



# TRIANGLE

## Auxiliary of the Fleet Reserve Association

January 2026



### 2025-2026

#### **National President**

Kelly M. Peña  
408-642-7722  
penakelly66@gmail.com

#### **National Vice President**

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

#### **National Executive Secretary**

Doris C. Fri PNP  
816-878-1720  
doriscfri@gmail.com

#### **National Financial Secretary**

Pat Suckow, PNP  
843-452-4719  
lafranspat@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**

Eimile Jorden  
410-533-7848  
eimilehasfuntimes@gmail.com

#### **National Parliamentarian**

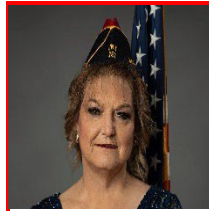
Helen A. Courneya  
775-882-9201  
vpc-hac-patches@att.net

#### **Website: [la-fra.org](http://la-fra.org)**

Contact NES Doris Fri 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

Happy New Year Auxiliary Members!

Happy New Year, and welcome to 2026! I trust that your holiday season was filled with joy and surrounded by loved ones. As we embark on this new year, I extend my heartfelt wishes for prosperity and success in all your endeavors.

The beginning of a new year often inspires us to set resolutions, and I hope that if you choose to make one, you find great success in your pursuits. My personal resolution for this year is to see the Auxiliary of the Fleet Reserve Association flourish and expand. I am immensely grateful for your unwavering dedication throughout the past year and encourage each of you to continue your commitment to our organization. Together, let us inspire others to join us and contribute to the vitality of our membership.

This month, we also have the important occasion of celebrating Martin Luther King Jr.'s birthday on January 19. His legacy as a remarkable activist continues to resonate deeply in our nation.

**\*\*Mark Your Calendars! \*\***

Please save the date for this year's Pilgrimage, which will be held in conjunction with the FRA Mid-Year Board Meeting from April 20-24, 2026. Further details regarding hotel accommodations will be shared soon. I strongly encourage those who have yet to experience a Pilgrimage to make plans to attend, while also inviting our loyal annual attendees to join us once again. This event promises to be both moving and unforgettable.

This year's National President's Project is "Stop Soldier Suicide." This vital initiative envisions a future where veterans and service members face no greater risk than any other citizen. I firmly believe that no individual who has served our country should face life's challenges in isolation. This 501 (c) (3) organization has set an ambitious goal to reduce the suicide rate among veterans by 40% by 2030. I am optimistic that, together, we can contribute to achieving this critical objective. If you wish to donate, please send a check made out to LA FRA with "2025-2026 NP Project" note in the memo line. Mail it to LA FRA NFS at PO Box 706, Goose Creek, SC 29445.

As we approach the regional Mid-Year Meetings, I urge everyone to try to attend. These meetings are designed to focus on essential training sessions, providing an excellent opportunity to learn what needs to be done and how to effectively support the Auxiliary.

In closing, I wish to extend my thoughts and prayers to those facing illness or mourning the loss of a loved one. Additionally, for those celebrating a birthday or special occasion this January, may you enjoy your day to the fullest, tomorrow is never guaranteed,

In Loyalty, Protection, & Service,

Kelly M. Pena

National President, Auxiliary of the FRA

## National President's Project

My National President Project for 2025-2026 is "Stop Soldier Suicide" This initiative envisions a nation where veterans and service members face no greater risk of suicide than any other American citizen. I share the belief that no individual who has served our country should navigate life's challenges in isolation.

All services provided by this organization are completely free of charge for veterans and service members, regardless of their branch of service, discharge status, or era of service. Through their "Roger" program, which focuses on wellness services, they offer complimentary, confidential mental health and wellness care for veterans and service members. The dedicated team comprises trusted clinicians who work closely with clients to mitigate their suicide risk and enhance their overall well-being.

As an employee at the VA Palo Alto Veterans Affairs Hospital and a member of the suicide prevention program team, I have relied on this nonprofit organization to support our patients in need on numerous occasions. These 501 (c) (3) organizations have set an ambitious goal to reduce the suicide rate by 40% by 2030, and I genuinely believe that this objective is achievable.

