



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

July 2023 Edition

2022-2023

National President

Nadine Fulton
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lafranpfulton@gmail.com

National Vice President

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National Executive Secretary

Laurie A. Starkey
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Jr Past National President

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National Chaplain

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619-267-2516
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National Parliamentarian

Cindy Rodham Tuck
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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

CONVENTION CALL ATTENTION ALL UNITS

Pursuant to the requirements of the Constitution and Bylaws of the Fleet Reserve Association, the National President hereby calls the Annual Convention of the Ladies Auxiliary of the Fleet Reserve Association, to be held in Sparks, Nevada September 23-30, 2023:

Nugget Casino Resort
1100 Nugget Ave

to convene at 1 PM, September 26th for the following purposes:

- 1) To hear annual reports of National Officers and National Chairmen.
- 2) To consider resolutions proposing amendments to the Constitution and Bylaws, Standing Rules, Rituals, and General Policy.
- 3) Formulate plans for the Ladies Auxiliary Fleet Reserve Association.
- 4) To elect National Officers for the ensuing year.
- 5) To entertain suggestions for the Good of the Order.

Attest: National Executive Secretary Laurie Starkey
National President Nadine Fulton

Dated: July 1, 2023

Remember at the end of the administrative year, Unit and Regional Books will be audited and the IRS Form 990, required 501(c)19 tax-exempt organization, needs to be filed. Installation is required even if a Unit or Region is maintaining previous officers. It is time to submit the National Delegate Sheets signed by the Unit President/Secretary and mail them forty-five days before the National Convention. Unit Presidents, please ensure your Unit is represented in person or by a proxy at the convention. Delegates, Alternate Delegates, and all members will have their LA FRA Membership Card available for registration.

The 95th FRA/90th LA FRA 2023 National Convention is being hosted by the National Convention Committee. Room rates are \$102 per night, plus a 13.5% room tax and a \$2.00 tourism fee for a total of \$117.77 per night single or double. The deadline for making reservations is August 31, 2023. There is no additional charge for parking and a free shuttle is provided from Reno Airport. The reservation link is posted on the FRA Website, the LA FRA website or by calling 800-648-1177 or 775-356-3300. Be sure to use the code **GFRAC23**. If you need to make a reservation for an ADA (accessible) room, you need to

Continued on Page 2

call the hotel directly. Important: When making reservations by telephone you should use FRA Group **GFRAC23** and identify the group as the "Fleet Reserve Association" and not just the "FRA". The LA FRA Pre-Board Meeting will be held on Monday, 1300, September 25th. Regional Vice-Presidents are encouraged to attend, to prepare for their term. All members are welcome to attend.

Summer is the time for Regional Conventions, and I hope you plan to attend your own convention or another region. Members from other regions and Members-at-large are encouraged to join any of the conventions. If you need a reason to travel to Annapolis, Milwaukee, Boise, Las Vegas, Carson City, Cheyenne, Atlantic City, Bossier City, or Pensacola, this is your opportunity. The room rates are good and there will be lots of friends to greet you. More information can be found on the LA-FRA.org website.

Thank you for your patience during the transition of the NFS positions. Pat Suckow has done an amazing job catching up with the workload under less-than-ideal conditions. You can resume sending in your PCT reports if you have not done so yet.

This month I attended the installations of Unit 61 Chula Vista and Unit 302 Carson, both in the Southwest Region. I was proud to represent the LA FRA at a Memorial Day ceremony held locally at Veteran's Park in Imperial Beach. Because the area has a very strong Navy presence, it was well attended.

Unit 289 sponsored a very successful fundraiser for my project, Warrior Foundation – Freedom Station, this month. Founder Sandy and her crew came to the Branch Home with standing room only to talk about their organization. Southwest Regional Vice President Jo Anne Dougherty worked hard with many Unit volunteers to make the Hawaiian Chicken that everyone loves. Thank you to members of Unit 61 and Branch and Unit 70 for supporting my project as well.

More news about my project. On the evening of the fundraiser, I kicked off a raffle of a 5-day/4-night stay at my 2-bedroom/2-bathroom Airbnb in family-friendly Lake Las Vegas for \$20 per chance. There will be more information posted within the Triangle this month and every month until the National Convention in Reno. The name will be drawn at the National President's luncheon. This prize is worth up to \$1,600.

In July, I plan to attend the East Coast Convention in Annapolis, MD and at the end of July to travel to the North Central Regional Convention in Wauwatosa, WI.

