



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

June 2025



2024-2025

National President

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National Executive Secretary

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Jr Past National President

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National Chaplain

Dorothy Smiley
757-240-7537
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National Parliamentarian

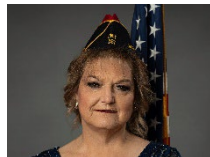
Helen A. Courneya
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Website: la-fra.org

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

For Membership and Auxiliary Supplies Contact:

LA FRA – NFS
PO Box 706
Goose Creek SC 29445



From the Desk of the National President

Dear Auxiliary Members:

As we welcome the warmth of summer, it is delightful to note that the season has begun in many regions, even before its official start on June 20. I trust this message finds you well and enjoying the pleasant weather.

This month presents us with an opportunity to commemorate several significant holidays and awareness days. On June 6, we honor the courage and sacrifice of service members during D-Day in World War II. Shortly thereafter, on June 14, we observe Flag Day, a moment for Americans to reflect on the foundational ideals of our nation's freedom. We also celebrate Father's Day on June 15, recognizing the vital roles fathers and father figures play in the lives of their children.

Another important occasion is Juneteenth National Independence Day, celebrated on June 19, which marks a pivotal moment in our country's history. Additionally, June 5 is recognized as World Environment Day, aimed at raising global awareness about environmental issues. A particularly meaningful day for many is National Cancer Survivor Day, observed on June 1. This day honours the resilience of cancer survivors and serves as a call to action for continued research, resources, and public awareness to enhance the lives of those affected by cancer. I encourage you to visit the National Cancer Survivor Day Foundation and consider supporting their mission through a donation.

As we progress through June, I would like to remind everyone that the unit elections should be concluded, and installations scheduled. Please ensure that the Unit Officer Information form is completed and submitted promptly; it is available on our website's forms page and is a fillable form. Congratulations to all the newly elected and installed unit officers, and heartfelt thanks to those who have served and those stepping into leadership roles for the first time. Your dedication to the Auxiliary is invaluable and essential for the vitality of our organization.

With the onset of June, regional conventions are upon us. I strongly encourage you to attend your regional convention, where you will gain valuable knowledge and reconnect with friends. Remember to submit your unit activity reports to your regional unit report committee for evaluation and judgement, as well as consideration at the national level. Additionally, please ensure that your unit chaplain report is submitted to your regional chaplain.

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Keep an eye out for your regional and national delegate forms, which will be sent shortly by your regional president or regional secretary. It is important to complete these forms correctly, and if you are unable to attend, please submit proxies along with a proxy letter. Double-check your delegate sheets to ensure they are fully completed to avoid any complications. If your unit is considering nominating someone for honorary membership, please prepare the resolution and certified statement, as these must be submitted 120 days prior to the National Convention.

Last month, I had the pleasure of attending the Pilgrimage, an event filled with cherished moments. My heartfelt gratitude goes out to all who participated, and a special thanks to PNP Diane Hoover and RPEC Loretta Jorden for their tireless efforts in making this event a resounding success. I also had the honor of attending the Memorial Day ceremony in Sparks, Nevada, organized by Branch and Unit 274. I was the installing officer for Unit 287 of Livermore, California and Unit 302 of Carson, California. Thank you for the warm hospitality.

I am eagerly looking forward to traveling to the East Coast regional convention in Alexandria, Virginia from June 9-14, where I anticipate reconnecting with many friends. I extend my appreciation to all who have contributed to the National President's Project, Paws for Purple Hearts. If you wish to support this initiative, your donations would be greatly appreciated. Please make checks payable to LA FRA and send them to LA FRA NFS, PO Box 706, Goose Creek, SC 29445, with "NP Project" noted on memo line.

In closing, I send my thoughts and prayers to those members and families facing illness or mourning the loss of a loved one. Best wishes to all celebrating birthdays, anniversaries, or any special occasion-may you enjoy many more joyous celebrations to come!

