



# TRIANGLE

## Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

March 2024



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### 2023-2024 National Officers and Appointees

#### *National President*

Veralyn Thomas  
904.495.4363  
nplafra2023.24@aol.com

#### *National Vice President*

Kelly Peña  
408.642.7722  
penakelly66@gmail.com

#### *National Executive Secretary*

Laurie Starkey  
856.294.1282  
lafrastarkey@outlook.com

#### *National Financial Secretary*

Pat Suckow  
843.452.4719  
lafranfsnat@gmail.com

#### *National Treasurer*

Carolyn Whitaker  
386.447.5420  
ntcarolynw@yahoo.com

#### *Jr Past National President*

Nadine Fulton  
619.200.7706  
LAFRANPFulton@gmail.com

#### *National Chaplain*

Julia Fogel  
931.787.7110  
honda1girl@gmail.com

*Website*  
la-fra.org

#### *National Parliamentarian*

Sandra Robbins  
904.269.2136  
slgr@bellsouth.net

Mail membership applications or dues payments to:

LA FRA - NFS, POB 706, Goose Creek SC 29445

Questions and Comments call 843-452-4719

Contact NES Laurie Starkey if you need addresses of any national officer.

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## *From the Desk of the National President*

Welcome to March! This month is one of remembrance and celebrations of the military, the 5th - Seabee Birthday, 13th - National K9 Veterans Day, 29th - National Vietnam War Veterans Day, 31st - Easter. Of course, on the 10th - Daylight Saving Time starts, loved by some, and not so much loved by others. Those members that live in the states of Arizona or Hawaii, that do not observe this time change, you should join the rest of us as we do the suggested biannual replacement of the batteries in our smoke and carbon monoxide detectors.

It is that time of the association year when nominations are opened for the elections of the Unit's officers. Please help your Unit by considering the possibility that you could support your unit by finding out what the officers do and if you have the skills to share with your unit by volunteering to serve your Unit. In accordance with: LA FRA C&BL Article 14, Section 1405, Sub-section 1405(a) Nominations for Unit Officers shall be opened at a meeting in March, April, or May, as specified by the Bylaws of each Unit. They remain open until a meeting in the month following opening of nominations, then closed, and officers elected for a period of one year, except that Secretaries and Treasurers may be elected for a period of two years. Also, Section 1405(b). Units outside the continental limits of the United States may if they desire, nominate, elect, and install Unit Officers in three consecutive months, as specifically provided for in the Bylaws of the Unit. However, the process for the nomination and election of Unit Officers shall be carried out in the manner prescribed in Section 1404. Nominations remain open until the following month, then closed and elections held. After the elections are closed/held the Unit Secretary should fill out the Unit Officer Information form (available on the web site la-fra.org) and have both the in-office Unit President and Secretary sign the form then mail the form to the officers listed at the bottom of the form. Officers-elect shall be installed in a meeting in the month following elections.

*Continued on Page 2*

National Executive Secretary Laurie Starkey has distributed the Minutes and Addendums of the 2023 National Convention to the Units. There are only sixty-eight pages that cover all sessions: Pre-Convention National Board of Directors, Convention minutes, and Post-Convention National Board of Directors. It would be great if the minutes were shared with the Unit members during a meeting, this would give an idea of what goes on at convention for the members that are unable to attend a national convention. The smaller units may be able to print a copy (The minutes by themselves are only 16 pages long, just 8 pieces of paper) to be shared between three members, the larger units because of their size and the amount of paper needed, they may take the path of reading the minutes to the members. If your Unit has not received a copy, please contact her so she can send a second email transmission.

Thank you to all that have donated to the National President's Project the Gary Sinise Foundation. One hundred per cent of the donation will be applied to the sub-program called H.O.P.E. - Heal, Overcome, Persevere & Excel.

I am continually reminded that life is like riding a bicycle. To keep your balance, you must keep moving. Whatever may be happening in my corner of life, I hope that your corner finds you doing well and enjoying what life has to offer you. Prayers to those members who are ill or have lost a loved one. To those members celebrating a special occasion, I wish you enough celebrating for the occasion to become a happy memory. Have a great day. Until next month.

