



# TRIANGLE

## Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

April 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  
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#### *National Financial Secretary*

Pat Suckow  
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lafranfpas@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  
hondalgirl@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 April This month has several minor and funny celebrations, 1st - April Fool's Day, 3rd - National find a Rainbow Day. Basically, rainbows are more than science — they are great eye-catchers. (To quote Kermit the Frog, "Rainbows are visions, they're only illusions, and rainbows have nothing to hide."), 5th - Gold Star Spouses Day, 7th - National No Housework Day. As the name suggests, this is a day to drop the duster, the laundry detergent, and the dish soap, and just relax! Be careful on April 1st. There is another very important day in April, Income Tax deadline on the 15th (except for DC resident they have until the 18th).

The first day of spring was March 19, and many may have started and might have finished their home spring cleaning. As a follow up on that cleaning spree, April is a good time to do some spring cleaning with the Unit's paperwork, at the Unit's home, in the Unit's files, and or in the Officer's briefcases. Another chance to get rid of outdated forms and make sure that any forms you will need for Unit annual reports and elections have been download from the website or contact your Regional President and ask for the forms to be sent to the Unit. The regional presidents contact information is listed in the Unit Officers and Chaplains Roster 2023-2024.

This is the time to review the national LA FRA material for ballots, nominations, elections, and installation, such as the Unit Instructions & Ritual Manual, Section 1102, Section 2104, and Section 2105 – 2105(a) and Standing Rule – 33. This is also a great time to take care of filing the IRS 990, know the Unit's deadline for filing, ensure the Unit files the Form 990 for this year. It is suggested that the updated 990 information be sent to the National Treasurer

I encourage each unit to take a good long look at the C&BL, Standing Rules, and Unit Information & Ritual Manuals. If you see something that needs to be adjusted, please write a resolution on it at your Unit and mail the original resolution with original signatures (not a picture or scanned copy) to the NES and send a copy to the National President, National Vice President, National Parliamentarian, and the Chairman of the C&BL Committee. Remember to follow the instructions in the C&BL Article 6, Section 608, subsections (a), (c), and (d), Section 1205 and the sub-sections or 1206 if a standing rule or ritual.

*Continued on Page 2*

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.

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. Dance as though no one is watching. Love as though you have never been hurt. Sing as though no one can hear you. Live as though heaven is on earth. 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).

## In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 Beatrice Demmel PRPSW, MAL	 Diane McQuire, Unit 137	 Arsenio Cancino, Unit 302
 Freida McLeaird, Unit 126	 Betty Anderson, MAL	

## Donations

NP Project: PNP Helen Courneya (In memory of PRPSE JJ Thomas)  
Mr. & Mrs. Richard Reckert (In memory of PRPSE JJ Thomas)

Pilgrimage: Unit 287

## Nominating Resolutions Received for National Office

National President: Kelly Peña, Unit 287  
Regional President South West: Myrna Sales, Unit 302

We have not received any Nominating Resolutions for National Vice President and National Treasurer. The National Treasurer is elected for a three-year term (2024-2027). If you know a qualified candidate, please encourage them to submit a nominating Resolution. Please refer to the C&BLs for the duties of each office.



## *From the Desk of the Regional President West Coast*

Greetings Auxiliary Members from the West Coast and belated Happy New Year! I am indeed starting a New Year, having to make plans for visits and Mid-Year training sessions. The West Coast, by choice, does not have a Convention at Mid-Year so other plans must be made.

When I started on this article, I was going to use Units Christmas projects for the main topic but at the last minute I determined that I might either leave out something important or make erroneous statements. However, it will still include Christmas projects.

The Mountain Warfare Training Center was gifted with the usual cookies. The Base Commander invited Branch and Unit Presidents to meet with him and the Bridgeport community leaders.

Most of the Units on the West Coast participate in Toys for Tots with either money or toys. Some collect toys all year, others put barrels out at businesses and start registering families in October for the distribution. This Unit helped separate the toys by age and sex and helped in the distribution.

Military members in two different colleges were recipients of Unit donations. A \$75 gift certificate from a grocery store and another was given funds to go toward school supplies. One Unit has an Adopt a Sailor project so gave additional at Christmas for this project. Another Unit made Christmas baskets and 13 members went to present these to a local home for battered women.

Canned food was collected and given to Food Banks by at least two Units.

There are other Units that are just holding on by the "seat of their pants" hoping to be able to keep their charter and at the same time they are working to increase their membership.

Several Units have male members who are active and are willing to work for the benefit of the Auxiliary. **Welcome Aboard, Fellows!!!**

I give a big **Thank You** to every member in the West Coast for their support and their willingness to take Committee appointments. Bless you all!