In Loyalty, Protection, & Service,

Kelly M. Pena
LA FRA NP

June 2025 Holidays

June 1	National Cancer Survivor Day
June 5	World Environment Day
June 6	D-Day
June 14	Flag Day
June 15	Father's Day
June 19	Juneteenth National Independence Day
June 27	National PTSD Awareness Day

Donations









Pilgrimage:

Unit 185

National Presidents Project 2024-2025:

Unit 287
Members attending the Pilgrimage
Dori Fri, PNP
Branch 14

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 PSPSW Salli Espinoza PRPSW Unit 161	 Beatrice Stephenson, Unit 181	 Maryanne Kopan, Unit 170
 Betty Walden, Unit 275	 Edith Roth, Unit 91	

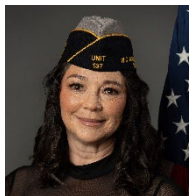
Membership Stats as of 4/30/2025

Members as of 4/1/2025	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 4/30/25
4255	17	35	1	1	0	54	4	0	0	4249
REI - Reinstated		TO - .Transfer Out			NP - Non-Payment			INE - Ineligible		
TI - Transfer In		RES - Resigned			DEC - Deceased					

Upcoming Events

6/9-13/2025	East Coast Regional Convention	Williamsburg, VA
8/18-19/2025	Southwest Regional Convention	Las Vegas, NV
8/18-21/2025	North Central/South Central Regional Convention	Osage Beach, MO
9/04-07/2025	Northwest Regional Convention	More information to come
9/12-13/2025	West Coast Regional Convention	Modesto, CA
9/22-26/2025	Southeast Regional Convention	Warner Robbins GA
11/4-7/2025	FRA & LA FRA National Convention	Springfield, MO

Under Section 1405. Nominations and Elections of Unit Officers Section 1405(a) of the C&BLs, “nominations for Unit Officers shall be opened at a meeting in March, April, or May, as specified by the Bylaws of each Unit.” Under Section 1405(d), “Officers-elect shall be installed at a meeting in the month following election.” Please submit the Unit Officer Information form immediately following the Unit’s election. **Please do not wait until installation to submit this form.** Thank you.



From the Desk of the West Coast Regional President

Dear Auxiliary Members:

Branch & Unit 197 cordially invite you to the 68th West Coast Region Convention on 12 & 13th of September 2025 at the Stanislaus Veterans Center, 3500 Coffee Road, Modesto, CA, 95354. More details are available on the Regional News: West Coast page of the LAFRA website.

Our West Coast members have been hard at work, diligently serving our veterans, active duty members and their families. Unit 274 has been preparing for the Annual Veterans baby shower, to be held May 31. Baskets are filled with all the supplies that a new mother may need and donated to Community Affairs at the VA in Reno, NV. Unit 59 recently co-hosted an open house to recruit new members, and they have been making jewelry for local craft shows. The money raised from the craft shows goes to charitable organizations. This past year we donated to the Gary Sinise Foundation, Hurricane Helene Relief Fund, St. Joseph's Food Pantry in memory of one of Wyoming Branch 59's shipmates and to the Friday Food Bag Foundation. This program provides Food Bags to children in our local school districts who may not eat well --or at all-- on the weekends.

The busy Unit 287 routinely participated in the quarterly "Last Call Ceremony", honoring the newly deceased veterans at the Palo Alto VA. They are particularly proud of their recent installation ceremony, which welcomed their new unit president, Patrice Blanchette. Recent donations have included: \$1,382 to the National President's Project "Paws for Purple Hearts" project from their cornhole tournament, Project Hope that supports CA fire victims, Shepherds Gate, a local women's shelter, and the Lupus foundation of America in recognition of Lupus Awareness month. Unit 137 provides baked goods to the local Marine Corp base monthly. Unit 8 routinely volunteers at the local Veterans hospital. Unit 261 conducts fund raisers and collects items to support their local Navy base and other local charities throughout the year. Unit 275, Hangtown hosted a successful mid-yr meeting and Unit 197 is hard at work preparing for our Regional Convention.

Lastly, I would like to revisit the fact that the organization continues to decline in numbers. I strenuously encourage each of you to consider embracing a Change Growth Mindset. We will never abandon our principles, but we must consider the adoption of more modern technology and pivot towards diversity and inclusivity to make the organization more compatible with the world we currently live in. After all, what good are "the old traditions" if you have no one left to carry on the torch? So, let's ban together and expand our minds for the benefit of the organization.

In Loyalty, Protection, and Service,
Tina Pedersen, RPWC

Remember, pursuant to Section 608(a) of the C&BL, "all resolutions to be acted upon by the National Convention, shall be received by the National Executive Secretary in the proper format and content and not less than four months (120 days) before the convening date of the Annual Convention." 120 days before the convening of the National Convention is **July 7, 2025**.

