



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

August 2025



2024-2025

National President

Kelly Peña
408.642.7722
penakelly66@gmail.com

National Vice President

Gini Larson PNP
361-442-5707
lovedduck@aol.com

National Executive Secretary

Laurie A. Starkey
856-294-1282
lafrastarkey@outlook.com

National Financial Secretary

Pat Suckow, PNP
843.452.4719
lafranfspat@gmail.com

National Treasurer

Sharon Lippitt
908-507-0345
lafrasharonlippitt@gmail.com

Jr Past National President

Veralyn Thomas
904.495.4363
nplafra2023.24@aol.com

National Chaplain

Dorothy Smiley
757-240-7537
dsmileynationalchaplain@yahoo.com

National Parliamentarian

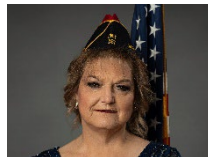
Helen A. Courneya
775-882-9201
vpc.hac.patches@att.net

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

Greetings, everyone!

As we usher in August, we find ourselves at the threshold of summer's conclusion. This month represents your final opportunity to bask in the warmth and sunshine that summer brings. It's the perfect time to embark on a getaway or cherish moments with your grandchildren before they return to school.

While August lacks any major federal holidays, we do have noteworthy observances, including Purple Heart Day on August 7 and the U.S. Department of Defense birthday on August 10. Additionally, there are several light-hearted celebrations to enjoy. For instance, August 1 marks International Beer Day, celebrated on the first Friday of the month. This occasion encourages gathering with friends to savor the diverse flavors of beer, honoring those who brew and serve it, and foster a sense of unity among beer enthusiasts worldwide.

On August 22, we celebrate Be an Angel Day. On this day, don your metaphorical halo and wings, embody kindness, and act as a guardian angel to someone in need. Whether through a simple act of kindness or offering support, let those around you know how much you appreciate their presence in your life.

Let's not overlook August 26, which is National Dog Day—a day dedicated to recognizing the invaluable companionship and support that dogs provide. This occasion also serves to highlight the importance of rescuing dogs in need. Whether you choose to spend quality time with your furry friend, visit a local dog park, or support animal shelter, your efforts can make a significant impact. If you do have a dog yet, consider adopting one from a shelter!

Moreover, I would like to bring attention to National Stroke Awareness Week, observed from August 4 to August 11. This annual campaign aims to educate the public about strokes and the critical importance of recognizing their signs through the F.A.S.T. test (Face drooping, Arm weakness, Speech difficulty, and Time to call an ambulance). This is an opportune time to promote lifestyle changes and preventive measures to mitigate stroke risk, while also emphasizing the vital role of rehabilitation and community support for stroke survivors. Remember the key themes: Recognize, React, and Recover. Prioritize staying active, maintaining a healthy diet, quit smoking, and limiting alcohol consumption.

Continued on Page 2

Continued from Page 1

As we navigate this month, I urge you to elect delegates and proxies for the upcoming regional and national conventions. If your unit will be without representation, please include a proxy letter detailing your unit's voting preferences.

I encourage all units to submit at least the Unit Report for the National Convention judging, even if you haven't completed all annual reports for your unit to the regional convention.

In the July Triangle, numerous resolutions were disseminated. I encourage your units to review these documents prior to the National Convention. Doing so will not only save time but also enhance your understanding, enabling you to make informed decisions when casting your votes.

With the regional convention season underway, I am excited to travel to the Southwest Regional Convention this month, where I look forward to reconnecting with familiar faces and meeting new members. I also encourage each of you to attend the 97th/92nd National Convention this year in Springfield, Missouri, from November 3-8. The North Central Committee has dedicated countless hours to ensure a successful and enjoyable event, complete with entertainment and an engaging tour. Be sure to make your reservations today!

Lastly, I would like to extend my heartfelt gratitude to all who have generously contributed to my National President's Project, "Paws for Purple Hearts." If you wish to contribute, please make your checks payable to LA FRA and send them to LA FRA NFS at PO BOXA 706, Goose Creek, SC 29445, ensuring to not "NP project" in the 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

August 2025 Holidays

August 1	International Beer Day
August 4 to August 11	National Stroke Awareness Week
August 7	Purple Heart Day
August 10	U.S. Department of Defense Birthday
August 22	Be an Angel Day, which encourages good deeds and kindness to others
August 26	National Dog Day
August 29	Marine Forces Reserve Birthday

