



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association
July 2024



2023-2024 National Officers and Appointees

National President
Veralyn Thomas
904.495.4363
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National Vice President
Kelly Peña
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penakelly66@gmail.com

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Pat Suckow
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lafranfsnat@gmail.com

National Treasurer
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Jr Past National President
Nadine Fulton
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National Chaplain
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honda1girl@gmail.com

Website
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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.

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

Annapolis

Maryland

November 12-15, 2024

Double Tree by Hilton Annapolis

to convene at 9:00 a.m. 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. To 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 /s/ Laurie A. Starkey

National President /s/ Veralyn Thomas

Date July 1, 2024



From the Desk of the National President

Welcome to the month in which we celebrate the birth of our nation. On July 4, 1776 – 248 years ago, this great nation, the United States of America, in a struggle for what was right and free, was proudly born. May we celebrate that precious freedom for which our forebears fought.

Everyone should take a few moments to think or actually say 'Thank you.' Our 'founding fathers' considered it important enough to risk their lives to declare that we have the right to be 'free and independent states.' There are so many things to be thankful for as we celebrate America's independence; as there are so many ways to express one's love for country; there are also many ways to commemorate the day. What to do on July 4th to show your love of the United States of America is a deeply personal matter. For many folks Independence Day means marching in or watching an old fashion small town parade, family barbecuing, marching in a parade, enjoying a baseball game, watching fireworks, or thinking that the fireworks should have stopped at 1 AM.

On Wednesday July 3, 2024, LA FRA members and guests will be attending the LA FRA Pilgrimage at Arlington National Cemetery. Hopefully, the weather will allow pictures to be taken and shared in the August Triangle.

New officers have been elected, thank you to all for volunteering to support your unit by taking on the responsibilities of an officer. Thank you to all the members that support their unit by attending the meetings and or supporting the activities of your unit. Now it is time to fill-out the unit report forms for judging at your regional convention and the national convention. These report forms are available online or from the Regional President.

As a Unit member, it is time for your unit to elect delegates and proxies for the conventions. There is help, the following forms are available online or from the Regional President: delegate forms, proxy letter, and the Who, What, Where form. The Unit Secretary can contact the Regional President or the National Executive Secretary for help in filling out these forms. After your delegates have been elected, please ask them to bring back from the conventions, regional and national, the delegate folders that were passed out. This is the easiest way to report on the events during the convention(s).

As indicated on page 1, the National Convention will soon be here. The regional conventions are scheduled to start in July with the last regional in September. As a member, make your travel, hotel, and dining reservations early, that way it is done. If the airlines and weather cooperate, it is my travel plan to attend the regional conventions.

It is with a heavy heart that I announce FRA Past National President Robert 'Bob' Beese 1998-1999 has joined the Staff of the Supreme Commander, the FRA has indeed lost a 'loved one.' My thoughts and prayers to those who are ill or have lost a loved one. To those members celebrating a special occasion, a birthday or anniversary, I wish you enough celebrating for the occasion to become a happy memory. For everyone, this is the most precious day of your life because it is the one that we are living in, this is the only day, that, if necessary, we can still try to make right. The past cannot be changed, and the future cannot be revealed until it is time. Have a great day.

Until next month, I remain yours in Loyalty, Protection and Service,
Veralyn Thomas, LA FRA National President

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator, with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. -- The Declaration of Independence, 1776

July 2024 Holidays

July 4	Fourth of July/Independence Day
July 9	Sugar Cookie Day
July 12	Simplicity Day
July 21	Department of Veterans Administration Created
July 25	Hire a Veteran Day
July 26	Armed Forces Unification Day
July 30	National Cheesecake Day

Membership Stats as of 5/31/2024

REGION	Members as of 4/1/2024	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 5/31/2024
	4466	29	83	22	21	0	138	4	0	0	4437
REI - Reinstated		TO - Transfer Out				NP - Non-Payment			INE - Ineligible		
TI - Transfer In		RES - Resigned				DEC - Deceased					

Help Needed



During my visit to FRA Headquarters and reviewing the LA FRA Archives I am asking for the members assistance with filling in some empty years of LA FRA National Convention minutes. I was not able to go through all the material in storage, but as a start, we are lacking the following years, if you have a copy and are willing to donate it or them to the Archives it would be appreciated. Please check with NP Veralyn for contact information before sending your copy of the National Convention minutes just in case we have multiple offers:

All years prior to and including 1950, as well as 1951 - 1955; 1965; 1978 – 1979; 1984; 2002 – 2004; 2006-2007; 2009. After the FRA Headquarters move there may be more years placed on the 'wanted' list.



