Horton of Carson City, NV, passed away on April 30th, 2023. She was predeceased by her loving husband and friend, Verne Horton. She is survived by her son, Will Burns, brothers James Fischer, and Carl W. Fischer, sister Paula Simms, stepsons Sean Horton and Scott Horton, plus loving grandchildren, nieces, and nephews.

Her legacy in Carson City throughout the past 50 years is defined by her commitments to the community. Those include her dedication to The MS Society, Vietnam Veterans of America (VVA), The Fleet Reserve Association (FRA), and the Ladies Auxiliary of the Fleet Reserve Association (LA FRA). She eventually rose to the position of the National Finance Secretary of LA FRA, a position she held until her death.

Pictures taken at Brenda's Celebration of Life hosted by Unit 137:



Brenda's hats. She had just received her NVP hat.



Brenda's Memorial Table



LA FRA Members who attended Brenda's services. Members pictured: NP Nadine Fulton, RPSW Marilyn Quesnel, Jan Solberg, Joyce Jackson and Cherlita Dagang. Jan, Joyce and Cherlita are members of Unit 137.

National President's Project

National President Nadine Fulton's President's Project for 2022-2023 is Warrior Foundation Freedom Station – Assisting, honoring, and supporting those that have bravely served our country by supplying them with quality-of-life items, support services and transitional housing. For more information go to www.warriorfoundation.org.

National Vice President's Project

'Growing Our Membership' is National Vice President Vera Thomas's project for 2022-2023. First, concentrate on maintaining the members that we have and then work to increase the membership one member at a time. Most units know there is a problem with membership, we also know that this has been an ongoing issue for many years.

Cops!!

From the National Treasurer:

All of the dates on the Bank Accounts show 3/27/22 and it should be 3/27/23. The date of the audit was also missing, that was April 6, 2023.

Sorry!

Carolyn Whitaker, NT



Pat Suckow, PNP, has been appointed as
National Financial Secretary.

For Membership and Auxiliary Supplies
Contact:
LA FRA NFS
PO Box 706
Goose Creek, SC 29445
lafranfspat@gmail.com



Jackie Scarbro, PNP, has been appointed as
Jr. Past National President. Her email
address is jackiescarbrolafra@gmail.com

Changes to National Appointment List 2022-2023

National Financial Secretary:

Pat Suckow PNP
106 Hyrne St., Goose Creek, SC 29445
843 452-4719
psuckow106@gmail.com

Jr Past President:

Jackie Scarbro
613 Hillwell Rd., Chesapeake, VA 23322
757 482-2209
jackiescarbrolafra@gmail.com

New Regional President NE/NEng:

Nicholas Luz
14 S Amos St., Tewsbury, MA 01876
978-335-0972
n2theluz@gmail.com

Regional Vice President NE/NEng:

Cindy Rodham Tuck PNP
38 Shannonmarie Way, N. Easton, MA 02356
508-238-3607
328cmrt@gmail.com

Budget & Finance Chairperson, Christina Murray, PNP:

New Phone Number: 757 439-6135.

Changes to LA FRA Unit Officers and Chaplains Roster 2022-2023

Please make note of the following changes:

Regional President NE/NEng:

Nicholas Luz
14 S Amos St
Tewsbury, MA 01876
978-335-0972
n2theluz@gmail.com

Regional Vice President NE/NEng:

Cindy Rodham Tuck PNP
38 Shannonmarie Way
N. Easton, MA 02356
508-238-3607
328cmrt@gmail.com

Rebecca 'Ruby' Lopez
East Coast Regional Chaplain
PO Box 455
Indian Head, MD 20640-0455
443-975-1661
rslopez1114@yahoo.com

Unit 29 Bremerton, WA

President:

New email address:

Vice President:

New email address:

Secretary:

New email address:

Treasurer:

New email address:

Chaplain:

New email address:

Cheryl Selgren

shanan1@live.com

Michelle Olvera

michelleolvera@ymail.com

Terri Johnson PRPNW

terri69LL@hotmail.com

Terri Johnson PRPNW

terri69LL@hotmail.com

Toni Reed

garree001@msn.com

Unit 382 Gem State, Nampa, ID

Unit 382 does not have a Unit Vice President

Unit 290 Mayport, Atlantic Beach, FL

New meeting day: 2nd Thursday

June Holidays

| | |
|---------|--------------------------------|
| June 6 | D-Day |
| June 12 | Women Veterans Day |
| June 14 | Flag Day |
| June 18 | Father's Day |
| June 19 | Juneteenth |
| June 23 | Coast Guard Auxiliary Birthday |

Candidates for National Office

| | |
|-------------------------------------|-----------------------------|
| National President: | Veralyn Thomas, Unit 126 |
| East Coast Regional President: | Loretta Jorden, Unit 24 |
| East Coast Regional Vice President: | Rebecca Lopez, Unit 181 |
| Southwest Regional Vice President: | Roseanne Kramlich, Unit 289 |
| West Coast Regional Vice President: | Tina Pedersen, Unit 137 |

For information about the duties assigned to any office see both the LA FRA C&BL and the Standing Rules.

