

## NORTH CENTRAL REGION WEBSITE PAGE



### North Central Geographic Boundaries

Michigan, Ohio, Kentucky, Indiana, Minnesota, Wisconsin, Iowa, Missouri, Kansas, Oklahoma, North Dakota, South Dakota, Illinois and Nebraska.

### UNITS

Unit 12 Chicago, 161 MO-KAN, 216 Cedar Rapids, 276 Omaha NE

### REGIONAL OFFICERS 2021-2022

#### PRESIDENT

Doris Fri PNP  
139 W Peoria St Apt 202  
Paola KS 66071-1443  
816-878-1720  
[Doriscfri@gmail.com](mailto:Doriscfri@gmail.com)

#### VICE PRESIDENT

Barbara White PRP  
2128 S 11<sup>th</sup> Street  
St Joseph MO 64503  
816-646-2308  
[barbarawhite055@gmail.com](mailto:barbarawhite055@gmail.com)

#### CHAPLAIN

Peggy Watkins PRP  
4042 Newport Avenue  
Omaha NE 68112-2959  
402-661-4934  
[peggy276rpnc@gmail.com](mailto:peggy276rpnc@gmail.com)

### REGIONAL MID-YEAR

DATES April 7-10, 2022

#### LOCATION

Double Tree by Hilton Grand Rapids  
Airport Hotel  
4747 28<sup>th</sup> Street SE  
Grand Rapids MI 49512-1915

#### RATES

King and Double rooms \$109.00 + tax

#### RESERVATIONS

**616-957-0100**

#### CONTACT PERSON

Marty Posekany PRPNC 616-225-9264  
[posekany@chartermi.net](mailto:posekany@chartermi.net)



### REGIONAL CONVENTION

DATES

LOCATION

RATES

RESERVATIONS

CONTACT PERSON

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PICTURES TELL THE STORY

# FRA and LAFRA North Central Region 2022 Mid-Year Conference **Newsletter #1**

Hosted by Wolverine Branch 298 Grand Rapids, Michigan

**7 through 10 April 2022 Early Bird Arrivals 7 April and departure date 10 April**



FRA / LAFRA NCR 2022 Mid-Year Conference is coming to **Grand Rapids, Michigan on 7 through 10 April, 2022** at the DoubleTree by Hilton Grand Rapids Airport Hotel. **4747 28th Street SE, Grand Rapids, Michigan, 49512-1915.** Hosted by Wolverine Branch 298 This was the site of our 2018 NCR Convention, is DoubleTree by Hilton, and is an exceptional hotel!

King and Double rooms \$109 + tax.

Make plans now to attend! Reservations can be made using the following link that was set up by the hotel for our FRA Group to use:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=GRRIDT&groupCode=CDTXMC&arrivaldate=2022-04-07&departuredate=2022-04-10&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

**Or call the hotel at 616-957-0100**

Just two miles from Gerald R. Ford International Airport and one mile from I-96, DoubleTree by Hilton Hotel Grand Rapids Airport offers a welcome retreat within the Grand Rapids, MI area. Take advantage of the complimentary shuttle that goes from the airport straight to the lobby of our inviting hotel. Enjoy easy access to downtown, just seven miles away, and many popular attractions including the Frederick Meijer Gardens and the Grand Rapids Art Museum. Lake Michigan is a 40-minute drive from our hotel. Unwind in a stylish guest room equipped with **complimentary Wi-Fi**, large desk, HDTV, and seating area. Maintain your exercise routine in the complimentary fitness center or enjoy a dip in the swimming pool or whirlpool. We Michiganders are passionate about our state. At Ganders, our restaurant, we show our passion for Michigan by using the finest locally grown, sourced and produced products.

## **Highlights**

- Two miles from Gerald R. Ford International Airport
- Complimentary shuttle service to and from the airport and within three miles of the hotel
- Onsite dining at the Ganders restaurant and lounge
- Seven miles from downtown Grand Rapids and near shopping and popular attractions

**- FREE hot breakfast buffet!!! (4 coupons per room)**

Our Saturday evening banquet will be on-site at the hotel

We hope that Shipmates and Ladies make plans to attend and get their reservations in early. While there is NO assessment for the NCR Mid-Year Conference, donations are accepted. **Please make note of the NCR Bylaws and Standing Rules, Standing Rule 6, SR-6(h) for recommended donations to the host of the Mid-Year Conference.**

**Point of Contact for this Mid-Year is:** Marty Posekany PRPNC 616-225-9264 [posekany@chartermi.net](mailto:posekany@chartermi.net)

### **Banquet Meal Selection**

All Entrée Selections Include Fresh Garden Salad, Warm Rolls and Butter, Chef's Selection of Vegetable, Coffee, Decaffeinated Coffee, Iced Tea and Carrot Cake with Cream Cheese Frosting.