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 Dorothy Grooms, Unit 269	 Martha Guillebeau, Unit 126	 Vickie Martello, Unit 162
 Mellissa Cooper, Unit 24	 Lillian Curtis, MAL	

Donations

Pilgrimage: Unit 24

National Presidents Project 2024-2025:
Branch 59, LA FRA ECR, EC FRA Martini Club

LAFRA Scholarship: Unit 24

National Scholarship:
General Fund (Memory of Georgia Gallagher, PNP)

Membership Stats as of 6/30/2025

Members as of 4/1/2025	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 6/30/25
4255	47	106	3	2	1	144	10	0	0	4254
REI - Reinstated		TO - .Transfer Out			NP - Non-Payment			INE - Ineligible		
TI - Transfer In		RES - Resigned			DEC - Deceased					

Upcoming Events

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

If your Unit has not submitted the Unit Officer Information form to the NES, NFS and NT, please do so immediately. Thank you.

Nominating Resolutions Received for National Office

National President:	Kelly Peña, Unit 287
	Gini Larson, PNP, Unit 94
National Vice President:	Laurie Starkey, Unit 31
National Executive Secretary:	Doris Fri, Unit 161
Regional President Southeast:	Carolyn Whitaker, Unit 126
Regional President West Coast:	John Souza, Unit 287
Regional President Southwest:	Myrna Sales, Unit 302

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.



Branch 287 and Unit 287 served ice cream sundaes to our veterans at the VA hospital in Palo Alto, CA

**NATIONAL TREASURER
3RD QTR REPORT
2024-25**

RECEIPTS & DISBURSEMENTS	APR	MAY	JUNE	TOTAL
RECEIPTS GENERAL FUND				
PCT Dues - Unit Members	\$3,425.00	\$2,475.00	\$ 2,775.00	\$ 8,675.00
PCT Dues - MAL	\$600.00	\$400.00	\$ 875.00	\$ 1,875.00
PCT Dues - PI	\$12.50		\$ 18.75	\$ 31.25
Retail Sales	\$80.00	\$499.00	\$ 627.00	\$ 1,206.00
Pilgrimage	\$ 40.00	\$25.00	\$ 65.00	\$ 130.00
Donation - 2024 Convention			\$ 4,018.90	\$ 4,018.90
INT General Fund #6022	\$0.11	\$0.08	\$ 0.10	\$ 0.29
RECEIPTS SUBTOTAL	\$ 4,157.61	\$ 3,399.08	\$ 8,379.75	\$ 15,936.44
RECEIPTS SAVINGS ACCOUNTS				
NP Project #1732 2023-24 - Thomas				\$-
NP Project #1732 2024-25 - Pena	\$895.00	\$1,815.26	\$100.00	\$2,810.26
NP Scholarship #1740	\$ 50.00		\$4,018.90	\$4,068.90
LA FRA Scholarship Fund #1757			\$4,043.90	\$4,043.90
Welfare #3567 Donations			\$4,018.90	\$4,018.90
PCT Dues - Advance - Unit Members	\$1,675.00	\$ 1,762.50	\$2,187.50	\$5,625.00
INT NP Project #1732	\$7.68	\$ 7.22	\$1.77	\$16.67
INT NP Scholar #1740	\$14.42	\$14.07	\$14.61	\$43.10
INT LA FRA Scholar #1757	\$14.98	\$14.60	\$15.10	\$44.68
INT Welfare/Rehab #3567	\$ 11.92	\$11.56	\$11.95	\$35.43
INT Escrow Savings #1724	\$3.27	\$3.41	\$3.63	\$10.31
INT PCT Advance Savings #2866	\$39.91	\$39.29	\$42.52	\$121.72
INT NFCU CD #3307	\$89.53	\$86.92	\$90.12	\$266.57
INT NFCU CD #3309	\$10.79	\$10.41	\$9.99	\$31.19
INT NFCU CD #3312	\$101.85	\$100.91	\$102.65	\$305.41
INT NFCU CD #3313	\$108.70	\$105.61	\$93.87	\$308.18
INT NFCU CD #3314	\$100.95	\$100.95	\$98.75	\$300.65
RECEIPTS SUBTOTAL	\$ 3,124.00	\$ 4,072.71	\$ 14,854.16	\$ 22,050.87
TOTAL ALL RECEIPTS	\$ 7,281.61	\$ 7,471.79	\$ 23,233.91	\$ 37,987.31
DISBURSEMENTS				
General Fund #6022	\$(2,065.53)	\$(2,908.80)	\$(2,301.26)	\$(7,275.59)
TOTAL DISBURSEMENTS	\$(2,065.53)	\$(2,908.80)	\$(2,301.26)	\$(7,275.59)
BANKING ADJUSTMENTS/TRANSFERS				
Transfer from PCT to Escrow			\$593.75	\$ 593.75
Transfer from PCT to Gen Fund	\$25.00		\$10.00	\$ 35.00
Checks from 9/30/24 never recorded cleared this year	\$75.00	\$50.00		\$ 125.00