National President's Project

My National President's Project for 2024-2025 is "Paws for Purple Hearts". Their mission is to improve the lives of America's Warriors facing mobility challenges and trauma-related conditions such as PTSD and TBI by providing the highest quality Assistance Dogs and canine-assisted therapy programs; and by building public awareness about the Important role dogs play in helping Warriors along the road to recovery.

Paws for Purple Hearts is the world's only service dog organization for wounded Service Members and veterans that partners with Bergin College of Canine Studies. Bergin College is the first and only college in the world that focuses on training and learning about dogs. It was founded and continues to be led by the famous canine researcher and inventor of the service dog concept, Dr. Bonnie Bergin.

Through its unique mission to advance human-canine studies, it produces some of the best service dog trainers and highest quality assistance dogs. Although Paws for Purple Hearts is now separate from Bergin College- all of their trainers are Bergin graduates.

As an employee at the VA Palo Alto Health Care/Veterans Affairs, I have had the opportunity to witness the facility dogs in action with veteran inpatients. It is quite a moving experience to see the works of these dogs and how they benefit our veterans. This non-profit 501(c)(3) organization is close to my heart.

There are three ways to donate to this organization:

1. Mail a check to LA FRA National Financial Secretary at PO BOX 706, Goose Creek, SC 29445 and note on the memo line "2024-2025 NP Project".
2. Or click on www.pawsforpurplehearts.org and click on "DONATE." Then go in the "how did you hear about us field" and type in LA FRA 2024-2025 National President Project.
3. Or Venmo to Paws for Purple Hearts@Paws4ph and enter "LA FRA" in the notes field when you donate.

"Warriors helping Warriors-giving back to those who gave so much".

National Vice President's Project

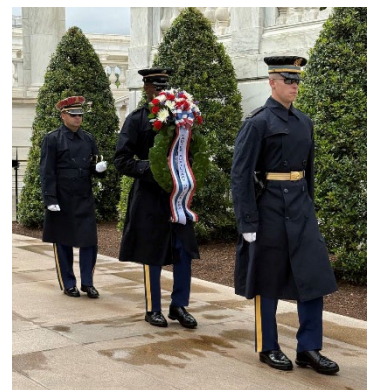
NVP Gini Larson's National Vice President's Project is "BRING THEM BACK." She will contact members whose membership was not renewed or lapsed in an effort to get them to rejoin the Ladies Auxiliary of the Fleet Reserve Association. She will also be in contact with all members at large.



L-R: NP Kelly Peña and MU1 Bret Magliola, Navy Band (Picture taken by Laurie Starkey, NES)



L-R: SGM Myong Hall, NP Kelly Peña and SFC Gerald Sydnoor (Picture taken by Laurie Starkey, NES)



LA FRA Wreath being taken to the Tomb of the Unknown Soldier (Picture taken by Sylvia Wainio, PNC)



MU1 Bret Magliola, Navy Band
(Picture taken by Sylvia Wainio, PNC)



LA FRA Members in attendance at the Pilgrimage on 5/5/25 (Picture taken by Sylvia Wainio, PNC)



NP Kelly Peña and her husband, Marcues Peña, after placing the LA FRA
Wreath at the Tomb of the Unknown Soldier (Picture taken by Sylvia Wainio, PNC)



PNP Diane Hoover and RPEC Loretta Jorden
(Picture taken by Sylvia Wainio, PNC)



L-R: RPEC Loretta Jorden, NFS Pat Suckow, NT Sharon Lippitt,
NParl Helen A. Courneya, PNP, NP Kelly Peña, NES Laurie Starkey,
NChap Dorothy Smiley and RPWC Myrna Sales
(Picture taken by Sylvia Wainio, PNC)



L-R: NP Kelly Peña, NParl Helen A. Courneya, PNP,
and PNP Cindy Rodham-Tuck
(Picture taken by Sylvia Wainio, PNC)



Nominating Resolutions Received for National Office

National President:	Kelly Peña, Unit 287 Gini Larson, PNP, Unit 94
National Vice President:	Laurie Starkey, Unit 31
Regional President East Coast:	Virginia Jorden, Unit 24
Regional President Southwest:	Myrna Sales, Unit 302

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 (dsmileynationalchaplain@yahoo.com), and National Financial Secretary (lafranfspat@gmail.com).

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.

TRIANGLE – June 2025
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	