



The Triangle

Auxiliary of the Fleet Reserve Association

April 2026

2025-2026

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For Membership & Supplies

Contact NFS
PO Box 706
Goose Creek SC 29445



From the desk of the National President

Spring Greetings Auxiliary Members!

I am hoping that this month finds all of you basking in the warmth of the season, much like I am. Wishing you all a joyful Easter! Whatever your plans are for the holiday, I hope you take the time to relish this special occasion.

All regions have now successfully concluded their mid-year business meeting, and I had the pleasure of attending those for the Northeast/New England and Heartland regions. It was truly wonderful to reconnect with many familiar faces. Additionally, I was thrilled to participate in a Unit 8 meeting, where I had the opportunity to meet a couple new members stepping into leadership roles. Furthermore, I attended a fundraising event for Branch and Unit 137, where I witnessed the Branch honoring their unit for its unwavering support and dedication.

This month is particularly eventful for the Auxiliary, with crucial scholarship deadline of April 15, 2026, fast approaching. Please ensure that everyone is aware the scholarship applications must be postmarked by midnight on April 15.

Additionally, we are currently in the process of nominating unit officers for the 2026-2027 term. I encourage you all to showcase your talents and step forward for these important roles. Should you have any inquiries regarding elections, nominations, or installations, please consult the Unit Instructions and Ritual Manual for guidance.

I would like to highlight a pressing need for the positions of National Vice President and National Financial Secretary this year. I urge you to consider these opportunities and submit your resolutions accordingly. Resolutions are vital, as they provide units the chance to engage in discussions about the qualifications of candidates. While it is possible to come off the floor to present a resolution, I encourage you to formally submit it for broader consideration.

In other news, please note that our website domain has changed to www.auxiliary-fra.org. I encourage you to share this information widely, as both the website and the Triangle are essential communication tools for the Auxiliary.

Moreover, I am pleased to announce that the Pilgrimage will take place on April 24, 2026, in conjunction with the FRA mid-year meeting. **continue**

Continue: Please refer to the pilgrimage flyer for further details.

I would like to extend my heartfelt gratitude to everyone who has contributed to my National President's Project, "Stop Soldier Suicide." This initiative envisions a future where veterans and service members face no greater risk of suicide than any other American citizen. I firmly believe that no individual who has served our country should have to navigate life's challenges alone. If you wish to support this vital cause, please send a check made out to the Auxiliary of the FRA to our National Financial Secretary at P.O. Box 706, Goose Creek, SC, 29445. Kindly include "2025-2026 NP Project" in the memo line. Your contribution can profoundly impact on the lives of those who have served our nation.

As I conclude this message, my thoughts and prayers are with our members and families facing illness or mourning the loss of a loved one. I also extend my best wishes to those celebrating birthdays, anniversaries, or any other special occasions. May you enjoy many more joyful moments ahead!

In Loyalty, Protection, and Service

Kelly M Pena

National President,

Auxiliary of the FRA



From the desk of the RPWC John Souza

Warm Spring Greetings from the West Coast!

Hello Friends,

As we welcome the arrival of spring on the West Coast, I hope all is well with all of you. After a long and chilly winter, I am sure you share my enthusiasm in exclaiming, "Welcome Spring!" While we transition from battling chest colds to navigating sneezes and sniffles of allergy season, let us embrace the renewal that spring brings.

In our region, we faced some challenges in organizing the upcoming regional convention; however, rest assured that plans are actively underway, and I am optimistic about sharing a newsletter with all of you soon.

As the regional president of West Coast, I had the privilege of attending Unit 8 in Vallejo, California for their monthly meeting this month. Though they are a small group, their dedication and warm hospitality truly stood out. Additionally, I traveled to Carson City, Nevada, to attend an event hosted by branch and unit 137. It was both refreshing and heartwarming to witness how Branch 137 appreciates and recognizes their unit work and support. They are a remarkable group committed to serving veterans and their community.

April 11, 2026, I will be attending Unit 287's Horse Race Derby fundraiser, with proceeds benefitting the National President's project, "Stop Soldier Suicide."