NATIONAL TREASURER 3RD QTR REPORT 2024-25

SUMMARY OF ALL ACCOUNTS

NATIONAL PRESIDENT PROJECT #1732		
Donations NP Project 2024-2025	3/27/2025	1,283.32
Interest		2,810.26
ENDING BALANCE	6/27/2025	<u>16.67</u> <u>4,110.25</u>
NP SCHOLARSHIP FUND #1740		
Donations	3/27/2025	16,300.70
Interest		4,068.90
ENDING BALANCE	6/27/2025	<u>43.10</u> <u>20,412.70</u>
LA FRA SCHOLARSHIP FUND # 1757		
Donations	3/27/2025	16,903.57
Interest		4,043.90
ENDING BALANCE	6/27/2025	<u>44.68</u> <u>20,992.15</u>
WELFARE/REHABILITATION FUND #3567		
Donations	3/27/2025	13,381.61
Interest		4,018.90
Welfare Disbursements		35.43
ENDING BALANCE	6/27/2025	<u>0.00</u> <u>17,435.94</u>
ESCROW SAVINGS #1724		
Transfer from PCT Held/Susp Units - PI	3/27/2025	16,521.86
Interest		1,368.75
Transfer to units in compliance again		10.31
ENDING BALANCE	6/27/2025	<u>(412.50)</u> <u>17,488.42</u>
ADVANCE PAY SAVINGS #2866		
Deposit PCT Advance Pay MBRS	3/27/2025	43,263.10
Interest		5,625.00
ENDING BALANCE	6/27/2025	<u>121.72</u> <u>49,009.82</u>
NFCU CD # 3307 - 12 Month		
Interest	3/27/2025	26,846.04
ENDING BALANCE	6/27/2025	<u>266.57</u> <u>27,112.61</u>
NFCU CD # 3309 - 12 Month		
Interest	3/27/2025	3,011.46
ENDING BALANCE	6/27/2025	<u>31.19</u> <u>3,042.65</u>
NFCU CD # 3312 - 12 Month		
Interest	3/27/2025	26,049.31
ENDING BALANCE	6/27/2025	<u>305.41</u> <u>26,354.72</u>
NFCU CD # 3313 - 3 Month		
Interest	3/27/2025	27,237.13
ENDING BALANCE	6/27/2025	<u>308.18</u> <u>27,545.31</u>
NFCU CD # 3314 - 12 Month		
Interest	3/27/2025	28,184.03
ENDING BALANCE	6/1/2725	<u>300.65</u> <u>28,484.68</u>

**NATIONAL TREASURER
3RD QTR REPORT
2024-25**

GF CHECKING ACCOUNT - #6022

PCT Members	3/27/2025	10,214.20
PCT MAL		8,675.00
PCT Members - PI		1,875.00
Donation - 2024 Convention		31.25
Retail Sales		4,018.90
Pilgrimage		1,206.00
Transfer from PCT		130.00
Interest on CDs and Gen Fd		35.00
Disbursements		0.29
Check#2064 & 2066 never recorded in y/e 9/30/24		(7,275.59)
ENDING BALANCE	6/27/2025	<u><u>18,785.05</u></u>

INVESTMENT

American Fund (Capital Group)

Original Cash Investment	10/22/2002	\$50,000.00	
Portfolio Value			<u><u>50,000.00</u></u>
Portfolio Value	12/31/2024	236,164.50	
Net Gain/(Loss) for the Period	4/21/2025	247,193.17	
	Gain	11,028.67	

** JUNE 2025 BROKER STMT NOT REC'D YET

QUARTER GRAND TOTAL 310,774.30

Bank Reconciliation Forms on File

**THIS IS TO CERTIFY THAT THE BOOKS OF THE NATIONAL TREASURER WERE AUDITED
AND FOUND TO BE IN ORDER AND ALL THE MONIES ACCOUNTED FOR AS OF 1/15/2025**