Congratulations to the newly elected officers of Unit 61



Congratulations to the newly elected officers of Unit 302!

Pilgrimage Information

On Wednesday July 3, 2024, LA FRA members and guests will meet in the lobby of the Pentagon Sheraton Hotel to travel to Arlington National Cemetery (ANC) for the LA FRA Annual Pilgrimage. National President Thomas will place a wreath at the Tomb of the Unknown Soldier. We presently do not know if the ANC officials will authorize our traditional ceremony honoring the Mast of the Maine, but we will find out later. We hope you will join us!

Per SR-30 Pilgrimage to the Tomb of the Unknowns and the Mast of the USS Maine: Female members dress code shall be white dress or suit or pant suit, white shoes, white gloves, and the Auxiliary uniform cap should be worn. Male member dress code shall be dark trousers, white dress shirt (business suits are optional), and appropriate dark dress shoes and the FRA uniform cover with the Ladies Auxiliary of the Fleet Reserve Association or the Auxiliary of the Fleet Reserve Association and Unit number.

If not done already, pursuant to C&BL Section 815(c) Donations, 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.

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 two 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

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

We're blessed with the opportunity to stand for something — for liberty and freedom and fairness. And these are things worth fighting for, worth devoting our lives to. And we have good reason to be hopeful and optimistic. -- Ronald Reagan

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 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	Second and Third Business Meetings
November 14th	Fourth and, if needed, Fifth Business Meetings
November 15th	Installation and Banquet

Nominating Resolutions Received for National Office

National President:	Kelly Peña, Unit 287
National Vice President:	Ronalee Klase, Unit 22
Regional President Southwest:	Myrna Sales, Unit 302

We have not received any Nominating Resolutions for 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&BL for the duties of each office.

Whereas, on page 1 of the C& BL the Preamble of the Ladies Auxiliary of the Fleet Reserve Association is prescribed and reads: "Having a keen sense of responsibility, being true Americans, and bearing in mind the Preamble of the Fleet Reserve Association, we, the members of the Ladies Auxiliary of the Fleet Reserve Association, do band together to aid, assist, and promote in all matters pertaining to welfare, social and patriotic work, for the benefit of the Fleet Reserve Association, its members and their families. Thus do we associate and declare these principles to be the foundation and the Preamble to the Constitution of the Ladies Auxiliary of the Fleet Reserve Association; and

Whereas, the Delegates at the 2009 National Convention voted to open the membership of this organization to include 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 death; and

Whereas, the Delegates at the 2010 National Convention voted to amend the Name of the Organization to be the Ladies Auxiliary of the Fleet Reserve Association Doing Business as (DBA) Auxiliary of the Fleet Reserve Association (AFRA); and

Whereas, many current members are male; and

Whereas, the Department of Defense reports that 17% of all active and retired forces are female and their family members should not be discriminated against and

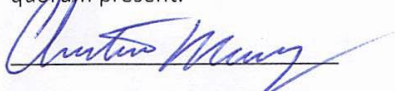
Whereas, the membership has been encouraged to refrain from using the term Ladies and refer to each other as members; and

Whereas, when male members are present many units are reluctant to profess a Preamble stating "we, the members of the Ladies Auxiliary..."; and

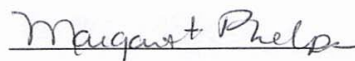
Whereas, a Preamble should be reflective and inclusive of all members and for continuity of recitation; now therefore be it

Resolved, That the Preamble be amended to state: PREAMBLE OF THE AUXILIARY OF THE FLEET RESERVE ASSOCIATION: Having a keen sense of responsibility, being true Americans, and bearing in mind the Preamble of the Fleet Reserve Association, we, the members of the Auxiliary of the Fleet Reserve Association, do band together to aid, assist, and promote in all matters pertaining to welfare, social and patriotic work, for the benefit of the Fleet Reserve Association, its members and their families.

