



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

August 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
jackiescarbrolafra@gmail.com

National Chaplain

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

National Parliamentarian

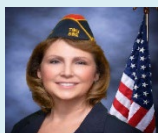
Cindy Rodham Tuck
508-238-3607
328cmrt@gmail.com

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

We are quickly approaching the finish line of the 2022-2023 Association year. My summer tour began with my visit to the East Coast Regional Convention hosted by Branch and Unit 24. I was honored to present not one, but three 60-year Certificates and pins to Unit 24 Charter members, Virginia Wheel, Lois Sowell, and Margie Anderson. The welcome aboard party was organized by Regional President Dorothy Smiley. We had a great time dancing and singing, well done. Dorothy is also hosting the Welcome Aboard at National Convention this year so bring your party shoes! Red, white, and blue is the theme this year. It's going to be a great time for everyone. I'm excited to see you all.

There have been some questions about eligibility requirements. National Parliamentarian Cindy Rodham-Tuck and I are working on a document that will clearly explain what the parameters for membership are, please look for a thorough explanation of eligibility in the next issue of the Triangle.

August is a busy month. I am traveling to Milwaukee to attend the North Central Regional Convention, Las Vegas to attend the Southwest Regional Convention, and then on to Boise to attend the Northwest Regional Convention. The National Convention is being held in Sparks, Nevada on September 23rd-30th, time to make plans to attend if you haven't done so. The deadline for the hotel is August 31, 2023, Meals is September 6, 2023. The Convention newsletter #4 is available at www.fra.org (use the Event link) or www.la-fra.org. There is a link to the hotel on the FRA website. You may call (800) 648-1177 or (775) 356-3300. Be sure to use the code GFRAC23. If you need to make reservations for an ADA room, call the hotel directly and use the code. If you need a roll-in shower, PLEASE SPECIFY.

Unit Secretaries are reminded to turn in their National and Regional delegate forms as soon as possible as they are due 45 days before the convening of the convention. The fillable forms are on the website with who should receive them. The NFS has sent the report for unit groupings and voting strength. Please refer to Article 6, Section 605, and Section 606 in the C&BL.

1. If there are 5 delegates attending the convention and the unit has 3 votes, the unit elects 3 members as delegates and 2 as alternates.
2. If there are NO members attending, be sure and have a Proxy and Alternate Proxy. Be sure and verify that these proxies will be in attendance at the convention.
3. The unit should discuss any resolutions (C&BL and nominating).
4. It is preferable to send the delegates and proxies instructed. The proxy letter is also on the website. If you are sending the proxies instructed, check the box indicating this.
5. Check the box that allows a member to be seated as a delegate.
6. The form MUST be signed by the Unit President and Secretary.
7. Send to those officers listed. The "Who, What, and Where" form is also on the website.
8. If a Delegate form IS NOT received listing delegates/alternate delegates (if attending) or Proxy/Alternate Proxy, the unit will not have a vote at the convention.

















Thank you all for your support of my Project, Warrior Foundation – Freedom Station. The information to buy tickets for the Raffle of the AirBnb Condo in Lake Las Vegas is included in this issue of the Triangle. Tickets will be available for purchase at the Regional Conventions that I attend and there will be time at the National Convention to purchase before the drawing at the National President's Luncheon. You can find more information about my project on the LA FRA website.

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

Donations

Pilgrimage:	Unit 227, Unit 22, Unit 382, Unit 60, Unit 289, Unit 287, Unit 24, Unit 41, Unit 269, Unit 99, Unit 31, Unit 182
NP Project:	Unit 22, Unit 227, FRA Headquarters, John Handzuk NVP, Branch 31, FRA Pass the Hat, Pilgrimage Pass the Hat, Unit 99, Mary Wilson (Memory of NFS Brenda Horton), Jan Solberg (memory of NFS Brenda Horton), Glenna Gasper, SW Ticket Sales, Unit 197, Ingrid Frost, Branch 14, East Coast Foxy Ladies, LAFRA East Coast
LA FRA Scholarship:	Unit 22
Welfare:	Unit 31 (memory of NFS Brenda Horton)
LAFRA Scholarship:	PNP Jackie Scarbro (memory of NFS Brenda Horton), Unit 289
National President's Scholarship:	West Coast Region, East Coast & Unit 302 (Tickets), Unit 170