Cynthia Rodham Tuck PNP
NT Audit Committee Chairman
Cynthia Rodham Tuck PNP

Heather Price
NT Audit Committee Member
Heather Price

7/15/2025
DATE

Heather Kebe
NT Audit Committee Member
Heather Kebe

Sharon Lippitt
National Treasurer
Sharon Lippitt

NATIONAL FINANCIAL SECRETARY

April-June 2025

REPORT 3rd QT

INCOME	April	May	June	3rd qt
PCT Members (2500x\$12.50)	\$3,425.00	\$2,475.00	\$2,775.00	\$8,675.00
PCT Members At Large (150x\$25)	\$600.00	\$400.00	\$875.00	\$1,875.00
PCT DUES PI	\$12.50	\$0.00	\$18.75	\$31.25
Resale Items	\$80.00	\$499.00	\$627.00	\$1,206.00
TRIANGLE				\$0.00
Convention Minutes				\$0.00
Pilgrimage Donations	\$40.00	\$25.00	\$65.00	\$130.00
Welfare Donations	\$0.00	\$0.00	\$4,018.90	\$4,018.90
Interest General Fund #6022	\$0.11	\$0.08	\$0.10	\$0.29
GF/PCT RECEIPTS SUBTOTAL	\$4,157.61	\$3,399.08	\$8,379.75	\$15,936.44
Income Special Funds and Savings Receipts				
General Fund			\$4,018.90	\$4,018.90
NP Project 2024-2025 Donations	\$895.00	\$1,815.26	\$100.00	\$2,810.26
NP Scholarship #1740	\$50.00	\$0.00	\$4,018.90	\$4,068.90
LA FRA Scholarship Fund #1757	\$0.00	\$0.00	\$4,043.90	\$4,043.90
Paid in Advance Unit Members	\$1,675.00	\$1,762.50	\$2,187.50	\$5,625.00
INT NP Project #1732	\$7.68	\$7.22	\$1.77	\$16.67
INT NP Scholar #1740	\$14.42	\$14.07	\$14.61	\$43.10
INT LA FRA Scholar #1757	\$14.98	\$14.60	\$15.10	\$44.68
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INT Escrow Savings #1724	\$3.27	\$3.41	\$3.63	\$10.31
INT PCT Advance Savings #2866	\$39.91	\$39.29	\$42.52	\$121.72
INT NFCU CD #3307	\$89.53	\$86.92	\$90.12	\$266.57
INT NFCU CD #3309	\$10.79	\$10.41	\$9.99	\$31.19
INT NFCU CD #3312	\$101.85	\$100.91	\$102.65	\$305.41
INT NFCU CD #3313	\$108.70	\$105.61	\$93.87	\$308.18
INT NFCU CD #3314	\$100.95	\$100.95	\$98.75	\$300.65
FUNDS & SAVINGS RECEIPTS				\$22,050.87
TOTAL RECEIPTS	\$7,281.61	\$7,471.79	\$23,233.91	\$37,987.31
EXPENSES				
NATIONAL PRESIDENT				
Allowance (for add'l travel) 2024-2025)	\$500.00	\$500.00	\$500.00	\$500.00
Postage/Supplies/Printing				
Travel Pilgrimage				
Allowance Pilgrimage (2 days @ 75.00) SR14 c		\$216.37		\$216.37
Travel National Convention .21 mile up to \$500.		\$225.00		\$225.00