If you are interested in contributing to this vital cause, please send a check to the LA FRA National Financial Secretary at PO Box 706, Goose Creek, South Carolina 29445, and kindly indicate "2025-2026 NP Project" in the memo line. Your support can make a significant difference in the lives of those who serve our nation.

**"STOP SOLDIER SUICIDE-GIVE HOPE TO OUR HEROES"**

## National Vice President's Membership Project

The NVP's membership project is "Retain and Recruit". To grow our organization, we need to Recruit members. One of the best ways to do this is ask, explain the membership requirements and ask if they meet those requirements. If they do, ask if they would like to join. Each person who recruits at least one member will receive a pin. To maintain our organization we need to retain our membership. Current members are our lifeblood. One of the best ways to do this is to communicate and reach out to your fellow members. My goal this year is to contact each MAL, introduce myself and make sure that each member renews their membership. This can be done on the Unit level. Start with contacting members that have not been coming to meetings, find out why and see if something can be done to help them attend a meeting. If every member does something to help recruit or retain a member, the Ladies Auxiliary of the Fleet Reserve Association d/b/a Auxiliary of the Fleet Reserve Association will be stronger.

Always carry Applications with you, learn who is eligible to join, and be prepared to tell others about the Auxiliary of the FRA.



"Here's to a bright New Year and a fond farewell to the old; here's to the things that are yet to come, and to the memories that we hold."



Unit 197 "Toys for Tots" donation



Branch and Unit 197 "Wreaths across America"

## January 2026 Holidays

January 1 - New Year's Day  
 January 15 - MLK Day  
 February 2 - Groundhog Day  
 February 12 - Lincoln's Birthday  
 February 14 - Valentines Day  
 February 16 - President's Day  
 February 18 - Ash Wednesday  
 February 22 - Washington's Birthday












## Membership Stats as of 11/30/2025

Members as of 4/1/2025	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 11/30/25
4255	98	233	42	40	8	333	29	1	0	4213

REI - Reinstated      TO - Transfer Out      NP - Non-Payment      INE - Ineligible

TI - Transfer In      RES - Resigned      DEC - Deceased

## In Loving Memory of Our Departed Members

 <u>National Presidents</u>	 <u>Other National/Regional Officers</u>	<u>Members</u>
 Mary Robles Unit 287	 Benjamin Nelson Unit 59	 Betty Jefferies Unit 24
 Joyce Hamilton Unit 137	 Lila Cringan Unit 216	
 Madeline Obert Unit 289	 Dan Ames Unit 170	
 Corrine Sentelik Unit 216	 Alice Ryan Unit 274	



## **A PICTURE IS WORTH A 1000 WORDS**



**Mark Hutchins Branch 185 and Linda Hutchins Unit 185, presenting a Donation check to the Airmans Attic on Hill Air Force Base.**



**Members of Branch and Unit 269 displaying toys collected for "Toys for Tots".**



**Members of Branch and Unit 289 on Pearl Harbor Day 2025**

**"The best gift is the gift of giving" highlights that generosity, sharing your time, presence, and resources (not just money) brings deep fulfillment, strengthens connections, improves well-being, and is a powerful way to show love and make a positive impact, echoing wisdom from spiritual teachings and modern psychology. It's about giving of yourself, fostering happiness and connection through acts of kindness, which activate brain reward centers.**



**Branch and Unit 287 members wrapping gifts for Children.**



**Members of Branch & Unit 161 at their Annual Gift Wrap, for the residents of several Children's Homes in the Kansas City area.**



**Members of Branch & Unit 22 collecting for "Toys for Tots"**



## **SCHOLARSHIPS**

SR-5

**Three Scholarships are established in the amount set by the annual budget, to be paid from the Scholarship Reserve Fund.**

**LA FRA Scholarship:** be awarded annually to the male or female candidate chosen from children or grandchildren of members of the FRA and LA FRA.

**The Sam Rose Memorial Scholarship Fund:** To be awarded to the male or female candidate chosen from the sons, daughters, grandsons, or granddaughters of deceased LA FRA and FRA members.

**Allie Mae Oden Memorial Scholarship:** is awarded to a candidate chosen from the children or grandchildren of members of the FRA or LA FRA.