Looking ahead, I am excited to participate in the Memorial Day event in Reno, Nevada, organized by Branch and Unit 274. This ceremony is always well-coordinated and enjoyable, and attendees are sure to leave not only with full stomachs but also with raffle prizes! The members of Unit 274 actively volunteer at their local VA hospital and generously provide holiday treats to the veterans. They also host an annual Stand Down event, demonstrating their unwavering commitment to those who have served our country.

Furthermore, in June, I will have the opportunity to visit Unit 185 in Ogden, Utah, and Unit 59 in Cheyenne, Wyoming, I eagerly anticipate meeting the dedicated members of both units.

Thank you all for your continued support and dedication to the Auxiliary of the Fleet Reserve Association.

In Loyalty, Protection, & Service,

John P. Souza/ RPWC

Donations

<u>Pilgrimage</u> Unit 161	<u>NP Project</u> <u>2024-2025</u>	<u>NP Project</u> <u>2025-2026</u>	<u>Welfare</u>
<u>NP Scholarship</u> PNP Club in memory of PNP Sandra Sweeney		<u>Auxiliary</u> <u>Scholarship</u>	

ALL donations **SHALL** be sent to the NFS, PO Box 706, Goose Creek SC 29445. Checks/Money orders made **payable** to the **Auxiliary of the FRA**, and write in the memo section what the donation is for.

In Loving Memory of our Departed Members

- | | | |
|--|--|---|
|  NATIONAL PRESIDENTS |  ALL OTHER NATIONAL OFFICERS/REGIONAL PRESIDENTS |  MEMBERS |
|  Diane Long Unit 289
 Frances Schultz Unit 97
 Patricia Steele MAL |  June Cardin Unit 289
 Carol Newcomer Unit 99 |  Patricia Baker Unit 8
 Jill Ross Unit 289
 Emily VanVliet Unit 91
 Loretta Broas Unit 302 |

Membership Stats as of February 28, 2026

MEMBERS	REI	NEW	TI	TO	RES	NP	DEC	INE	OTHER	ACTIVE MEMBERS
As of 4/1/25										as of 2/28/26
4255	148	374	90	87	9	536	52	3	0	4180

REI – Reinstated TI – Transfer in TO – Transfer Out RES – Resigned NP – Non-Payment
 DEC – Deceased INE – Ineligible

April 2026 Dates to Remember

April 1 – Passover begins April 3 – Good Friday April 5 – Easter
 April 22 – FRA Board Meeting April 24 – NP Tea followed by Pilgrimage to Arlington Cemetery

National President's Project

Just a reminder of the NP Project "Stop Soldier Suicide". To donate, just send a check or money order, payable to the Auxiliary of the Fleet Reserve Association. (mark in the memo section "NP Project 2025-2026"). Send the check or money order to the NFS Pat Suckow, PO Box 706, Goose Creek SC 29445. Every Unit and/or member may make donations to the **NP Project 2025-2026, NP Project 2024-2025, NP Scholarship, Welfare, Pilgrimage, or Auxiliary Scholarship.**

- "Nothing in the world is as contagious as laughter and good humor." —Charles Dickens



From the desk of the RPNW Cindy Salisbury

Hello Auxiliary of the FRA,

Greetings from the Northwest Region.

The Northwest Region has entered 2026 with strong momentum. Our Units remain active, engaged, and focused on both membership growth and community involvement. I am pleased to share the following updates and upcoming activities:

Unit 97 – Whidbey Island

Unit 97 has begun hosting monthly Sunday breakfasts, which have been well received. Upcoming events include a brisket dinner in March and a community Easter celebration. These initiatives continue to contribute to steady membership growth and increased community engagement.

Unit 170 – Everett

Unit 170 recently hosted a successful Valentine's Day dinner featuring prime rib and chicken cordon bleu, with more than 45+ dinners served. The Unit also conducted a chili cook-off, awarding prizes for first, second, and third place. A St. Patrick's Day dinner is planned in the coming weeks. These well-attended events are positively impacting both visibility and membership growth.