Allowance National Convention (6 days @ 75.00)				
National President's Gift				
Total	\$500.00	\$941.37	\$500.00	\$1,941.37
<u>NATIONAL VICE PRESIDENT</u>				
Allowance (For add'l travel)				
Postage/Supplies/Printing				
Travel National Convention .21 mile up to \$500.				\$216.37
Allowance National Convention (6 days @ 75.00)				\$225.00
National Vice President's Membership recruiting awards				
Membership Awards SR4				
Total		\$0.00		\$0.00
<u>NATIONAL EXECUTIVE SECRETARY</u>				
Allowance (For add'l travel)	\$300.00	\$300.00	\$300.00	\$900.00
Supplies/Printing/Postage			\$6.35	\$6.35
TRIANGLE Printing		\$91.68		\$0.00
TRIANGLE First Class Postage				\$0.00
TRIANGLE Postage (Bulk Mail)	\$44.95	\$44.95	\$44.95	\$113.65
TRIANGLE Return Mail		\$18.97		\$18.97
Bulk Mail Renewal (Permit)				\$0.00
Travel National Convention .21 mile up to \$500.				\$0.00
Allowance National Convention (6 days @ 75.00)				\$0.00
Working Fund (2022-2025) (\$1500)	\$0.00	\$0.00	\$0.00	\$0.00
Total	\$344.95	\$455.60	\$351.30	\$1,151.85
<u>NATIONAL FINANCIAL SECRETARY</u>				
Allowance (for add'l travel)	\$300.00	\$300.00	\$300.00	\$900.00
Postage/Supplies/Printing (PSP)	\$103.30	\$30.30	\$368.21	\$501.81
Retail Postage		\$13.07	\$44.30	\$57.37
Resale Items to include 50 year pins				\$0.00
Return Mail postage				\$0.00
Bulk Mail postage	\$97.94	\$93.46	\$115.40	\$306.80
Bulk Mail Renewal				\$0.00
Software Support	\$25.00	\$25.00	\$25.00	\$75.00
Post Office Box -12 Month Rental Large Box				\$0.00
Travel National Convention .21 mile up to \$500.				\$0.00
Allowance National Convention (6 days @ 75.00)				\$0.00
History Book update (every 5 years) due 2026				\$0.00
Membership Plaque/ Engraving SR23F	\$0.00	\$0.00	\$0.00	\$0.00
NFS Working Fund \$1000 (2023-26)	\$0.00	\$0.00	\$0.00	\$0.00
Total	\$526.24	\$461.83	\$852.91	\$1,840.98

<u>NATIONAL TREASURER</u>				
Allowance (for add'l travel)	\$300.00	\$300.00	\$300.00	\$900.00
New NT Training Travel				\$0.00
Allowance for NT Carolyn Whitaker				\$0.00
Postage/Supplies/Printing	\$0.00	\$0.00	\$297.05	\$297.05
Travel National Convention .21 mile up to	\$0.00	\$0.00	\$0.00	\$0.00
Allowance National Convention (6 Days@7	\$0.00	\$0.00	\$0.00	\$0.00
Working Fund \$200 (2024-2027)	\$0.00	\$0.00	\$0.00	\$0.00
Total	\$300.00	\$300.00	\$597.05	\$1,197.05
<u>REGIONAL PRESIDENTS</u>				
\$400 per Regional President@ Post Board. SR14(d)				
Balance awarded by NP based on work performance				
All Regional Presidents will be allowed \$120 P/S/P x8				
Allowance for National Convention (\$75@6 days) x8				
Travel National Convention .21 mile up to \$500.				
Total				\$0.00
<u>JR. PAST NATIONAL PRESIDENT</u>				
Postage/Supplies/Proofing Convention Minutes				
Travel National Convention .21 mile up to \$500.				
or a Coach Airline Ticket up to \$500.00 including 1 bag				
Allowance National Convention (6 Days@75.00)				
Total				
<u>NATIONAL CHAPLAIN</u>				
Postage/Supplies/Printing				
Travel National Convention .21 mile up to \$500				
Allowance National Convention (6 days @ 75.00)				
Total				
<u>ARCHIVES CHAIRMAN</u>				
Miscellaneous Expenses				
Total				
<u>VAVS</u>				
VAVS National Conference Fee NBR3				
Postage/Supplies/Printing				
VAVS Travel .21 mile up to \$500 or a Coach airline ticket NBR 3				
Hotel @ VAVS National Convention (4 days@150.00)				
Total				
<u>PILGRIMAGE CHAIRMAN</u>				

Bus/Programs/Printing/National Presidents Tea			
Wreath (2)			
Additional Funds for Pilgrimage NBR#5			
Total		\$0.00	
CONTRACTS/EQUIPMENT PURCHASE			
Contracts			
Equipment Purchase			
Total			
FLOWERS (up to \$25.00)			
III National Officers			
Memorials (Current FRA/LAFRA NO's, Spouses & PNP)			
Total			
INSURANCE			
Fidelity Bond (3 year policy (2022-25) pd yearly			
Accidental Death (3 year policy 2022-25) pd yearly	\$750.00		
Total	\$750.00		
NATIONAL WEBMASTER			
GoDaddy Website (3 years billed to Doris Fri due 2024)			
Software Support			
Total			
OTHER EXPENDITURES			
National Budget and Finance Committee			
National Constitution and Bylaw Committee			
Legal Services			
Pennsylvania Corporation Fee			
Shipping National Officers Equipment (NT)	\$382.04		
SR 14 F unforeseen travel			
Total	\$382.04		
Total			
NATIONAL CONVENTION			
Printing/Supplies/Shipping	\$12.30		
Convention Minutes/Postage/Printing			
Flowers Memorial Service/Memorial Triangle Board			
National Officers Pins			
Total	\$12.30		