Yours in Loyalty, Protection, and Service

Nadine Fulton, National President



Warrior Foundation Fundraiser volunteers



WFFS Founder Sandy Lehmkuhler (far left) and CEO Andy Gaspar (far right) presenting appreciation plaque to Unit 289 President Rosanne Kramlich



Members of Unit 302

A Note from the National Vice President

The form provided in this issue of the Triangle is provided for the Member At Large (MAL) to give to a family member or friend to advise the LA FRA of the member's death. It lists mailing addresses and for those comfortable with the internet the email addresses. This notification will aid the LA FRA with including the member in the Memorial Service held during the annual National Convention.

Yours in Loyalty, Protection and Service
National Vice President Vera Thomas

Ladies Auxiliary of the Fleet Reserve Association Email or US Post Office Version Notification of a Death of a *Member at Large*

Name of Deceased: _____ Membership # _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____

Title if a Past National Officer: _____

Name of Person Submitting Form: _____

Telephone: _____ Email: _____

LA FRA National Vice President
Veralyn Thomas
2929 Bobcat Ct
Green Cove Springs FL 32043
aquaspacev@aol.com

LA FRA National Financial
Secretary Pat Suckow
106 Hyrne Dr
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LA FRA National Chaplain
Shirley Ferrill
2712 E 14th St
National City CA 91950
shirlevasf36gmail.com



Letter from the VAVS Chairman

I have connected with several Units in regard to VAVS communication. Because of reasons unknown, many Units work hard doing work for the VA Hospitals but are not getting Auxiliary credit for what they do in Washington DC. We must connect with the VAVS VA Hospital Representative to record our hours and members in attendance. I will be calling all Units for contact information for VA Hospital Representative. We are recorded as Ladies Auxiliary of the Fleet Reserve in Washington DC. We can come out of honorary status (13) to member status (25). After speaking to several Unit members, we are well over 25 needed to become members status, we are just not registered with hospital representative. This is extremely important and awarding in so many ways for the Auxiliary. I will be sending out information as I receive it. Please contact National VAVS Representative Dorothy Smiley as soon as possible if you are registered. We lost a lot of status with hospitals due to COVID, but we are welcome to return or start anew. Thank you in advance for your attention to this matter.

In Loyalty, Service, and Protection
RPEC Dorothy Smiley
VAVS Representative

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.



A Note from the National Financial Secretary

The Unit Officer Information form is due by July 15th. Once elections are conducted, we ask that this form be submitted immediately to the National Officers Listed on the form.

The Deceased Members list will be distributed to the Units in early July. Unit Presidents please pass this information on to the Unit Chaplain for verification and notify the NFS of any discrepancies.

Request from the NFS...Please do not use staples to attach checks, membership applications, etc. to PCT. Also, I love money but please do not make out the check to me it should say LA-FRA.

I wish to advise everyone that the National convention is early this year. I will be closing the supply order around September 1st, to prepare my inventory. We were forced to raise the price of supplies due to the increased cost of production and increased postage. The new supply order form is on the la-fra.org website.

As for membership, I will continue until September 20. Anything received after these dates will be processed in October.

Finally, the return of mail has been very high, since members are not notifying the NFS of their address change. I have been receiving return mail every day. Please advise your membership that when they move to notify us of their new address. This has been a big issue for many years. It is also time-consuming and puts an extra financial burden on the organization. Please place an article in your newsletters, discuss at your unit meeting. Stress the importance of notifying the National Financial Secretary of their address changes.

If you have any questions pertaining to membership or other matters, please contact me. Hope you have a wonderful summer filled with good health and safe travels.

In Loyalty Protection and Service

Pat Suckow, PNP
National Financial Secretary 2023
Auxiliary of the FRA

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.

July Holidays

July 4	Independence Day (Fourth of July)
July 21	Department of Veterans Administration Created
July 25	Hire a Veteran Day
July 26	Armed Forces Unification Day

Candidates for National Office

National President:	Veralyn Thomas, Unit 126
National Vice President:	Kelly Marie Pena, Unit 287
National Financial Secretary:	Patricia "Pat" Suckow, Unit 269
East Coast Regional President:	Loretta Jorden, Unit 24
Southeast Regional President:	Shirley J. Reed, Unit 22
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.

LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

National Vice President 2023-2024

Livermore Unit 287

Nominating Resolution

WHEREAS, it will be the responsibility and the privilege of the delegates assembled at the 90th National Convention of the Ladies Auxiliary of the Fleet Reserve Association held in Sparks, Nevada on September 23- 29, 2023, to elect one of its outstanding members to the office of National Vice President for the association year 2023-2024; and

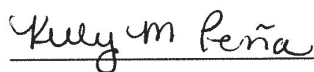
WHEREAS, the duties of the office require that the person elected must possess leadership, integrity, executive and administrative abilities; and

WHEREAS, Livermore Unit 287 in Livermore, California has a member, **KELLY MARIE PENA**, who has demonstrated all the required qualifications, as well as dedication to the three cardinal principles of Loyalty, Protection, and Service of the Ladies Auxiliary of the Fleet Reserve Association; and

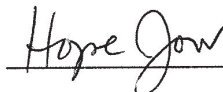
WHEREAS, she has served as West Coast Regional President 2016-2017, 2020-2021 and 2021-2022, 2022-2023 WCR Vice President, and served on Regional Unit Report Committee and currently serving on the 2023 National Convention Committee to be held in Sparks, Nevada. On the Unit level, she has served as Unit President, Unit Vice President, Membership Chairperson. She has also served as Secretary and chaplain of other Veteran Organizations such as American Legion Unit and District level along with serving Le Femme Cabane. She has also served on the Branch 101 Marine Ball Committee and has assisted the Branch sponsored Bingo game as an Assistant Manager. Kelly has participated in many Veterans Day and July 4th parades, raised and lowered flags at local cemeteries during Memorial Day ceremonies and volunteered at the Menlo Park Rehabilitation Hospital at their events for their patients. She collects donations for other non-profit organizations such as Operation Gratitude and the local VA hospital and Fisher House in Palo Alto. Kelly has attended Mid-year and Regional and National Conventions for the past 10 years. Kelly has had the honor to attend the annual Pilgrimage in Washington D.C. a couple times. She also has a professional medical career for the past 35 years and is currently working at the Palo Alto VA Hospital as an Infusion nursing coordinator.

RESOLVE, that Livermore Unit 287, at a regularly scheduled business meeting held on May 13, 2023, with a quorum being present, by a majority vote did place in nomination the name of **Kelly Marie Pena** for the office of National Vice President of the Ladies Auxiliary of the Fleet Reserve Association for the association year of 2023-2024.

RESOLVE, that the members of Livermore Unit 287 do earnestly solicit the endorsement and support of each Unit in the Ladies Auxiliary of the Fleet Reserve Association for candidacy of Kelly Marie Pena for National Vice President of the Ladies Auxiliary of the Fleet Reserve Association for the association year 2023-2024.



Unit President, Kelly Marie Pena



Unit Secretary, Hope Jow

LADIES AUXILIARY, FLEET RESERVE ASSOCIATION
National Financial Secretary 2023-2026

LOW COUNTRY UNIT 269

NOMINATING RESOLUTION

WHEREAS it is the duty and responsibility of the delegates assembled at the 90th National Convention of the Ladies Auxiliary of the Fleet Reserve Association will be at the Nugget Hotel/Casino, 1100 Nugget Avenue, Sparks NV 89431, on September 23-30, 2023.

to elect a dedicated, experienced, knowledgeable, and respected member to serve in the office of National Financial Secretary, for the Association Year 2023-2026; 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

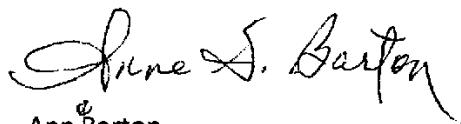
WHEREAS, LOW COUNTRY UNIT 269, Goose Creek, South Carolina is proud to have within its membership a member, Patricia Suckow, who has been a member of the Ladies Auxiliary of the Fleet Reserve since 2002, and demonstrated the required qualifications as well as the dedication and willingness to serve the Ladies Auxiliary of the Fleet Reserve Association by practicing the three cardinal principles; and

WHEREAS, Organized and structured Administrative Assistant, with more than 55 years of experience in business. Dedicated and focused secretary who excels at completing multiple tasks. Specializing in administrative support and committed to delivering high quality results with little supervision. Energetic, organized, and professional. Microsoft Office--Resourceful --Self-Directed --Business Writing--Time Management -Able to multi-task --Created and maintained spreadsheets using excel, Access-Created PowerPoint Presentations-Created weekly and monthly reports. Managed the day-to-day calendar for the Director. Received and screened a high volume of internal and external communications including emails, drafted meeting agendas, supplied advance materials, and executed follow-up for meetings and team conferences.