I remain yours in Loyalty, Protection and Service,

Veralyn Thomas, LA FRA National President

## Save the Date!

Great news! The Pilgrimage has been scheduled. The Pilgrimage will take place on July 3, 2024.

We are trying to decide on obtaining a room block. If you plan on attending the Pilgrimage, please advise NES Laurie Starkey **no later than April 15, 2024**, via email to [lafrastarkey@outlook.com](mailto:lafrastarkey@outlook.com).



Valentine card making and craft station at Unit 24's annual Chili Cook Off and Dessert Bake Off on Saturday February 3, 2024



National K9 Veterans Day, March 13, is a day set aside to honor commemorate the service and sacrifices of American military and working dogs throughout history. Working dogs are an integral part of modern military life, but dogs have been accompanying humans into combat since before recorded history.

Veralyn Thomas  
LA FRA National President



## *From the Desk of the Regional President Southeast*

The Southeast Region has amazing auxiliary members. They are ready to give a helping hand in the community and within their own Units when needed.

We are, like all the other Regions, struggling with our membership numbers. Several of our Units have military bases nearby and this gives them access to any sea service personnel and their families stationed at these bases.










I have not had the opportunity to visit with many of the Units in the Southeast Region this year. I was able to visit with several Units at the Southeast at the Mid-Year meeting in Atlantic Beach, FL. We do not conduct business at the Mid-Year meeting; we have an opportunity to offer sessions on making the Units run more efficiently.

At our Mid-Year meeting, the National Financial Secretary, Pat Suckow, and the National Treasurer, Carolyn Whitaker, were asked to make presentations covering what exactly their jobs, within the Auxiliary, consist of. NFS Pat Suckow was asked to present the forms used by her office and how they should be properly filled out. Several of these forms have changed over the years and are not always sent to her with all the information that she needs to process the request. NT Carolyn Whitaker was asked to explain why there is a need for separate checks to be written to the Auxiliary for the various accounts. We have multiple accounts, and each account is for a specific item within the Auxiliary, therefore checks need to be relative to that particular account. The members were asked to return to their Units and give them this information, making the jobs of the NFS and the NT easier.

Yours in Loyalty, Protection and Service,

Ronalee S. Klase, RPSE

### *In Loving Memory of Our Departed Members*

 National Presidents	 Other National/Regional Officers	 Members
 Maureen McCabe, Unit 289	 Joyce Helmbrecht, Unit 289	 June Scott, Unit 61
 Hatsuko Jenkins, Unit 29	 Betty Anderson, MAL	

### *March Holidays*

March 3	Navy Reserve Birthday
March 4	Hug a GI Day
March 5	Seabee Birthday
March 10	Daylight Saving Time Begins
March 13	K-9 Veterans Day
March 17	St. Patrick's Day
March 25	Medal of Honor Day
March 29	Vietnam Veterans Day

# Corrections to LA FRA Roster of Officers & Chaplains 2023-2024

Julia Fogel, NChap

juliejf27@gmail.com (new email)

Unit 269  
Unit 293

Wisteria (correction to spelling of the street for the meeting location)

PRESIDENT:

Alexis Moyer  
5109 Sammy St  
Virginia Beach VA 23455  
757-309-0645  
almoyer616@gmail.com

SECRETARY/ TREASURER:

Robert Oliveira Jr.  
1041 Traci Dr  
Elizabeth City, NC 27909-9369  
252-722-3638  
LFRAunit293PresidentSecretary@gmail.com

CHAPLAIN:

Christine Thomas  
P.O. Box 158  
Winfall, NC 27985

## Donations

### National Presidents Project

Unit 91  
Unit 185  
PNP Robert Beese  
PNP Jackie Scarbro (In memory of PRPSE JJ Thomas)  
Gale Nathan Unit 269 (In memory of PRPSE JJ Thomas)  
NFS Pat Suckow, PNP (In memory of PRPSE JJ Thomas)

### Welfare

FRA & LA FRA National Convention 2023  
Bill Anderson (In memory of Betty Anderson Unit 999)



**Sierra-Tahoe Branch & Unit 137 have had to find a new location for their monthly meetings!** The Veteran's Hall building in Carson City, where they have met for the last several years, is being retro-fitted for earthquake safety and will be under construction for at least 2 years. Fortunately, a new location has been determined at the local Methodist Church (just a few blocks away) that will accommodate the classroom and kitchen facilities needed to continue the multiple charitable activities that the Branch and Unit do for veterans, their families and the community throughout the year.