Membership Report as of 4/30/2023

Due to the recent passing of NFS Brenda Horton, there are no membership stats to publish this month. Membership stats will resume in the next issue of the Triangle.

Donations

Due to the recent passing of NFS Brenda Horton, there are no donations to publish this month. A listing of donations will resume in the next issue of the Triangle.

In Loving Memory of Our Departed Members

Due to the recent passing of NFS Brenda Horton, there is no listing of deceased members to publish this month. Notifications of deceased members will resume in the next issue of the Triangle.

Just Some Reminders

Don't forget to send in the new Unit Officer Information form immediately following the unit elections. You must send one copy to NES Laurie Starkey, NFS Pat Suckow, and NT Carolyn Whitaker, PNP (whose addresses are on the form) and two copies to your Regional President. Failure to send in the new Unit Officer Information form will affect your Unit.

Attention Unit Secretaries or Treasurers - tips to help you prepare the Form 990

| | |
|--|--|
| Ensure the Unit files the Form 990 for this year | Each Region/Unit must have their own EIN number |
| Assemble key information from Unit records | Banks/Credit Unions must have the EIN number that is |
| Know the Unit's deadline for filing listed on the IRS authorization form | |

"The Units are "Requested" to submit EIN numbers. EIN is public knowledge, so it saves the National Treasurer time from having to look them all up". **QUESTIONS: PLEASE CONTACT REGIONAL PRESIDENT OR NATIONAL TREASURER**

The following was provided by Dorothy Smiley, RPEC, VA VS Representative:

Combating Fraud & Supporting Consumer Protection

From: "Witt, Nathan A." Nathan.Witt@va.gov

Date: April 10, 2023 at 10:34:23 AM EDT

To: Witt, Nathan A." Nathan.Witt@va.gov

Subject: Combating Fraud & Supporting Consumer Protection

Good morning, NAC Leaders – As final preparations are made for the 77th Annual VAVS National Advisory Committee Meeting & Conference where we'll learn more about recent legislation expanding VA health care eligibility and benefits, we want to share two resources that we ask you to communicate with your membership.

1. The first is a one-page VA education fact sheet that can help us be more vigilant about scams related to the PACT Act (The Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act).
2. The second is an exceptional *TEDx Talk* from Ms. Kathy Stokes who in 16-minutes shares relatable stories showing how easy it is to fall prey to fraud, seeks to destigmatize victims given the shame they often feel, and offers ways we can be more aware and supportive of one another to reduce these predatory acts. Link to TEDx Talk: [Let's Talk About How We Talk About Fraud | Kathy Stokes | TEDxRiverOaks*](#)
 - a. You may need to press the CTRL key when clicking the link to open it in your browser.
 - b. Please note the disclaimer copied below my signature block given the ad that will likely play prior to the TEDx Talk.

Thanks in advance for sharing with those in your organization so that we can all do a better job looking out for one another.

Have a great day,
Nate

NATHAN WITT

VOLUNTARY SERVICE SPECIALIST

CENTER FOR DEVELOPMENT & CIVIC ENGAGEMENT (15CDCE)

DIRECT: (727) 420-1748

CDCE VACO MAIL GROUP: VHA15CDCESTAFF@VA.GOV

Upcoming Events

| | | |
|---|-----------------------|-------------------|
| East Coast Regional Convention | 07/05/2023-07/09/2023 | Annapolis, MD |
| North Central Regional Convention | 07/31/2023-08/03/2023 | Wauwatosa, WI |
| Southwest Annual Convention | 08/14/2023-08/15/2023 | Las Vegas, NV |
| West Coast Regional Convention | 08/17/2023-08/19/2023 | Cheyenne, WY |
| Northwest Regional Convention | 08/18/2023-08/19/2023 | Nampa, ID |
| South Central Regional Convention | 08/18/2023-08/20/2023 | Bossier City, LA |
| Southeast Regional Convention | 08/29/2023-08/31/2023 | Gulf Breeze, FL |
| Northeast/New England Regional Convention | 09/08/2023-09/09/2023 | Atlantic City, NJ |
| 95th FRA & 90th LAFRA National Convention | 09/23/2023-09/30/2023 | Sparks, NV |



NP Nadine Fulton & Roseanne Kramlich, President of Unit 289, presenting gift cards to the Navy Relief Society. Unit 289 donated the gift cards.