### **National President's Scholarship**

SR 6

Awarded annually to the candidate chosen from children and grandchildren of members of the LA FRA or FRA, or deceased members of the LA FRA or FRA. by the National President and his/her committee, in the name of the Auxiliary, and designated as the LA FRA National President's Scholarship.

APPLICATIONS ARE LOCATED ON THE AUXILIARY WEBSITE [www.la-fra.org](http://www.la-fra.org) (click on Scholarships and then click on "here for application")

DEADLINE FOR ALL SCHOLARSHIPS IS APRIL 15 of THE CURRENT YEAR

For information about LA FRA Scholarships contact:

LA FRA National Scholarship Chairman

Therese Council

673 Starr CT

Santa Clara, CA 95051

Telephone: 408-205-7467

**BE SURE TO INQUIRE ABOUT THE FLEET RESERVE ASSOCIATION'S SCHOLARSHIPS!**

[www.fra.org](http://www.fra.org)

**"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice." – Brian Herbert**

## **DONATIONS**

### **NATIONAL PRESIDENTS PROJECT 2024-2025**

Northeast/New England, Unit 289, Unit 24, Unit 22, Unit 40, Unit 269, Unit 289, Unit 31

Gale Nathan PNC, Gini Larson PNP, Carolyn Whitaker PNP, Various Members National Convention

### **NATIONAL PRESIDENTS PROJECT 2025-2026**

PNP Club, PNP Cindy Rodham Tuck, RPSE Ronalee Klase (memory of Sgt Anthony Muhlstad & Robert G Klase Sr.)

Various members from National Convention

## **PILGRIMAGE**

Unit 294

### **NATIONAL PRESIDENTS SCHOLARSHIP**

Unit 287, PNP Club

# 2025-2026 LIST OF UNITS

	UNIT	NAME	REGION
1	8	VALLEJO	WC
2	20	GROTON	NE/Neng
3	22	MARK A KILGORE	SE
4	24	ANNAPOLIS	EC
5	29	BREMERTON	NW
6	31	NORTH SHORE	NE/Neng
7	40	CHESAPEAKE	EC
8	41	ROANOKE	EC
9	59	CHEYANNE	WC
10	61	CHULA VISTA	SW
11	67	CAPITAL CITY	EC
12	70	POWAY VALLEY	SW
13	74	OLONGAPO PI	NW
14	91	FIRST COAST	SE
15	94	CORPUS CHRISTI	HL
16	97	WHIDBY ISLAND	NW
17	99	KEMPSVILLE	EC
18	102	SUNSHINE	SE
19	126	WEST JACKSONVILLE	SE
20	127	BICOL REGION PI	NW
21	137	SIERRA TAHOW	WC
22	154	BAGUIO CITY PI	NW

	UNIT	NAME	REGION
22	161	MO-KAN	HL
23	162	NOLA	HL
24	170	EVERETT	NW
25	181	NAVY DEPARTMENT	EC
26	182	TRIANGLE	EC
27	185	OGDEN UT	WC
28	197	MODESTO	WC
29	210	BOB HE COON SIKES	SE
30	216	HAWKEYE	HL
31	261	LEMOORE	WC
32	269	LOW COUNTRY	SE
33	274	HIGH SIERRA	WC
34	275	HANGTOWN	WC
35	276	OMAHA	HL
36	287	LIVERMORE	WC
37	289	IMPERIAL BEACH	SW
38	290	MAYPORT	SE
39	293	ELIZABETH CITY	EC
40	294	CROSSVILLE	SE
41	302	CARSON	SW
42	346	ST ANDREWS BAY	SE
43	999	MAL	AUX



## Join the Auxiliary of the FRA: Membership Application

Name in full \_\_\_\_\_  
First Middle Last

Address: \_\_\_\_\_  
Street City State Zip+4

Phone: ( ) \_\_\_\_\_ Date of Birth \_\_\_\_\_

Email \_\_\_\_\_

The following service member information validates this application:



\_\_\_\_\_  
SERVICEMEMBERS FULL NATE RATE/RANK USN/USMC/USCG

☐ I certify that the information is true and accurate and that my sponsor is a member of Branch \_\_\_\_\_ or MAL

☐ I certify that the information is true and accurate that my sponsor was eligible for membership at time of death.