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 Brenda Horton, NFS, Unit 137	 Christopher Slawinski, NED FRA	 Garrie Phillips, Unit 22
 Jean Decker, Unit 261	 David Duncan, Unit 183	 Clinton Stedman, Unit 70
 Frank Dias, Unit 261	 Okhi Nelson, Unit 60	 Elizabeth Rush, Unit 40
 Beatrice Ullman, Unit 61	 Edith Emerson, Unit 29	 Lucile Freeman, Unit 290
 Carol Funk, Unit 274		

Membership Report as of 6/30/2023

Members as of April 1	NEW	REI	TI	TO	RES	NP	DEC	INE	Active Members Total as of 2/28/2023
4627	54	16	18	18	0	63	4	2	4628
REI - Reinstated		TO - Transfer Out			NP - Non-Payment			INE - Ineligible	
TI - Transfer In		RES - Resigned			DEC - Deceased				

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.

August Holidays

8/4 US Coast Guard Established (1790)
8/10 Spirit of '45 Day.
8/14 National Navajo Code Talkers Day

8/7 Purple Heart Medal Established (1782)
8/14 End of War with Japan announced (1945)

Candidates for National Office

National President:
National Vice President:
National Financial Secretary:

Veralyn Thomas, Unit 126
Kelly Marie Pena, Unit 287
Patricia "Pat" Suckow, Unit 269

Southeast Regional President:
East Coast Regional Vice President:
Southwest Regional Vice President:
West Coast Regional Vice President:

Shirley J. Reed, Unit 22
Rebecca Lopez, Unit 181
Roseanne Kramlich, Unit 289
Tina Pedersen, Unit 137

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



To all who had contributed to Past National Pat Suckow's National Presidents Project 2021-2022 I thank you. With your donations \$25,000 will be for the dog sponsorship of me, "**Lady**" I am 1.9 years old and weigh 47.8 lbs. The remaining \$3,825 could help to cover the cost of 11 Warrior Essentials Backpacks. These are the packs that each Warrior receives at the start of class that includes K9s' gear, leash, Service Dog vest, pop up bowl, treat pouch, etc. – all items needed for successful training." Also, there will a plaque at the end of my training displaying the National President Project 2021-2022 of the Auxiliary of the Fleet Reserve Association.

Again, thank you for supporting the K9 For Warriors!

You have saved my life and I will save a warrior.

I have to go— training is starting.

National President Project 2023 Raffle Prize Fundraiser

Warrior Foundation – Freedom Station
Tickets: \$20 per chance

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

Location: 29 Montelgeo Blvd., Unit 221, Henderson, NV 89011-3237
Drawing will take place at National President Luncheon on September 28, 2023

Send a check to NP Nadine Fulton, 330 Ebony Ave., Imperial Beach, CA 91932 and a ticket stub will be returned
Questions: LAFRANTFulton@gmail.com

Upcoming Events

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

07/31/2023-08/03/2023
 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

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

Branch and Unit 137 provided their annual BBQ for approximately 100 Marines that had just completed their Winter Warfare Survival Training at Bridgeport, CA, during one of the worst winters in history. They were quite appreciative.



Colleen, Joyce and Cherly



Members of Unit 137 and Marines attending their annual BBQ



At San Miguel Elementary school, donating fans and school supplies with the support of the LAFRA Unit 367 and Gary Campisi donation.