Yours in loyalty, Protection and Service,  
Mary Ann Frank, RPWC

### *April Holidays*

March 31	Easter
April 1	April Fool's Day
April 5	Gold Star Spouses Day
April 9	National Former POW Recognition Day
April 22	Passover begins
April 22	Earth Day



## *From the Desk of the Honorary Membership Chairman*

### Auxiliary Members:

Have you thought about the people who help your Unit; however, they are ineligible to become members? Did you know that there is a way to honor their dedication to the auxiliary? Your Unit may send a resolution requesting that they be made honorary members of the auxiliary.

Each year at the National Convention these applications are reviewed by a committee concerning these wonderful people. Up to five Honorary members may be elected each year. Honorary members may serve on a committee of a Unit, or at a Regional or National Convention as a Chairman, Co-Chairman, or member.

According to our C & BL Article 3, Section 305(b), your nomination must be received no later than 120 days prior to the National Convention. What must be submitted is found in Article 3 Section 305(c) A certified statement, signed by the Unit President and Unit Secretary of the Unit submitting the resolution, stating in detail what distinguished service the nominee has rendered to the LA FRA and that the nominee is not otherwise eligible for membership in the LA FRA or FRA, shall accompany each nominating resolution for Honorary Membership.

Auxiliary Members, please look to your Unit and ask yourselves if you have someone who deserves this honor. When you find someone who fits the criteria, please submit the paperwork to request that they be considered for this honor.

Yours in Loyalty, Protection and Service,  
Ronalee S. Klase, RPSE  
Honorary Membership Chairman



Branch 84 (L-R: Manuel Canseco, Chaplain; Florentino Labiano, V.Pres; Ban Agonoy, BOD; Manny Cabildo, Br Sec.; Roger Bacud, PRPSW; and John Quesnel PRPSW)



LA FRA UNIT 84 (L-R: Elena Stein, Sec.; Jr PNP Nadine Fulton (blue jacket); Delia Cabildo, VP; Remedios Aquino, Pres.; Teresita Villarin Chaplain; Liwayway Saldares, Treasurer; Patricia Espinosa, BOD; Evelyn Aquino, BOD; Marilyn Quesnel, RPSW; Jinise Rostrata, Unit 289 Pres.; [Picture taken 3/9/24])



Unit 287 holding their 2nd annual Corn Hole Tournament Fundraiser



NVP Kelly Peña signed up new member Creighton Galloway today at the fundraiser



## *From the Desk of the VAVS Chairman*

Greetings Auxiliary Members:

We are doing so well with volunteering at VA Hospitals and Veteran Nursing Homes. Thank you for all you do. Here is some updated news and examples of work that gets us closer to reaching our goals.

The Virginia Department Veterans Services' Jones & Cabacoy Veterans Care Center sits on a 26-acre piece of land, donated by the City of Virginia Beach and located near the Municipal Center. The 128-bed facility features all private rooms. Virginia Gov. Glenn Youngkin stated we need to serve our veterans, "which is to make sure they can get the help they need, when they need it, where they need it."

The new facility provides skilled nursing care, short-term rehabilitation, and Alzheimer's and dementia care for veteran residents, including physical and occupational therapy, speech and language pathology, nutrition, and bathing assistance. There are Veterans throughout Virginia Beach, Chesapeake, Norfolk, and Hampton Roads Area. The center's name honors the lives of two war heroes: Colonel William Jones III and Sergeant Christopher Cabacoy, both from the Hampton Roads area.

We will soon have a new federal Department of Veterans Affairs Chesapeake Health Care Center. Ground was broken last October for that 196,000-square-foot facility next to Chesapeake Regional Healthcare on Battlefield Boulevard.

This is a great opportunity for Auxiliary members to take part in volunteering at these two new facilities in Hampton roads. This is just one area of great news; we look forward to hearing from other Units with reports to share. An example shared from Unit 24: Hospital Committee Chair Kathy McCrudden has some great news to share with our members.

First, Kathy delivered \$1,200 worth of in-kind clothing/supply donations to the Baltimore VA Medical Center, which were very much appreciated by the volunteer coordinators and sure to be enjoyed by the patients. These included clothing, linens, hygiene products, handmade items, and other miscellaneous supplies. Barbara Hrynysen, Mattie Kovac and Hannah Sawyer were also instrumental in the collection, inventory, and delivery of these items. Kathy attended last week, presented by the Blue Star Families organization. Loretta Jorden recommended attending the seminar, which was suggested to us by Dorothy Smiley.

This was an hour-long presentation, jointly hosted by Kathy Roth-Douquet of the Blue Star Families organization, along with two members of the White House National Security Council, two members of the Pentagon Briefing Room, for the benefit of the Blue Star family members (families of the service members currently in active duty) and others who were permitted to join the remotely held event. Thanks to Kathy McCrudden for all her great work.