This is to certify that this resolution was proposed at a regular meeting of Unit 40 Chesapeake, Chesapeake Virginia, held on the 16th day of January 2024 and read, debated and adopted by a unanimous vote at a regular meeting of Unit 40 held on the 20th day of February 2024 there, being a quorum present.



Christina Murray, President



Margaret Phelps, Secretary

Whereas, Article 4 Dues, Section 401 Dues Payments, Sub Section 401(b) states "Dues of members shall be mailed either to the Unit secretary or to the National Financial Secretary" and

Whereas, the FRA has directed and placed detailed restrictions on verifying the eligibility of an applicant for membership and

Whereas, the requirements for verification of membership is to site the sponsors DD 214 and

Whereas, the Unit Secretary is the verifying officer in the absence of any other Unit Standing rule or Unit C&BL directing membership verification to another officer and

Whereas, a reinstated member is normally a member of a Unit who let their dues lapse and will need to be vetted for continued eligibility under the new directive and

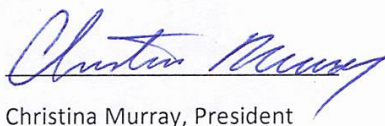
Whereas, to prevent any confusion on who is the responsible party to ensure FRA directives and membership eligibility is maintained properly and to prevent unnecessary delays in membership applications being processed and

Whereas, most Members at large are members from prior units that folded and

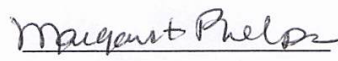
Whereas, the NFS has no way of vetting the eligibility for membership of a new member or the continued eligibility of a reinstated member without siting a DD 214 which cannot be kept therefore be it

Resolved that Section 401(b) be changed to state "Initial application and dues of members shall be presented to the Unit Secretary or other Unit Officer as may be delegated by the Unit's C&BL's or Standing Rules for verification and then mailed to the NFS according to currently prescribed procedures. The NFS may receive renewals directly by mail from a member of a Unit or Member- at- Large if membership has not lapsed."

This is to certify that this resolution was proposed at a regular meeting of Unit 40 Chesapeake, Chesapeake Virginia, held on the 16th day of January 2024 and read, debated and adopted by a unanimous vote at a regular meeting of Unit 40 held on the 20th day of February 2024 there being a quorum present.



Christina Murray, President



Margaret Phelps, Secretary



**"Ladies Auxiliary of the Fleet Reserve Association/
dba Auxiliary of the Fleet Reserve Association**

Resolution to amend Section 809(p) 5

Proposed by Unit 269 Goose Creek SC

Whereas, Article 809 Section (p)5, states that among the duties of the National Financial is to Send second billing notices at 60 days past due; and

Whereas, the NFS does send a due renewal notice prior to the expiration date of dues, and

WHEREAS, contact should be made by the Unit Membership at 30 days past due, the Regional Membership chair (RVP) at 90 days past due and the National Membership Chair (NVP) at 120 days past due ; and

WHEREAS, the cost of postage for these 60 days past due notices continues to increase; and

WHEREAS: Some 60 day past due notices cross in the mail with members payments; and

WHEREAS: The 60 days past due notices do not generate sufficient return of membership renewal to offset the costs of the national mailing , and

Therefore, it be resolved, that Section 809(p) 5 be deleted, and all subsequent sections be renumbered. Thus Section 809(p) 6 will become 809(p) 5 Section 809(p) 7 will become 809(p) 6.

This is to certify that this resolution was proposed at a regular meeting of Unit Number 269 held on 16th day of April 2024 and read, debated, and adopted by a two-thirds vote at a regular meeting of Unit Number 269 held on the 14th day of May 2024, a quorum present.