**NATIONAL FINANCIAL SECRETARY
3rd QUARTER REPORT**

April - June 2023

RECEIPTS:	April	May	June	Total
PCT DUES -Unit	\$ 6,662.50		\$ 3,787.50	\$ 10,450.00
PCT DUES -MAL	\$ 675.00		\$ 450.00	\$ 1,125.00
PCT Advance Units	\$ 1,912.50		\$ 1,700.00	\$ 3,612.50
PCT Advance MAL				\$ -
Return of NFS Brenda Working Fund			\$ 1,000.00	\$ 1,000.00
Resale #6022		\$ 779.00	\$ 623.00	\$ 1,402.00
Triangle Subscription				\$ -
Convention Minutes				\$ -
NP Project 2022-2023 #1732		\$ 2,251.00	\$ 739.00	\$ 2,990.00
NP Scholarship #1740		\$ 50.00	\$ 25.00	\$ 75.00
Pilgrimage		\$ 325.00	\$ 50.00	\$ 375.00
LAFRA Scholarship #1757	\$ 5.00		\$ 100.00	\$ 105.00
General Fund Donation #6022				\$ -
Int. General Fund #6022	\$ 0.08	\$ 0.10	\$ 0.11	\$ 0.29
NFCU Savings #1724	\$ 1.59	\$ 1.57	\$ 1.63	\$ 4.79
Int NP Project #1732			\$ 0.14	\$ 0.14
Int NP Scholarship #1740	\$ 15.75	\$ 15.39	\$ 15.92	\$ 47.06
Int. LAFRA Scholarship #1757	\$ 16.44	\$ 16.04	\$ 16.58	\$ 49.06
PCT Advance #2866	\$ 24.06	\$ 25.29	\$ 26.86	\$ 76.21
Int NFCU \$80,238 CD 12 mo #3307	\$ 89.65	\$ 87.08	\$ 90.30	\$ 267.03
Int NFCU \$3,168.57CD 15 mo #3309	\$ 12.15	\$ 11.80	\$ 12.24	\$ 36.19
Int NFCU CD #3312	\$ 39.36	\$ 38.16	\$ 39.50	\$ 117.02
Int NFCU CD #3313	\$ 26.39	\$ 25.57	\$ 80.14	\$ 132.10
Int NFCU CD #3313 Addt'l Interest			\$ 3.41	\$ 3.41
Int NFCU CD #3314	\$ 65.39	\$ 63.45	\$ 65.72	\$ 194.56
Total	\$ 9,545.86	\$ 3,689.45	\$ 8,827.05	\$ 22,062.36
Sub total receipts less welfare				
Welfare Receipts:				
Int Welfare/Rehab NFCU #3567	\$ 12.10	\$ 11.72	\$ 12.12	\$ 35.94
Welfare Donations #3567			\$ 96.23	\$ 96.23
Total all Receipts	\$ 9,557.96	\$ 3,701.17	\$ 8,935.40	\$ 22,194.53
Disbursements:				
National President				
Allowance	\$ 500.00	\$ 500.00	\$ 500.00	\$ 1,500.00
National Vice-President				
Allowance				\$ -
National Executive Secretary				
Allowance	\$ 300.00	\$ 300.00	\$ 300.00	\$ 900.00
Postage/Supplies/Printing	\$ -		\$ 15.81	\$ 15.81
Triangle Printing	\$ -		\$ 164.20	\$ 164.20
Triangle First Class Postage	\$ -			\$ -
Triangle Postage(Bulk Mail)			\$ 41.95	\$ 41.95
Triangle Return Mail	\$ -		\$ -	\$ -
Bulk Mail Renewal Permit			\$ -	\$ -
NES Working Fund	\$ -		\$ -	\$ -

**NATIONAL FINANCIAL SECRETARY
3rd QUARTER REPORT**

April - June 2023

National Financial Secretary

Allowance	\$ 300.00	\$ 150.00	\$ 300.00	\$ 750.00
Postage/Supplies/Printing (PSP)		\$ 52.79	\$ 139.78	\$ 192.57
Resale Postage	\$ -	\$ -	\$ 29.53	\$ 29.53
Resale Items Purchased (include 50 yr pins)	\$ -		\$ 443.30	\$ 443.30
Bulk Mail Postage			\$ 158.60	\$ 158.60
Bulk Mail Return Postage			\$ -	\$ -
Software Support			\$ 37.50	\$ 37.50
Post Office Box (NBR #9)		\$ 97.00	\$ -	\$ 97.00
Bulk Mail Permit (NBR #10)		\$ 580.00	\$ -	\$ 580.00
Working Fund (Pat) (NBR #8)		\$ 1,000.00		\$ 1,000.00

National Treasurer

Allowance	\$ 300.00	\$ 300.00	\$ 300.00	\$ 900.00
Postage/Supplies/Printing			\$ -	

Sub Total \$ 1,400.00 \$ 2,979.79 \$ 2,430.67 \$ 6,810.46

INSURANCE

Fidelity Bond (3 Yr policy (2022-25)			\$ -	
Accidental Death (3 yr policy) pd yearly		\$ 750.00		\$ 750.00

VAVS

VAVS National Conference Travel	\$ 571.96			\$ 571.96
VAVS Registration Fee	\$ 130.00			\$ 130.00
VAVS Hotel	\$ 538.00			\$ 538.00