LA FRA Unit 275 of Placerville is duly installed



RPSW Marilyn Quesnel and NChap Shirley Ferrill
at Unit 61 Chula Vista, CA Unit Officers Installation



Unit 61 Chula Vista CA 2023-2024 Unit Officers Installation

The following was provided by Dorothy Smiley, RPEC, VA VS Representative:

SURVIVOR'S ASSISTANCE CHECKLIST

There are numerous tasks to be completed following the death of a retiree. This checklist is designed to assist your surviving family members in taking the necessary actions in the event of your demise.

Immediate Actions

1. Notify the Defense Finance and Accounting Service-Cleveland Center (DFAS-CL) of the retiree's passing. DFAS-CL will stop the member's retired pay and provide the required information regarding the Retired Service members' Family Protection Plan (RSFPP) or the Survivor Benefit Plan (SBP) if the member was enrolled in either program.

Call DFAS-CL: (800) 321-1080
Date completed: _____

2. Contact your nearest Navy Retired Activities Office (RAO) for assistance if there is one nearby. Alternatively, use an Army Retirement Services Office (RSO) or an Air Force Retiree Activities Office (RAO).

Check a recent edition of Shift Colors or call (866) 827-5672 for a listing of Navy RAO telephone numbers.
Date completed: _____

3. Contact the Department of Veterans Affairs (VA) to obtain:
a. Flag for burial (frequently funeral directors will assist in this matter);
b. Burial assistance (if member died of a service-connected disability or in VA hospital);
c. Dependency and Indemnity Compensation (DIC) (if the cause of the retiree's death was service connected).

Note: You will need a copy of the service member's discharge document(s) to include the DD Form 214, retirement certificate/orders to apply for any VA benefits.

VA Regional Office: (800) 827-1000
Date completed: _____

4. Contact the Social Security Administration (SSA) to apply for the \$255 burial payment paid only to spouses, not adult children. (Note: You will need to schedule an appointment with the local SSA office to review eligibility for additional benefits)

SSA: (800) 772-1213
Date completed: _____

5. If covered under Veterans' Group Life Insurance (VGLI), report the death to the Office of Service member's Group Life Insurance (OSGLI). If covered by VA National Service Life Insurance (NSLI) call (800) 669-8477

VGLI Office: (800) 419-1473
Date completed: _____

Follow-up Actions (to be completed within 6 months):

1. Obtain a new dependents identification card (ID) (will change/update DEERS) from the nearest military installation. Questions concerning ID cards should be directed to the Navy Personnel Command, Benefits/Identification Eligibility Branch, PERS-312, at (866) 827-5672.

Date completed: _____

2. If enrolled in RSFPP or SBP and not yet receiving an annuity, contact Defense Finance and Accounting Service-Cleveland Center.

DFAS-CL: (800) 321-1080
Date completed: _____

3. When necessary, call DFAS-CL for member's 1099R (for tax purposes) and call DFAS-CL for SBP annuitant's 1099R.

DFAS-CL: (800) 321-1080
Date completed: _____



Members of a Navy Honor Guard prepare to fold an American flag prior to its presentation to family members during a burial ceremony at NAS Oceana, CA.

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Ready Reference Contact Information

Air Force Retiree Services: (800) 531-7502; www.retirees.af.mil
Arlington National Cemetery: (703) 607-8000;
www.arlingtoncemetery.org

Armed Forces Retirement Home: (800) 422-9988; www.afrh.gov
Army & Air Force Exchange Service: (214) 312-2011;
www.aafes.com

Army Retired Services: (703) 571-7232;
<https://scsdcgpcr.office.army.mil/retirement>

Burial at Sea Information: (866) 787-0081;

Combat Related Special Compensation:
www.va.gov/resources/combat-related-special-compensation-crscc/
DEERS: (800) 538-9552, Fax: (831) 655-8317;
www.tricare.osd.mil/deers

Defense Commissary Agency: www.commissaries.com
DFAS Casualty Assistance Branch: (800) 321-1080 or (216) 522-5955; (For Reporting a Retiree's death, option #1)
Fleet Reserve Association: (703) 683-1400; www.fra.org