**BBQ Spiced Pork Loin Chop** – with Polenta, Apple Butter Jam.

\$35.00 x \_\_\_\_\_ = \$ \_\_\_\_\_

**Herb Roasted Airline Chicken Breast** – With Confit Potato and Marsala Jus.

\$35.00 x \_\_\_\_\_ = \$ \_\_\_\_\_

**Marinated Flank Steak** – With Truffle Whipped Potato, Red Wine Demi-Glace.

\$40.00 x \_\_\_\_\_ = \$ \_\_\_\_\_

**TOTAL: \$** \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Branch/Unit: \_\_\_\_\_

Fill out your selections with the number of each meal requested, multiplied by the cost of meals. Total the amount and remit payment with this form.

Make all checks **payable to:** **FRA Branch 298**

**Mail to:**

**Marty Posekany FRA Branch 298**

10930 Wildlife Dr

Greenville, MI 48838-8182

## **Tentative Schedule of Events**

**Thursday, 7 April** – early arrivals check-in. Hospitality Room opens at 1600.

**Friday, 8 April** – Hospitality Room open at 1000. Informal discussions as desired. FRA NCR Essay Corp. Board meeting at 1800 if needed. Shipmate Marty will be available for any training requested for branch secretaries/treasurer/president/vice president or directors.

**Saturday, 9 April** – FRA / LAFRA joint gathering at 1000. Regional presidents, FRA and LAFRA, will present information. Any candidates for regional or national offices that are attending may address the gathering. Any national officers attending may address the gathering. Training and/or anything required by Regional Presidents is scheduled after joint gathering.

Banquet dinner at 1800.

**Sunday, 10 April** – departure day.

We have a good selection of raffle prizes and a couple of unique ones you will not want to miss.

Wolverine Branch 298 has a Shipmate that is looking for a roommate to share the cost of a room with HER. If you are a female, either FRA or LA FRA please contact me with your contact information and I will pass this on to our Shipmate and you can work things out.

Thank you! Marty Posekany 616-225-9264

[posekany@chartermi.net](mailto:posekany@chartermi.net)



## NORTH CENTRAL REGION

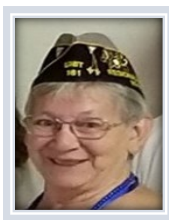


RPNC Doris Fri PNP



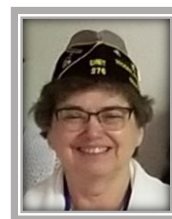
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RVPNC Barbara White



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NCR Chaplain Peggy Watkins PRP



4042 Newport Avenue  
Omaha NE 68112-2959  
402-661-4934  
[peggy276rpnc@gmail.com](mailto:peggy276rpnc@gmail.com)

### NORTH CENTRAL REGIONAL PRESIDENT'S MESSAGE

JANUARY 2022

Newsletter #3

RPNC Doris C Fri PNP  
139 W Peoria St Apt 202  
Paola KS 66071-1443  
816-878-1720  
[doriscfri@gmail.com](mailto:doriscfri@gmail.com)



We are at the beginning of a NEW YEAR! New beginnings are always open for new things. We need to look forward to NEW MEMBERS! Please keep in mind that for each Shipmate in the FRA, there is the potential for multiple Auxiliary Members. My Shipmate Basil J Fri USNRET, deceased 20+ years, is the sponsor of nine (9) Auxiliary members. 1 Widow, 2 Daughters, 1 Son, 1 Granddaughter and 4 Grandsons. Are they all active members, No. Do I pay all or their dues? No. 1 Daughter is active. Lisa Barton Unit 161 PRPNC, 1 Grandson Tony Barton, Co-Webmaster. Why are they members, because they respect me and Grandpa and know this is important to us. Talk to the Shipmates and ask them to sign up their family members.

#### **Who Can Join?**

*All applicants must be at least sixteen (16) years of age.*

Membership in the Ladies Auxiliary of the Fleet Reserve Association is limited to spouses, parents, grandparents, sisters, brothers, children, stepchildren and grandchildren not less than 16 years of age of members of the Fleet Reserve Association and widows, widowers, parents, grandparents, sisters, brothers,

children, stepchildren and grandchildren not less than 16 years of age of persons who were members at the time of death or eligible to be members of the Fleet Reserve Association at the time of death.