EQUIPMENT

Equipment Purchase (NFS Printer & Sanner)	\$ -	\$ 915.56	\$ -	\$ 915.56
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OTHER EXPENDITURES

Shipping of Officer Equipment to NFS Pat			\$ 963.09	\$ 963.09
SR 14F Regarding Death of NFS Brenda			\$ 883.70	\$ 883.70

Sub Total \$ 1,239.96 \$ 1,665.56 \$ 1,846.79 \$ 4,752.31

2022-2023 General Fund Disbursement TOTAL \$ 2,639.96 \$ 4,645.35 \$ 4,277.46 \$ 11,562.77

Total Distributions All Accounts \$ 2,639.96 \$ 4,645.35 \$ 4,277.46 \$ 11,562.77

THIS IS TO CERTIFY THAT THE BOOKS OF THE NATIONAL FINANCIAL SECRETARY WERE AUDITED,

AND FOUND TO BE IN ORDER AND ALL MONIES ACCOUNTED FOR AS OF

31-June-2023

NATIONAL FINANCIAL SECRETARY
3rd QUARTER REPORT

April - June 2023

<p><u>Gale Nathan</u> <u>7-8-2023</u></p> <p>NFS Audit Chairman Date</p> <p>Gale Nathan Unit 269</p>	<p><u>Marilyn Thrap</u> <u>7-8-2023</u></p> <p>NFS Audit Committee Date</p> <p>Marilyn Thrap--Unit 269</p>
<p><u>Trish Clinton</u> <u>7-8-2023</u></p> <p>NFS Audit Committee Date</p> <p>Trish Clinton Unit 269</p>	<p><u>Pat Suckow</u> <u>7-8-23</u></p> <p>National Financial Secretary Date</p> <p>Pat Suckow, PNP--Unit 269</p>



Congrats to Loretta Jordyn, RPEC –
Elect (2023-2024)



Congrats to Rebecca "Ruby" Lopez,
RVPEC (2023-2024)

NATIONAL TREASURER 3RD QTR REPORT 2022-2023

RECEIPTS & DISBURSEMENTS	APR	MAY	JUN	TOTAL
RECEIPTS GENERAL FUND				
PCT Dues - Unit Members	\$ 6,662.50	\$ -	\$ 3,787.50	\$ 10,450.00
PCT Dues - MAL	\$ 675.00	\$ -	\$ 450.00	\$ 1,125.00
Retail Sales		\$ 779.00	\$ 623.00	\$ 1,402.00
Pilgrimage		\$ 325.00	\$ 50.00	\$ 375.00
Rtn of NFS Allowance			\$ 1,000.00	\$ 1,000.00
INT General Fund #6022	\$ 0.08	\$ 0.10	\$ 0.11	\$ 0.29
RECEIPTS SUBTOTAL	\$ 7,337.58	\$ 1,104.10	\$ 5,910.61	\$ 14,352.29
RECEIPTS SAVINGS ACCOUNTS				
NP Project #1732 2022-23		\$ 2,251.00	\$ 739.00	\$ 2,990.00
NP Scholarship #1740			\$ 25.00	\$ 25.00
LA FRA Scholarship Fund #1757	\$ 5.00	\$ 50.00	\$ 100.00	\$ 155.00
Welfare #3567 Donations			\$ 96.23	\$ 96.23
PCT Dues - Advance - Unit Members	\$ 1,912.50		\$ 1,700.00	\$ 3,612.50
INT NP Project #1732			\$ 0.14	\$ 0.14
INT NP Scholar #1740	\$ 15.75	\$ 15.39	\$ 15.92	\$ 47.06
INT LA FRA Scholar #1757	\$ 16.44	\$ 16.04	\$ 16.58	\$ 49.06
INT Welfare/Rehab #3567	\$ 12.10	\$ 11.72	\$ 12.12	\$ 35.94
INT Escrow Savings #1724	\$ 1.59	\$ 1.57	\$ 1.63	\$ 4.79
INT PCT Advance Savings #2866	\$ 24.06	\$ 25.29	\$ 26.86	\$ 76.21
INT NFCU CD #3307	\$ 89.65	\$ 87.08	\$ 90.30	\$ 267.03
INT NFCU CD #3309	\$ 12.15	\$ 11.80	\$ 12.24	\$ 36.19
INT NFCU CD #3312	\$ 39.36	\$ 38.16	\$ 39.50	\$ 117.02
INT NFCU CD #3313	\$ 26.39	\$ 25.57	\$ 80.14	\$ 132.10
INT NFCU CD #3314	\$ 65.39	\$ 63.45	\$ 65.72	\$ 194.56
INT NFCU CD #3313 Addtl Rollover Int			\$ 3.41	\$ 3.41
RECEIPTS SUBTOTAL	\$ 2,220.38	\$ 2,597.07	\$ 3,024.79	\$ 7,842.24
TOTAL ALL RECEIPTS	\$ 9,557.96	\$ 3,701.17	\$ 8,935.40	\$ 22,194.53
DISBURSEMENTS				
General Fund #6022	\$ (2,639.96)	\$ (4,645.35)	\$ (3,834.16)	\$ (11,119.47)
Welfare #3567			\$ -	\$ -
Transfer from Disb to BH Working Fund			\$ (443.30)	\$ (443.30)
TOTAL DISBURSEMENTS	\$ (2,639.96)	\$ (4,645.35)	\$ (4,277.46)	\$ (11,562.77)
PCT to Escrow - Held/Sus/PI Units	\$ 37.50	\$ (12.50)	\$ 112.50	\$ 137.50