Gulf War Homepage: www.gulfink.osd.mil
I.D. Cards Benefits and Eligibility: (866) 827-5672;

Internal Revenue Service: (800) 829-1040; www.irs.gov

Marine Corps Retired Affairs: (800) 336-4649; www.usmc.mil
(Hover over "Marine Services" then click on "Retired Services")

Medicare: (800) 633-4227, TTY: (877) 486-2048; www.medicare.gov

Military Officers Assoc. of America: (800) 234-6622; www.moa.org

National Burial Services: (800) 697-6940

Navy Reserve Personnel Management (PERS 9): (866) 827-5672;

Navy Casualty Assistance: (800) 368-3202

After duty hours call (901) 634-9279 for Casualty Watch Officer

Navy Retired Activities: (833) 330-6622

Email: MLL_RetiredActivities@navy.mil

Navy Retired Activities Offices

Navy Uniform Shop: (800) 368-4088; www.navy-nex.com/uniform

Report the Death of a Retiree: (800) 321-1080

Reserve Component SBP: (866) 827-5672 ask for PERS-912

Retiree Dental — Delta Dental: (888) 838-8737; www.trop.org

Servicemembers Group Insurance (SGLI): (800) 419-1473;
www.insurance.va.gov

Naval Historical Center: (202) 433-2210; www.history.navy.mil

Social Security Administration: (800) 772-1213; www.ssa.gov

Pay/SBP Questions: www.dfas.mil

Pay inquiries and update of pay or SBP records in case of death, divorce or remarriage:

Retiree:

Defense Finance and Accounting Service

U.S. Military Retirement Pay

8899 E 56th Street

Indianapolis, IN 46249-1200

(800) 321-1080 / Fax: (800) 469-6559,

SBP/RSFPP annuitant:

Defense Finance and Accounting Service

U.S. Military Annuitant Pay

8899 E 56th Street

Indianapolis, IN 46249-1300

(800) 321-1080 / (800) 469-6559

TRICARE: www.mytricare.com/mic

TRICARE East: www.humana.military.com/beneficiary

AL, AR, CT, DC, DE, IL, IN, KY, FL, GA, LA, MA, MD, ME, MI, MS,

NC, NH, NJ, NY, OH, OK, PA, RI, SC, TN (except 35 Western zip),

TX (except the extreme Western area) VT, VA, WI, and WV

TRICARE West: www.tricare-west.com

AK, AZ, CA, CO, HI, ID, IA (except 82 zip near Rock Island), KS,

MO (except St. Louis area), MN, MT, ND, NE, NM, NV, OR, DE,

SW TX, UT, WA, WY some zip in IA, MO, TN

TRICARE Overseas: (888) 777-8343; www.tricare-overseas.com

TRICARE For Life: (866) 773-0404; www.tricare.mil/tfl

TRICARE mail order pharmacy: (877) 363-1303;

www.tricare.mil/pharmacy

www.express-scripts.com

VA: www.va.gov

Regional offices: (800) 827-1000 (overseas retirees should

contact the American Embassy/consulate), TDD (800) 829-4833

Insurance:

VA Regional Office and Insurance Center

PO Box 7208 (claims inquiries) -ORPO

Box 7787 (payments) -ORPO

Philadelphia PA 19101

(800) 669-8477; www.insurance.va.gov

Burial Information: (800) 827-1000; www.cem.va.gov

GI Bill: (888) 442-4551; www.gibill.va.gov

Records:

For replacement DD 214s, service records, medical records,

award information:

Retired prior to 1995:

www.archives.gov/veterans/military-service-records

Retired after 1995:

Navy Personnel Command

PERS-312E

5720 Integrity Drive

Millington, TN 38055-3120

Fax requests to: (901) 874-2664

Gray-area reservists: (866) 827-5672

Navy Recreation: www.mwr.navy.mil

Navy Gateway Inns & Suites: <http://dodlodging.net>

ITT: <http://matoymer.org/mwprgrms/fit.html>

Sister service retiree publications:

Air Force Afterburner: www.retiree.af.mil

Army Echoes: <https://soldierforlife.army.mil/retirement/echoes>

Coast Guard Evening Colors: www.uscg.mil/hq/cg1/pschas

Marine Corps' Semper Fidelis: www.semperfidelis.com

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Some History ...