Unit preference \_\_\_\_\_ Applicant's signature \_\_\_\_\_ Date \_\_\_\_\_

Recruited by \_\_\_\_\_ Member # \_\_\_\_\_ Unit/Branch \_\_\_\_\_

Verified by \_\_\_\_\_ Title \_\_\_\_\_ Unit/Branch \_\_\_\_\_ Date \_\_\_\_\_

★ I am the:

Wife	Mother
Sister	Father
Daughter	Widow
Stepdaughter	Widower
Husband	Granddaughter
Brother	Grandson
Son	Grandmother
Stepson	Grandfather

\$25 1 Year
\$50 2 Years
\$75 3 Years
\$100 4 Years
\$125 5 Years

**RECRUIT! RETAIN! REINSTATE!**  
**DO NOT FORGET TO GET THE SPONSOR VERIFIED BEFORE SENDING TO THE NFS**  
**MAKE ALL CHECKS PAYABLE TO THE LA FRA**



## LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION NATIONAL PRESIDENT 2026-2027

### UNIT 31 NORTH SHORE NOMINATING RESOLUTION

**Whereas**, it is the duty and responsibility of the delegates assembled at the 92nd National Convention of the Ladies Auxiliary of the Fleet Reserve Association to be held in Las Vegas, Nevada, to elect one of its outstanding members who is knowledgeable and dedicated to serve in the office of National President for the Association Year 2026-2027; and

**Whereas**, it will be the duty and responsibility of the delegates to elect a member who continues to demonstrate leadership, integrity, knowledge, and dedication to the three cardinal principles of Loyalty, Protection and Service to her fellow members, their families and to the Fleet Reserve Association; and

**Whereas**, Unit 31 North Shore has within its membership a member, Laurie A. Starkey, who has demonstrated all the required qualifications as well as shown dedication and willingness to be of service to the Ladies Auxiliary of the Fleet Reserve Association by practicing the three cardinal principles; and

**Whereas**, she is a charter member of Unit 31, which was instituted in April 2021, served as Unit secretary from March 2022- May 2024 and on the Unit of Board of Directors from 2024-present; and

**Whereas**, she was an active member of Unit 57 since she joined on April 1, 1999. Laurie served the as Unit Secretary/Treasurer, Unit Vice President, Unit President and on the Unit Board of Directors; and

**Whereas**, on the Regional Level, she served as Northeast/New England Regional President for the Association Year 2021-2022. served as Northeast Regional President from 2001-2004 and attended numerous Spring Meets and Regional Conventions of the Northeast Region since April 1, 1999, she served as Northeast/New England Regional Vice President several times during Association Years 2014-2021 and as Secretary pro tem of the 2021 and 2025 Regional Conventions; and

**Whereas**, on the National Level, and served as National Executive Secretary for the Association Years 2022-2025, and Honorary Membership Chairman for the Association Years 2019-2020 and 2020-2021. She aids and assists at the National Conventions in any way she can and has attended numerous National Conventions since joining the Auxiliary on April 1, 1999; she is currently serving as National Vice President for the Association Year 2025-2026; and

**Whereas**, she was a paralegal and office manager for 25 years before she retired; and be it

**Resolved**, that Unit 31 North Shore, at a regular scheduled meeting held on November 19, 2025, a quorum being present, by unanimous vote to place in nomination the name of Laurie A. Starkey for the office of National President of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2026-2027; and be it further

**Resolved**, that the members of Unit 31 North Shore do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Laurie A. Starkey for the office of National President of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2026-2027.

  
Beverley Griffin-Dunne  
President

  
Lee Berrier  
Secretary

NES DORIS FRI  
139 W PEORIA ST APT 202  
PAOLA KS 66071-1443

AUXILIARY OF THE FRA  
TRIANGLE

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**RETURN SERVICE REQUESTED**



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 Doris Fri (139 West Peoria St., Apt. 202, Paola, KS 66071-1443) 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 [doriscfri@gmail.com](mailto:doriscfri@gmail.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: NES Doris Fri, 139 West Peoria St., Apt. 202, Paola, KS 66071-1443	
Remember to also notify Pat Suckow, NFS, of any change of address: LA FRA, PO Box 706, Goose Creek, SC 29445	