Unit 29 – Bremerton | Unit 74 – Olongapo | Unit 154 – Baguio City

Bremerton, Olongapo, and Baguio continue to focus on maintaining stable membership and supporting regional initiatives. Unit 29 will also serve as host for the Northwest Regional Convention in August.

By the time this newsletter is published, the Northwest Region will have held its Mid-Year Meeting on March 7. Highlights and photos will be shared in a future edition.

Upcoming Events

Northwest Regional Convention

August 6–9, 2026

Hosted by Branch/Unit 29 – Bremerton

Baymont Inn, Bremerton, WA

Confirmed Unit Visitations

- Unit 29 – April 4
- Unit 74 – March 7 (Zoom – confirmed)
- Unit 97 – April 11
- Unit 154 – March 21 (Zoom)
- Unit 170 – March 12 (confirmed)

I look forward to connecting with many of you throughout the year and especially at the National Convention in Las Vegas. Thank you for your continued dedication to our mission and to one another.

Stay safe, stay healthy, and make 2026 a year of continued growth and service.

In Loyalty, Protection & Service,

Cindy Salisbury

RPNW 2025–2026



**UPDATED LA FRA HISTORY BOOK
AVAILABLE!**

The 2020-2025 inserts are completed and available. To have the inserts emailed or mailed to you please submit a Price List/Order Form to the NFS and provide your email or mailing address. If a Unit or member wishes to purchase a full complete LA FRA History Book submit a Price List/Order Form. Cost is \$65. Inserts mailed \$20, emailed FREE.

A Look Back in Time

CUSTOMS AND TRADITIONS - HOW DO THEY BEGIN?

Have you ever questioned how the clapping of hands when a person is being escorted to the front of any meeting got started? I was told that it had always been so. Yet when I joined in 1958 this was not being used. SOOOO here is the answer. This was printed in the *Frame*, from Branches 47, 62, 70, 80 and 313 in the Southwest Region, and written by Bob Nolan, NES Emeritus FRA. This is in answer to a question put to him in Florida at the last National Convention by one of the Shipmates.

Quote:

"It is a custom that came into being less than 30 years ago. It evolved from the FRA and LA FRA national officer elect joint installation ceremony. The two groups did not always install at a joint installation, as they do now. The FRA/LAFRA joint installation ceremony began with Past National President William A. Holdforth's national convention in Memphis, Tenn. in 1973. (The LA FRA Nat. Pres. was Adaline E. McDonough). The practice of the audience applauding in cadence was originally a part of the Ladies' installation ritual".

FRA'S FIRST FORMAL INSTALLATION

The first formal installation of FRA national officers-elect was conducted at the convention banquet of National President Robert L. Bastian in Detroit, Michigan at the 1971 convention. In prior years, the installation of newly elected officers was conducted on the convention floor after the national elections and just before the "Good of the Order" session. In those years, the Ladies Auxiliary conducted their installation in a separate ceremony. As you may expect, the Ladies' ceremony had more "pomp and circumstance" than the FRA's installation. An integral part of the Auxiliary's ceremony was to parade their National President around the room, to the accompaniment of piano music before presenting her before the altar to take her oath of office. During the "parade", the members of the audience clapped in rhythmic cadence to the piano music. It was an impressive ritual.

A FORMAL JOINT INSTALLATION

It took almost fifty years to convince the FRA's leadership to adopt a formal installation ceremony. However, once they adopted the idea, it was not long before the Ladies petitioned the FRA's leadership to merge the two separate formal ceremonies into one. Experience taught us early that a joint installation ceremony should not be lengthy. Consequently, for the sake of time, in merging the two ceremonies, some compromises had to be made. The Ladies' time-consuming "parading ritual" and piano music was shortened but, the Ladies' practice of clapping in cadence was retained. Naturally, in time, the audience also began to clap in cadence as the FRA officers-elect were presented at the altar. Consistent practice makes for tradition and the "clapping in Cadence" soon became an FRA custom.