Regionally, I have been a member of various committees, attended all Mid-year meeting, Regional Conventions, co-chairing (3) three, and attended National Conventions as Regional Vice-President and National President.

RESOLVED, that the members of LOW COUNTRY, UNIT 269, Ladies Auxiliary of the Fleet Reserve at a scheduled meeting held on May 16, 2023, a quorum being present, did unanimously and proudly place the name of Patricia Suckow, in nomination for the office of National Financial Secretary of the Ladies Auxiliary of the Fleet Reserve Association, for the Association Year of 2023-2026 and be it further.

RESOLVED, that LOW COUNTRY, Unit 269, earnestly solicits the support and endorsement of each unit in the Ladies Auxiliary of the Fleet Reserve Association for the candidacy of Patricia Suckow, for the office of National Financial Secretary for the Association Year 2023-2026.


Ann Barton
Unit 269-President


Marilyn Tharp
Unit 269, Secretary

Membership Report as of 5/31/2023

Due to the transition of Pat Suckow, PNP, to National Financial Secretary, there are no membership stats to publish this month. Membership stats will resume in the next issue of the Triangle.

Donations

Due to the transition of Pat Suckow, PNP, to National Financial Secretary, there are no donations to publish this month. A listing of donations will resume in the next issue of the Triangle.

LA FRA NATIONAL PRESIDENT'S PROJECT 2023 RAFFLE PRIZE

Warrior Foundation – Freedom Station

\$20 per chance

5 days/4 nights at Lake Las Vegas 2 bedroom/2 bath fully furnished Condo valued at \$1,600.

Location: 29 Montelago Blvd., Unit 221
Henderson, NV 89011-3237

Drawing will take place at NP Luncheon at National Convention on September 28, 2023

Send a check to the below address and a ticket stub will be returned:

National President Nadine Fulton
330 Ebony Avenue
Imperial Beach, CA 91932

Questions:
LAFRANTFulton@gmail.com



In Loving Memory of Our Departed Members

Due to the transition of Pat Suckow, PNP, to National Financial Secretary, 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 by **July 15, 2023**, will affect your Unit.
- Don't forget to submit your Regional Delegate Sheet.
- Don't forget to submit your National Delegate Sheet on the 2022-2023 Who, What, and Where Information Sheet.

Upcoming Events

East Coast Regional Convention
 North Central Regional Convention
 Southwest Annual Convention
 West Coast Regional Convention
 Northwest Regional Convention
 South Central Regional Convention
 Southeast Regional Convention
 Northeast/New England Regional Convention
 95th FRA & 90th LAFRA National Convention

07/05/2023-07/09/2023
 07/31/2023-08/03/2023
 08/14/2023-08/15/2023
 08/17/2023-08/19/2023
 08/18/2023-08/19/2023
 08/18/2023-08/20/2023
 08/29/2023-08/31/2023
 09/08/2023-09/09/2023
 09/23/2023-09/30/2023

Annapolis, MD
 Wauwatosa, WI
 Las Vegas, NV
 Cheyenne, WY
 Nampa, ID
 Bossier City, LA
 Gulf Breeze, FL
 Atlantic City, NJ
 Sparks, NV



Unit 302 celebrate Philippines Independence Day at Carson California



Unit 367 San Miguel



Remy Ginter, Virginia Ginter, Colleen Rogers, and Bea Parco



From Bea Parco, PNP: Congratulations to the incoming officers of branch and unit 163 Valley of the Sun (Phoenix). Thank you to FRA RPSW Chris Chapman (Br289) doing the virtual installation for the branch and PNP Bea Parco doing the Unit installation. Virginia Ginter



Unit 24 celebrating their 60th Anniversary.
Photo from Sylvia Wainio Unit 24. Annapolis.



Remy Ginter



Nadine Fulton, NP, and Marilyn Quesnel,
RPSW



LA FRA Unit 275 of Placerville is duly installed



Kelly Pena, RPWC and Officers of LA FRA
Unit 185 Ogden, Utah



Auxiliary Unit 22 participated in the Memorial Day Ceremony at
Barrancas National Cemetery



Auxiliary Unit 61 Chula Vista CA
2023-2024 Officers' Installation

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

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 2332
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	