SR9 Dues: was changed at the 2021 Convention, to increase the yearly dues to \$25.00. Membership Applications, reflecting the dues increase, are available on the LA FRA Website, plus I have included them in this Newsletter.

In Loyalty Protection and Services, RPNC Doris Fri PNP

**SEND ALL MEMBERSHIP MAIL TO:**

**LA FRA**

National Financial Secretary

PO Box 3037

Carson City NV 89702

questions and comments

call 775-881-8731

 **Join the Ladies Auxiliary of the FRA DBA Auxiliary of the FRA: Membership Application**

★ **I am the:**

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:



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

SERVICEMEMBERS FULL NAME

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 \_\_\_\_\_

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

**NCR EVENTS TO REMEMBER**

**North Central Regional Mid Year: Grand Rapids MI – Hosted by Branch 298**

**North Central Regional Convention: Springfield MO – Hosted by Branch 316**

**NATIONAL EVENTS TO REMEMBER**

**FRA & LA FRA National Convention: Birmingham AL – Hosted by Southeast Branches**

**Watch the FRA website [www.fra.org](http://www.fra.org) & LA FRA website [www.la-fra.org](http://www.la-fra.org)**

**For information about the dates and information about National Convention**



## Pearl Harbor Remembrance Day

December 7, 1941



NP FRA Jim Campbell and NP LA FRA Pat Suckow placing the wreath on December 7, 2021 in Tucson AZ.

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THIS IS THE "REAL" NCR COMMUNICATIONS TRAIN THAT WILL BE TRAVELING WITH ME WHEREVER I MAY GO IN THE COMING YEAR. THIS IS THE REAL DEAL!

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### SCHOLARSHIPS

Check the websites to see what Scholarships your children or grandchildren may be eligible for.

*When we have children or grandchildren in college every little bit helps!*

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### DUES INCREASE

The Delegates at the Convention voted to increase the Membership dues to \$25.00 per year. Dues increase becomes effective January 1, 2022. **SR9:** Dues in the LA FRA shall be twenty-five dollars per annum, payable in advance not to exceed five years at any time. Any advance dues payment shall be non-refundable. Application for new, reinstated or renewal of membership shall be accompanied by payment of twenty-five dollars effective, with renewals due on or after **January 1, 2022**. Those who have prepaid their dues will not see the increase until their next renewal date.



## NORTH CENTRAL REGION

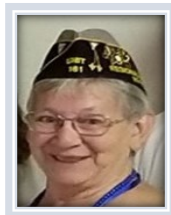


RPNC Doris Fri PNP



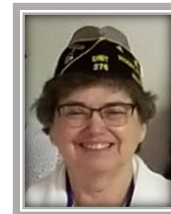
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[peggy276rpnc@gmail.com](mailto:peggy276rpnc@gmail.com)

### NORTH CENTRAL REGIONAL PRESIDENT'S MESSAGE

FEBRUARY 2022

Newsletter #4

RPNC Doris C Fri PNP  
139 W Peoria St Apt 202  
Paola KS 66071-1443  
816-878-1720  
[doriscfri@gmail.com](mailto:doriscfri@gmail.com)



February has arrived and Spring is right around the corner. There are many things going on around the Region and one of them is, cold. It has been up and down weather throughout the Region. Yesterday High was 21 degrees and today's High is supposed to 49 degrees. No matter where you are, stay safe and warm. If I sound like a broken record, please bear with me. Right now, we need to concentrate on **Recruiting** new members, **Reinstating** those who have been dropped, and MOST importantly **Retaining** those we already have. When I was NVP back in 2013-2014 my Membership Project was the "3 Rs" Recruit, Retain, and Reinstatement. That has not changed, that is still my "Membership Project". It should be a "Project" for every member of the LA FRA. Dues are the primary income for the Units and the Auxiliary. When someone's dues are paid, 50% goes to the Unit and 50% goes to the Auxiliary. With our new "Dues Increase" (SR9) to \$25.00 per year, that means when dues are paid, \$12.50 goes to the Unit and \$12.50 goes to the Auxiliary. At this moment, according to our monthly Report. North Central has four (4) Units and 126 members. There are about 19 Branches in the Region and all but four (4) of them do not have Units. Auxiliary members, get organized, and let's fix this. I am planning a trip to Osage Beach MO in February or March, depending on weather



conditions, to visit the newest Branch in the Region. I am hoping to get them onboard to get a Unit going on down there. Keep your fingers crossed and a few Prayers wouldn't hurt. Yours in Loyalty, Protection, and Service: RPNC Doris C Fri PNP.