With the FRA slowly shedding its chauvinistic image, the joint installation ceremony began to rival the FRA/LAFRA joint opening ceremonies and the convention banquet as the social highlight of the conventions. The uniform of the day for participating male officers became formal dress. Soon, Shipmates of the audience began to attend in formal dress. In due time, the Shipmates began to wear their miniature military medals with formal dress! Everyone was so resplendent in their formal dress and pleased with the new-found dignity of the joint formal installation that no one seemed to notice that a custom of the Ladies Auxiliary had crept into the FRA national officers' ceremony.

WELCOMING GUEST SPEAKERS

The FRA and its Auxiliary now hold three joint activities during their annual national conventions: the joint opening ceremonies, the joint installation and the convention banquet. The "clapping in cadence" to recognize officers-elect at the installation is just a step away from recognizing and welcoming an FRA Distinguished guest speaker by the same unique action. Slowly, but surely, the audience's clapping in cadence, (as the convention Master-at-Arms escorts the guest from the rear of the convention hall to the podium) has become the FRA's custom of saying, "Welcome" to convention guest speakers."

From the desk of the Honorary Membership Chairman Mary Archer

Auxiliary Members,

This is a reminder that Units can nominate people who are not eligible for membership in the Auxiliary, but who have given distinguished serve to the Auxiliary.

These Honorary Members may be elected by a two-thirds vote of the delegates at the annual National Convention. Following is the procedure for submitting nominations:

- Nominations must be made by resolution and must be received by the National Executive Secretary not less than four months before the convening date of the National Convention in the Auxiliary year.
- A certified statement, signed by the Unit President and Unit Secretary submitting the resolution, stating in detail what distinguished service the nominee has given to the Auxiliary and that the nominee is not otherwise eligible for membership in the Auxiliary or the FRA.

Honorary members may serve on a committee of a Unit or at the Regional or National Conventions as Chairman, Co-chairman, or member. They do not pay dues, hold office, or vote, except when serving on a committee. No more than five honorary members may be elected at any National Convention.

In Loyalty, Protection & Service

Mary Archer, Chairman
Honorary Member Committee

MOTHER'S DAY
MAY 10, 2026



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

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

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

Go to Website to get the Scholarship Application for the above Auxiliary FRA scholarships

DEADLINE FOR ALL SCHOLARSHIP IS APRIL 15 of each year

For information about Auxiliary FRA Scholarships contact Scholarship Chairman:

Therese Council

673 Starr CT

Santa Clara, CA 95051

email: st_therese@yahoo.com



YOU ARE CORDIALLY INVITED TO THE

President's Tea

TO CELEBRATE OUR NATIONAL PRESIDENT

Kelly Pena

FRIDAY, APRIL 24, 2026 @ 10 AM

DOUBLE TREE BY HILTON WASHINGTON DC - CRYSTAL
CITY, LOCATED AT

300 ARMY NAVY DRIVE, ARLINGTON, VA 22202.

ROOM RATE: \$229.00 PER NIGHT PLUS TAXES.

SELF-PARKING RATE OF \$29.00 PER NIGHT.

DEADLINE: MARCH 29, 2026.

CODE: FRA AND THE WEBSITE IS:

[HTTPS://BOOK.PASSKEY.COM/GO/LAFRAMEETING26](https://book.passkey.com/go/laframeeting26)

NATIONAL PRESIDENTS' TEA

- 10:00 AM – 11:45 AM
- VICTORY ROOM

ARLINGTON NATIONAL CEMETERY VISIT

- BUS DEPARTS HOTEL AT 12:00 PM
 - WREATH LAYING AT THE USS MAINE MAST
 - EULOGY BY THE NATIONAL PRESIDENT
 - NO PERSONAL VEHICLES — BUS TRANSPORTATION
REQUIRED
 - RETURN BUS DEPARTS ARLINGTON AT 3:45 PM
- 

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PAOLA KS 66071-1443

AUXILIARY OF THE FRA
TRIANGLE

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