NATIONAL TREASURER 3RD QTR REPORT 2022-2023

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RECEIPTS GENERAL FUND				
PCT Dues - Unit Members	\$ 6,662.50	\$ -	\$ 3,787.50	\$ 10,450.00
PCT Dues - MAL	\$ 675.00	\$ -	\$ 450.00	\$ 1,125.00
Retail Sales		\$ 779.00	\$ 623.00	\$ 1,402.00
Pilgrimage		\$ 325.00	\$ 50.00	\$ 375.00
Rtn of NFS Allowance			\$ 1,000.00	\$ 1,000.00
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Welfare #3567 Donations			\$ 96.23	\$ 96.23
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Welfare #3567 Donations			\$ 96.23	\$ 96.23
PCT Dues - Advance - Unit Members	\$ 1,912.50		\$ 1,700.00	\$ 3,612.50
INT NP Project #1732			\$ 0.14	\$ 0.14
INT NP Scholar #1740	\$ 15.75	\$ 15.39	\$ 15.92	\$ 47.06
INT LA FRA Scholar #1757	\$ 16.44	\$ 16.04	\$ 16.58	\$ 49.06
INT Welfare/Rehab #3567	\$ 12.10	\$ 11.72	\$ 12.12	\$ 35.94
INT Escrow Savings #1724	\$ 1.59	\$ 1.57	\$ 1.63	\$ 4.79
INT PCT Advance Savings #2866	\$ 24.06	\$ 25.29	\$ 26.86	\$ 76.21
INT NFCU CD #3307	\$ 89.65	\$ 87.08	\$ 90.30	\$ 267.03
INT NFCU CD #3309	\$ 12.15	\$ 11.80	\$ 12.24	\$ 36.19
INT NFCU CD #3312	\$ 39.36	\$ 38.16	\$ 39.50	\$ 117.02
INT NFCU CD #3313	\$ 26.39	\$ 25.57	\$ 80.14	\$ 132.10
INT NFCU CD #3314	\$ 65.39	\$ 63.45	\$ 65.72	\$ 194.56
INT NFCU CD #3313 Addtl Rollover Int			\$ 3.41	\$ 3.41
RECEIPTS SUBTOTAL	\$ 2,220.38	\$ 2,597.07	\$ 3,024.79	\$ 7,842.24
TOTAL ALL RECEIPTS	\$ 9,557.96	\$ 3,701.17	\$ 8,935.40	\$ 22,194.53
DISBURSEMENTS				
General Fund #6022	\$ (2,639.96)	\$ (4,645.35)	\$ (3,834.16)	\$ (11,119.47)
Welfare #3567			\$ -	\$ -
Transfer from Disb to BH Working Fund			\$ (443.30)	\$ (443.30)
TOTAL DISBURSEMENTS	\$ (2,639.96)	\$ (4,645.35)	\$ (4,277.46)	\$ (11,562.77)
PCT to Escrow - Held/Sus/PI Units	\$ 37.50	\$ (12.50)	\$ 112.50	\$ 137.50

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

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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	