Please send all reports and spotlights to PRREC Dorothy Smiley.

In Loyalty, Protection, and Service  
Dorothy Smiley, JrPRPEC  
VAVS Chairman

### *Reminder of Pilgrimage Donation*

Pursuant to C&BL Section 815(c), each Unit is privileged to send five dollars each year, prior to the 25th of April, to the National Financial Secretary, as a contribution to the Pilgrimage fund. The monies donated help to defray the cost of the Annual Pilgrimage.

Please forward this payment made payable to "LA FRA" to NFS Pat Suckow, PNP.

## Regional Membership Stats as of 2/29/2024

REGION	Members as of 4/1/2023	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 2/29/2024
NE/NEng	122	4	15	16	0	0	24	1	0	0	132
East Coast	1592	41	121	5	4	1	105	6	9	0	1634
South East	991	51	84	2	1	1	219	21	1	0	885
North Central	128	2	6	0	0	0	13	1	0	0	122
South Central	222	9	23	3	0	0	48	6	0	0	203
Northwest	368	29	59	7	0	0	92	3	1	0	367
West Coast	324	39	65	1	0	0	84	12	1	0	332
South West	677	29	32	4	1	0	99	17	0	0	625
REI - Reinstated		TO - Transfer Out			NP - Non-Payment			INE - Ineligible			
TI - Transfer In		RES - Resigned			DEC - Deceased						

## 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



## Thoughts from the National President

“The Silent Ranks,” attributed to an unknown author, pays tribute to the unassuming presence of military spouses. This heartfelt poem acknowledges that they are an integral part of the military community. It highlights their silent strength and unwavering dedication, underscoring the sacrifices they make for their loved ones and their country.

Military spouses embody the true meaning of strength and sacrifice. Through their unwavering support, they create a solid foundation for their partners to serve and protect. The poem captures the essence of their experiences and emotions. It reminds us of the resilience, love, and unwavering commitment of military spouses. Let us take a moment to honor and appreciate these unsung heroes who selflessly stand beside those who serve.

This is another person’s poem I will not change it to match the modern world but please as you read it, the personal pronoun can be what we want it to be.

### THE SILENT RANKS – Tribute to the Military Wife . . .Unknown Author

I wear no uniforms, no blues or army greens.  
But I am in the military in the ranks rarely seen.  
I have no rank upon my shoulders, salutes I do not give.  
But the military world is the place where I live.

I’m not in the chain of command, orders I do not get.  
But my husband is the one who does, this I cannot forget.  
I’m not the one who fires the weapon, who puts my life on the line.  
But my job is just as tough. I’m the one that’s left behind.

My husband is a patriot, a brave and prideful man,  
And the call to serve his country, not all can understand.  
Behind the lines I see the things needed to keep this country free.  
My husband makes the sacrifice, but so do our kids and me.

I love the man I married. Patriotism is his life.  
But I stand among the silent ranks known as the military wife.

On our special day, remember how strong and flexible we have been over the years, especially since we were ‘recruited’ but were not enlisted or commissioned. Plus, most of us still have not ‘retired’.

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

## 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.

## *Important Information on the National Convention*

The dates for the FRA – LA FRA National Convention, to be held in Annapolis, MD, are listed on the FRA website with a beginning date of November 12 and end date of November 15. The LA FRA will follow the schedule set by the FRA. Please be advised that your travel and hotel plans need to consider the above dates for attendance at the National Convention.

### CONVENTION SCHEDULE

November 12th	Opening Ceremony and First Business meetings
November 13th	Committees meetings and Second Business meetings
November 14th	Third and Fourth Business meetings
November 15th	Installation and Banquet

## *Upcoming Events*

4/6-9/2024	NC Regional Mid-Year	Springfield, MO
4/12-13/2024	WC Regional Mid-Year	Lemoore, CA
5/4/2024	NW Regional Mid-Year	Via Zoom at 1 pm
7/19-20/2024	NE/NEng Regional Convention	Peabody, MA
8/11-15/2024	SW Regional Convention	Las Vegas, NV
8/16-18/2024	South Central Regional Convention	TBD
8/18-22/2024	NC Regional Convention	Branson, MO
8/22-24/2024	West Coast Regional Convention	Carson City, NV
9/6-7/2024	NW Regional Convention	Kennewick, WA
9/10-12/2024	EC Regional Convention	Williamsburg, VA
9/24-26/2024	SE Regional Convention	North Charleston, SC
11/11/2024	Veterans Day & FRA Centennial	Arlington, VA
11/12-15/2024	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 – April 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: _____
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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	