For more information, please contact Branch President, Jim Jackson (775) 443-8507



## LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

### National President 2024-2025

#### Livermore Unit 287

#### Nominating Resolution

**WHEREAS**, it will be the responsibility and the privilege of the delegates assembled at the 91st National Convention of the Ladies Auxiliary of the Fleet Reserve Association held in Annapolis, Maryland on November 10- 16, 2024, to elect one of its outstanding members to the office of National President for the association year 2024-2025; and

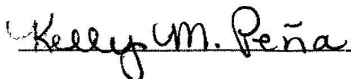
**WHEREAS**, the duties of the office require that the person elected must possess leadership, integrity, executive and administrative abilities; and

**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

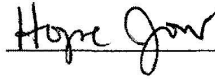
**WHEREAS**, she has served as West Coast Regional President 2016-2017, 2020-2021 and 2021-2022, 2022-2023 and WCR Vice President 2015-2016, and served on Regional Unit Report Committee and has served on various National Conventions as the Medic/Nurse. Was on the 2023 National Convention Committee that was 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 4<sup>th</sup> 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, Regional and National Conventions for the past ten years. Kelly has had the honor to attend the annual Pilgrimage in Washington D.C. 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. Kelly is currently serving as LA FRA National Vice President.

**RESOLVE**, that Livermore Unit 287, at a regularly scheduled business meeting held on January 13, 2024, with a quorum being present, by a majority vote did place in nomination the name of **Kelly Marie Pena** for the office of National President of the Ladies Auxiliary of the Fleet Reserve Association for the association year of 2024-2025.

**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 President of the Ladies Auxiliary of the Fleet Reserve Association for the association year 2024-2025.



Unit President, Kelly Marie Pena



Unit Secretary, Hope Jow

## Membership Stats by Unit as of 1/31/2024

MEMBERS AS OF 4/1/23

4732

TOTAL MEMBERS AS OF 1/31/24

4452

## National President's Project

My National President's Project for 2023 – 2024 is the Gary Sinise Foundation Program –H.O.P.E. - Their mission is to serve the nation by honoring its defenders, veterans, first responders, their families & those in need.

At the Gary Sinise Foundation, they serve our nation's defenders, to include our most severely wounded heroes, veterans of every conflict, first responders who run into danger within our communities, active-duty service members, their families, and the families of our fallen heroes. They do this by supporting them in their darkest times of need. Their unique programs are designed to help, entertain, educate, inspire, strengthen, and build communities across the nation.

Charity Navigator has awarded the Gary Sinise Foundation four out of a possible four stars, indicating that the Gary Sinise Foundation adheres to good governance and other best practices that minimize the chance of unethical activities and consistently executes its mission in a fiscally responsible way.

Their Relief & Resiliency Program includes a sub-program called H.O.P.E. this represents: Heal, Overcome, Persevere & Excel. This initiative provides support to those who have experienced trauma, illness, injury, or loss during their times of tragedy, sometimes with assistance as simple as help paying bills or buying groceries.

Our defenders and first responders are aware of the risks in their professions, but nothing can prepare them or their families for the pain of separation, trauma, and loss. When our heroes or their loved ones experience dark times, they seek to provide support and hope. Lending a hand can change the course of a life. Community - Bringing people together who have shared a common life trauma helps form a network of support. Sharing their experiences and reminding one another they are not alone; these groups can find joy in the present once again.

There are several ways to make a donation:

- (1) a check mailed to LA FRA National Financial Secretary, POB 706, Goose Creek SC, note on the memo line '2023 NP Project';
- (2) enter the following website link: <https://donate.garysinisefoundation.org/campaign/la-fra/c516768> to download and mail your donation with your enclosed check or by providing your credit card information; or
- (3) Scan the LA FRA QR code, scroll down to 'How To Give,' on 'Donation Form' to download. Note the donation is for LA FRA NP Project.