Unit President
Gale Bolz

Unit Secretary
Yvonne Wallace

Donations

Pilgrimage:

Unit 61
Unit 41
Unit 162
Unit 126

LAFRA Scholarship:

Moore Family (in memory of Virginia Wheat)
Unitn162

National President Project:

Cindy Rodham-Tuck (memory of JJ Thomas PRPSE)
Cindy Rodham-Tuck (memory of PRP John Kotheimer)
Cindy Rodham-Tuck (memory of Linda Mowry)
Branch 91
Unit 162 (memory of PRPSC Dave Fields)

NP Scholarship:

Unit 126



FRA PNP Robert “Bob” Beese has joined the Staff of the Supreme Commander. Our deepest sympathies to his family.

Upcoming Events

7/3/2024	Pilgrimage	Arlington, VA
7/19-20/2024	Northeast/New England Regional Convention	Peabody, MA
8/11-15/2024	Southwest Regional Convention	Las Vegas, NV
8/16-18/2024	South Central Regional Convention	Round Rock, TX
8/18-22/2024	North Central Regional Convention	Branson, MO
8/22-24/2024	West Coast Regional Convention	Carson City, NV
9/6-7/2024	Northwest Regional Convention	Kennewick, WA
9/10-12/2024	East Coast Regional Convention	Williamsburg, VA
9/24-26/2024	Southeast 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



Congratulations to Gus and GiGi Hermes on their Heart of Dignity Award in recognition of the many years that they have given to the Memorial Day services and related activities that was founded by the FRA Auxiliary Unit 61 – from the original Facebook post by Judy Stewart Pickell (shared to the LA FRA Facebook page by Beatrice Parco, PNP

Reminders

Dress for Installation – NVP Kelly Peña has chosen a dark colored floor length gown with bling for those Members being installed at the National Convention.

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 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.

An excerpt from John Adams’ letter to his wife Abigail on July 3, 1776:

"The Second Day of July 1776, will be the most memorable Epoch, in the History of America. I am apt to believe that it will be celebrated, by succeeding Generations, as the great anniversary Festival. It ought to be commemorated, as the Day of Deliverance by solemn Acts of Devotion to God Almighty. It ought to be solemnized with Pomp and Parade, with Shews, Games, Sports, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this Time forward forever more. You will think me transported with Enthusiasm but I am not. I am well aware of the Toil and Blood and Treasure, that it will cost Us to maintain this Declaration, and support and defend these States. Yet through all the Gloom I can see the Rays of ravishing Light and Glory. I can see that the End is more than worth all the Means. And that Posterity will triumph in that Days Transaction, even altho We should rue it, which I trust in God We shall not."

- John Adams July 3, 1776

FOURTH OF JULY TRIVIA

1. The United States of America was originally made up of how many colonies?
2. On the original flag, in what shape were the stars laid out?
3. The capital of the United States is Washington DC, but it used to be...
4. What bird did Benjamin Franklin want to be the national bird (instead of the Bald Eagle)?
5. Who was the principal author of the Declaration of Independence?
6. Today the American flag has how many stars?
7. Who was the first president of the United States?
8. How many people signed the Declaration of Independence?
9. Who wrote the lyrics to "The Star-Spangled Banner?"
10. What year were fireworks first used to celebrate the 4th of July?
11. What president was born on the 4th of July?
12. Name 3 presidents who died on July 4.
13. What is considered the most 'American' dessert?
14. In what state was July 4 first declared an official holiday?
15. On what day did the majority of the people sign the Declaration of Independence?
16. Who was the oldest person elected as president?
17. Where is the oldest functioning airport in the USA?
18. How many hot dogs are being consumed each year on the 4th of July?
19. Who sewed the first US flag?
20. What do the 13 stripes on the U.S. flag indicate?
21. Who was the first person to sign the Declaration of Independence?
22. How much money is spent on fireworks every year?
23. Who wrote the Pledge of Allegiance?
24. What are the first seven words of the Declaration of Independence?

[Answers will be in the August 2024 *Triangle*]

TRIANGLE – July 2024
Ladies Auxiliary of the Fleet Reserve Association
39 Fairmount Drive
Glassboro, NJ 08028-1305

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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BELLMAWR, NJ

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

REPORT OF CHANGE OF ADDRESS AND OR 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	