D-Day

The Normandy beaches were chosen by planners because they lay within range of air cover, and were less heavily defended than the obvious objective of the Pas de Calais, the shortest distance between Great Britain and the Continent. Airborne drops at both ends of the beachheads were to protect the flanks, as well as open up roadways to the interior. Six divisions were to land on the first day; three U.S., two British and one Canadian. Two more British and one U.S. division were to follow up after the assault division had cleared the way through the beach defenses. Disorganization, confusion, incomplete or faulty implementation of plans characterized the initial phases of the landings. This was especially true of the airborne landings which were badly scattered, as well as the first wave units landing on the assault beaches. To their great credit, most of the troops were able to adapt to the disorganization. In the end, the Allies achieved their objective.

The airborne assault into Normandy, as part of the D-Day allied invasion of Europe, was the largest use of airborne troops up to that time. Paratroopers of the U.S. 82nd and 101st Airborne Divisions, the British 6th Airborne Division, the 1st Canadian Parachute Battalion, and other attached Allied units took part in the assault. Numbering more than 13,000 men, the paratroopers were flown from bases in southern England to the Cotentin Peninsula in approximately 925 C-47 airplanes. An additional 4,000 men, consisting of glider infantry with supporting weapons, medical, and signal units were to arrive in 500 gliders later on D-Day to reinforce the paratroopers. The parachute troops were assigned what was probably the most difficult task of the initial operation - a night jump behind enemy lines five hours before the coastal landings.

To protect the invasion zone's western extremity and to facilitate the "Utah" landing force's movement into the Cotentin Peninsula, the U.S. 82nd and 101st Airborne Divisions descended on the peninsula by parachute and glider in the early hours of D-Day. The paratroopers were badly scattered. Many were injured and killed during the attack, and much of their equipment was lost, but the brave paratroopers fought fiercely, causing confusion among the German commanders and keeping the German's troops occupied. Their efforts; hampered by harsh weather, darkness and disorganization, and initiative of resourceful Soldiers and leaders, ensured that the Utah Beach assault objectives were eventually accomplished. The British and Canadian attacks also accomplished their primary goal of securing the left flank of the invasion force.

(The above was courtesy of <https://www.army.mil/d-day/history.html>)

The History of Flag Day

The first celebration of the U.S. Flag's birthday was held in 1877, on the 100th anniversary of the Flag Resolution of 1777. However, it is believed that the first annual recognition of the flag's birthday dates to 1885 when schoolteacher BJ Cigrand organized a group of Wisconsin students to observe June 14, the 108th anniversary of the official adoption of The Stars and Stripes as the Flag's Birthday. Cigrand, now known as the Father of Flag Day, continued to publicly advocate the observance of June 14 as the flag's birthday, or "Flag Day," for years.

Just a few years later, the efforts of another teacher, George Balch, led to the formal observance of Flag Day on June 14 by the New York State Board of Education. Over the next few years, as many as 36 state and local governments adopted the annual observance. For over 30 years, Flag Day remained a state and local celebration.

In 1916, the anniversary of the Flag Resolution of 1777 became a nationally observed event by a proclamation by President Woodrow Wilson. However, it was not designated as National Flag Day until August 3, 1949, when an Act of Congress designated June 14 of each year as National Flag Day.

Today, Flag Day is celebrated with parades, essay contests, ceremonies and picnics sponsored by veterans groups, schools, and groups like the National Flag Day foundation whose goal is to preserve the traditions, history, pride, and respect that are due the nation's symbol, Old Glory.

(The above is courtesy of www.military.com/flag-day)

TRIANGLE – June 2023
Ladies Auxiliary of the Fleet Reserve Association
39 Fairmount Drive
Glassboro, NJ 08028-1305

NON-PROFIT
ORGANIZATION
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BELLMAWR, NJ

Everyone is invited to transfer their paper Triangle to an e-mail Triangle. Please return the below form with your e-mail address to NES Laurie Starkey (39 Fairmount Drive, Glassboro, NJ 08028-1305) or send an e-mail (that includes at least your name and your member number, if you have it handy, for a faster delivery method to lafrastarkey@outlook.com

| REPORT OF CHANGE OF ADDRESS AND OR EMAIL ADDRESS FOR THE TRIANGLE | |
|--|------------------|
| Date: _____ | |
| Name: _____ | Member No: _____ |
| Old email address: _____ | |
| New email address: _____ | |
| Old Address | |
| Street: _____ | |
| City, State, ZIP: _____ | |
| New Address | |
| Street: _____ | |
| City, State, ZIP: _____ | |
| MAIL TO: Laurie Starkey, NES, 39 Fairmount Drive, Glassboro, NJ 08028-1305 | |
| Remember to also notify Pat Suckow, NFS, of any change of address: LA FRA, PO Box 706, Goose Creek, SC 29445 | |