"While we can never do enough for our defenders and their loved ones, we can always do a little more." – the Gary Sinise Foundation

## National Vice President's Project

"Engage" is National Vice President Kelly Peña's project for 2023-2024. Engage current members, supporters and prospective members by organizing events within your communities. This would be a reason for a current member to keep their membership active, supporters to keep supporting the organization and identify potential members or future donor/supporters by building relationships through connection in your community.

Ladies Auxiliary of the Fleet Reserve Association  
Office of the National President  
Veralyn Thomas

February 06, 2024

To All Auxiliary Members:

As National President it is my privilege to advise you that 'the FRA approved opening membership in the FRA to commissioned officers at the Reno convention. By virtue of this action, it now allows the LAFRA to recruit dependents of commissioned officers effective 1 January 2024.

Remember all applications for Unit membership must be signed by the person in the Unit who is responsible for verifying that the applicant and the sponsor have been properly vetted. Applications for Member-At-Large should be sent the National Financial Secretary Suckow, PO Box 706, Goose Creek, SC 29445.

By virtue of this action, it now allows the LA FRA to recruit dependents of commissioned officers effective 1 January 2024. Our website C&BL Article 3 - Membership has not yet been updated, therefore in this letter I have included the addition for officers, please note that when recruiting you must follow the membership limits set forth in Section 301(a) of the LA FRA C&BL.

Members recruiting the dependents of commissioned officers, must follow LA FRA C&BL, Article 3 - Membership, Section 301(a), 301(c) as listed below.

Section 301(a). Membership in the LA FRA shall be limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren, and grandchildren not less than sixteen years of age of members of the FRA and widows, widowers, parents, grandparents, sisters, brothers, children, stepchildren, and grandchildren not less than sixteen years of age of persons who were members at the time of death or eligible to be members of the FRA at the time of their death after

1924- USN, USMC enlisted male personnel that transferred to the Fleet Reserve. (retired from service after 1924).

1970 – Career designated Enlisted USCG, USN, USMC and USCG female service members.

1975 – All Active Duty Sea Service Personnel USN, USMC, USCG from first day of enlistment.

2005 – All Former Enlisted USN, USMC, USCG service members who were not discharged under a Bad Conduct Discharge or Dishonorable Discharge as prescribed on the DD214. (An enlisted service member with a bad conduct discharge or dishonorable discharge is not eligible for membership in the FRA. Therefore, their family member is not eligible for membership in the LA FRA).

If the sponsor is still alive, they MUST be current members of the Fleet Reserve Association. If the sponsor is deceased, you MUST verify the eligibility as prescribed in the above dates using the sponsor's DD214. (You cannot keep a copy of the DD 214). Applications must be signed by the person who is responsible, signifying the applicant and the sponsor have been properly vetted. The NFS will return all application forms that do not meet all of the above criteria.

Section 301(c). Application for membership in a Unit of the Ladies Auxiliary shall be submitted to the Secretary of the Unit, or if the application is for membership on the Membership-at-Large Roll, to the National Financial Secretary of the LA FRA, for certification that the applicant meets the requirements of this Article.

For newly recruited FRA members who are or were officers the requirement 'who were members at the time of death or eligible to be members of the FRA at the time of their death after' the date is January 01, 2024. They are also held to the same 'discharge' limitations - 'were not discharged under a Bad Conduct Discharge or Dishonorable Discharge as prescribed on the DD214. (An enlisted service member with a bad conduct discharge or dishonorable discharge is not eligible for membership in the FRA. Therefore, their family member is not eligible for membership in the LA FRA).'