### Keeping Track of our Members

**December 31, 2021**

#### **North Central Region Unit Statistical Report**

Unit #	Apr 1	REI	NEW	TI	TO	Res	<b>NPD</b>	Dec	IN	Other	Active
12	11	0	0	0	0	0	<b>2</b>	0	0	0	9
161	78	2	4	1	0	0	<b>6</b>	2	0	0	77
216	20	0	0	0	0	0	<b>2</b>	2	0	0	16
276	26	0	2	0	0	0	<b>4</b>	0	0	0	24
	135	2	6	1	0	0	<b>14</b>	4	0	0	126

The Statistical Report needs to be looked at each month by the Unit Secretary, who should give a copy to the Unit President and Unit Vice President. The columns above are as follows.

Column 1 – Unit #, Column 2 – Apr 1, beginning of the Membership Year (Section 601(d)), Column 3 REI, Reinstated (52), Column 4 – New (59), Column 5 Transferred In to Unit (57), Column 6 Transferred out of the Unit (56), Column 7 Resigned (50), Column 8 **NPD stands for Non Payment of Dues**, Column 9 Deceased (53) Column 10 Ineligible to be a member, Column 11, miscellaneous, Column 12, Total of Active Members.

Column 8 is a RED FLAG column; we need to do our best to find out WHY! this person did not renew. Communicate! Call, and ask them why, send them a letter or post card and ask them to reconsider, (sometimes it is just an oversight) Once they have been dropped, they will no longer get a renewal notice. New members are important, but the ones we have should be #1 priority. Notice above, we got 2 reinstated members and 6 New members, and 1 transferred in, BUT we lost 14 to NPD and 4 to death, that means we lost 9 members in December. LET'S "GET EM BACK". The Region suffered a 7% loss for the month of December.

The 30, 60, 90 day past due list is very important too.

December 31, 2021

30 Days	60 Days	90 Days
4	0	0

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North Central Regional Convention: Springfield MO – Hosted by Branch 316 TBA

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FRA & LA FRA National Convention: Birmingham AL – Hosted by Southeast Branches  
October 16-22, 2022

Watch the FRA website [www.fra.org](http://www.fra.org) & LA FRA website [www.la-fra.org](http://www.la-fra.org)  
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Part of our Communications Project is to let **ALL** members know that they can get “The Triangle” each month sent directly to them, via email. We do post them on the Website ([www.la-fra.org](http://www.la-fra.org)).

**SR-22(c).** Any member may subscribe to receive, a hard copy of *The TRIANGLE* for ten dollars per year. Money order or check payable to the LA FRA for the subscription shall be mailed to the National Financial Secretary, and any member who wishes to receive a free copy, via email, may submit their email address to both the National Financial and National Executive Secretaries. I would ask that you send it to me also, so that I can make sure you get the Regional Newsletter and any other correspondence pertaining to the Region.

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### **FACEBOOK**

For those of you who follow FACEBOOK, I just want to let you know that North Central Region has a Facebook Page, as does Unit 161, National LA FRA has a Facebook page. Many other Regions and Branches and Units have Facebook pages. Check them out and see what is going on throughout the Auxiliary. Lots of Pictures are posted, Newsletters, Flyers, etc... to keep everyone informed.

## THE MEMBER WHO NEVER CAME BACK

It amuses me now to think that your organization spends so much time looking for new members when I was there all the time. Do you remember me? I'm the member who came to every meeting, but nobody paid attention to me. I tried several times to be friendly, but everyone seemed to have their own friends to talk to and sit with. I sat down among some unfamiliar faces several times, but they didn't pay much attention to me. I hoped somebody would ask me to join one of the committee or somehow participate and contribute, but no one did. Finally, because of illness, I missed a meeting. The next month, no one asked where I had been. I guess it didn't matter very much whether I was there or not. On the next meeting date, I decided to stay home and watch a good television program. When I attended the next meeting, no one asked me where I was the month before. You might say I'm a good person, a good citizen, that I hold down a responsible job and love my community. You know who else I am? **I am the member who never came back.**