Total				
Total expenses	\$2,065.53	\$2,908.80	\$2,301.26	\$7,275.59
THIS IS TO CERTIFY THAT THE BOOKS OF THE NATIONAL FINANCIAL SECRETARY WERE AUDITED,				
AND FOUND TO BE IN ORDER AND ALL MONIES ACCOUNTED	30-Jun-25			
Gale Nathan 7/12/25	Cacey Anderson 7/12/25			
NFS Audit Chairman--Date	NFS Audit Committee--	Date		
Gale Nathan Unit 269	Cacey Anderson--Unit 269			
Sue Peters 7/12/25	Pat Suckow 7-12-25			
NFS Audit Committee--Date	National Financial Secretary--Date			
Sue Peters Unit 269	Pat Suckow, PNP--Unit 269			

PREAMBLE

CORRECTED

Resolution to amend
Preamble

Constitution and Bylaws

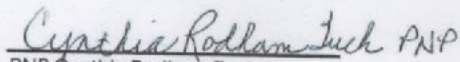
RE: PREAMBLE

Whereas, On Page 1 of 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 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. and

Whereas, The delegates at the 2024 convention voted to change the Preamble to remove "Ladies" from the Preamble and

Whereas, The resolution that was presented did not state that the last sentence was to be deleted or why, but it was removed in the resolved and 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. Thus do we associate and declare these principles to be the foundation and the Preamble to the Constitution of the Auxiliary of the Fleet Reserve Association.


PNP Cynthia Rodham Tuck
Chairman


Mary Archer, Member

Name: _____ Date: _____

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET
FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

W	J	C	T	A	M	U	S	E	M	E	N	T	P	A	R	K	S	S
H	B	P	L	S	J	L	Z	I	B	I	C	Y	C	L	E	G	T	D
T	O	G	B	T	U	P	L	A	Y	G	R	O	U	N	D	J	I	R
C	C	A	A	A	E	G	E	Q	N	Y	N	P	B	E	D	D	U	O
S	E	P	C	T	H	K	U	S	F	B	O	I	Q	C	Q	R	N	E
J	H	N	K	E	Z	I	R	A	R	P	C	Y	P	Y	R	A	O	R
Q	T	F	T	F	Y	B	F	A	S	E	L	S	N	M	K	Y	I	O
V	N	H	O	A	J	S	B	I	M	G	W	A	U	R	A	K	T	A
B	O	D	S	I	T	H	C	N	S	S	K	O	K	F	S	C	A	D
T	N	D	C	R	Q	L	B	U	R	M	R	A	L	E	U	A	X	T
E	R	Q	H	Z	E	Y	N	E	V	R	E	E	Z	F	N	B	A	R
R	O	R	O	D	E	F	M	M	S	Y	U	J	M	G	N	A	L	I
U	C	H	O	G	L	M	Y	L	F	E	R	I	F	R	Y	Y	E	P
T	J	L	L	O	U	Y	R	P	T	A	O	B	L	I	A	S	R	T
N	P	T	W	S	O	W	F	I	H	J	V	H	P	H	Z	F	F	I
E	R	E	Q	D	O	V	R	J	D	U	W	E	S	G	K	U	R	P
V	R	G	J	D	K	I	U	T	I	B	M	T	T	G	N	T	D	W
D	S	G	N	I	L	L	I	R	G	E	R	I	F	P	M	A	C	J
A	U	P	K	U	T	X	T	B	Q	S	Z	J	D	G	X	V	V	S

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.

Some Jokes to Make You Smile

How does NASA organize a party? They planet.

What did the janitor say when he jumped out of the closet? Supplies!!

Why don't scientists trust atoms? They make up everything.

How do you measure a snake? In inches because they don't have feet.

What do you call a dog magician? A labracadabrador.

What did the buffalo say when his son went to college? Bison.

Why isn't Dracula married? He's a real pain in the neck.

Want to hear a joke about the roof? The first one is on the house.

TRIANGLE – August 2025
Ladies Auxiliary of the Fleet Reserve Association
39 Fairmount Drive
Glassboro, NJ 08028-1305

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

REPORT OF CHANGE OF ADDRESS AND OR 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	