Yours in Loyalty, Protection and Service,  
Veralyn Thomas  
LA FRA National President

## Upcoming Events

3/23/2024	NE/NEng Mid-Year Meeting	West Toms River, NJ
4/6-9/2024	NC Regional Mid-Year	Springfield, MO
4/12-13/2024	WC Regional Mid-Year	Lemoore, CA
7/19-20/2024	NE/NEng Regional Convention	Peabody, MA
8/11-15/2024	SW Regional Convention	Las Vegas, NV
8/18-22/2024	NC Regional Convention	Branson, MO
9/6-7/2024	NW Regional Convention	Kennewick, WA
9/10-12/2024	EC Regional Convention	Williamsburg, VA
11/11-15/2024	FRA & LA FRA National Convention	Annapolis, MD

## Reminders

All members can receive the *Triangle* by e-mail at no charge. Please submit your e-mail address to the National Executive Secretary (e-mail address on the web site [la-fra.org] main page). Please encourage your fellow members to send in their e-mail address and start receiving the Triangle. Remember to send the Executive Secretary a change of e-mail address, especially if you are using a business address, so the mailing list can be kept up-to-date.

Send membership change information (physical address, telephone number, and any change of status- married or widowed) to the National Financial Secretary. Please contact NES Starkey for the e-mail address, if needed.

Read the Unit Procedure Manual, Unit Instructions and Rituals, Standing Rules and the Constitution and Bylaws, all are available on the website.

Send all Member Death Notices to the Regional Chaplain, National Chaplain, and National Financial Secretary.

For the Regions – destroy all previous forms of the ‘Newly Elected/Appointed Regional Officers’ form. Remember to send in the form after the Regional elections to the National Executive Secretary (information used to prepare the Unit Officer Roster which, after the National Convention, is provided to the Units), and to all of the offices listed on the form. Please either print clearly or fill it out on the computer.

For the Units - destroy all previous forms of the ‘Unit Officer Information’ form. Remember to send in the form you receive next year after Unit elections to the National Executive Secretary (information used to prepare the Unit Officer Roster which, after National Convention, is provided to the Units), and to all of the offices listed on the form. Please either print clearly or fill it out on the computer.





I will donate \$ \_\_\_\_\_  
to the Gary Sinise Foundation

☐ MONTHLY DONATION ☒ ONE-TIME DONATION

☐ MULTI-YEAR DONATION for \_\_\_\_\_ years

*Making your donation online saves time and expense, allowing us to do more with every dollar.  
Please consider donating online at [garysinisefoundation.org/donate](http://garysinisefoundation.org/donate).*

Full Name(s): \_\_\_\_\_

Company/Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ ☐ Cell ☐ Home Email: \_\_\_\_\_ @ \_\_\_\_\_

Please make my gift: ☐ In Memory Of ☐ In Honor Of \_\_\_\_\_

Please mail my notification to: Name: LA FRA - NFS - NP's Project

Address: POB 706

City: Goose Creek State: SC Zip: 29445

☒ I WILL PAY WITH A CHECK. (please ensure checks are payable to Gary Sinise Foundation)

☐ I WILL PAY WITH A CREDIT CARD.

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ ☐ Visa ☐ MC ☐ Disc ☐ AmEx

CVC #: \_\_\_\_\_ Name as it appears on card (please print): \_\_\_\_\_

Billing Address: ☐ same as above \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email (required): \_\_\_\_\_ @ \_\_\_\_\_

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

#### OPTIONAL INFORMATION

☐ Check this box if you would like to receive our monthly newsletter that highlights the lives your donation has positively impacted.

☐ I would like information about including the Gary Sinise Foundation in my estate plans.

*Thank you for supporting our mission through your generous contribution.*

Gary Sinise Foundation's Federal Taxpayer I.D. #80-0587086

GARY SINISE FOUNDATION PO BOX 40726 NASHVILLE, TN 37204  
GARY SINISE FOUNDATION IS A TAX EXEMPT PUBLIC CHARITY. ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE TO THE EXTENT ALLOWABLE BY LAW.

TRIANGLE – March 2024  
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](mailto:lafrastarkey@outlook.com)

REPORT OF CHANGE OF ADDRESS AND OR E-MAIL ADDRESS FOR THE TRIANGLE	
Date: _____	
Name: _____	Member No: _____
Old e-mail address: _____	
New e-mail 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	