



The Triangle



Ladies Auxiliary of the Fleet Reserve Association

www.la-fra.org

MARCH 2019

2018-2019 National Officers & Appointees

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CONTACT NES DORIS FRI IF YOU NEED ADDRESSES.

A MESSAGE FROM OUR NATIONAL PRESIDENT:



Socrates is credited for stating "The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

In 1936 the Fleet Reserve Association chartered the Ladies Auxiliary of the Fleet Reserve Association. In 2008, the Auxiliary voted to accept men into the membership and in 2010 a DBA or doing business as The Auxiliary of the Fleet Reserve Association was approved by the delegation at the National Convention. For over ten years the Auxiliary has struggled with the "Ladies" portion of our title. Under the DBA the legal name for IRS purposes, bank statements and legal documents remains Ladies Auxiliary of the Fleet Reserve Association, however, using the DBA the Auxiliary of the Fleet Reserve Association is inclusive and welcoming to all members. In a time when local Units are struggling to maintain membership, monthly participation at meetings and events has decreased and electing a slate of officers for many Units has become difficult, what we should be asking ourselves is where do we need to put our energy to ensure the organization continues? What changes can we make at the Unit, Regional and National Level to encourage membership retention? Are we open to changes; would we vote for change if it would make our members feel welcomed and that their participation is encouraged and valued? Units continue to close for lack of active participation. Have we partnered with the Branch to brainstorm ideas, different meeting time, or activities? Changes to the local outreach? Provided outreach to those currently on active duty, recently transitioned, or veterans? It is our job to protect and serve the organization and sometimes something new may be the answer that revives the Unit, Region or National Organization. What we can we do better? As we move into the 3rd quarter and the election process remember to send your slate of officers to those listed on the WHO WHAT WHERE list as soon as elections are completed. Annual report forms will be hitting your secretaries in box soon. Please be sure to use the 2019 forms, all National report forms are also available at www.la-fra.org. Attend the Pilgrimage and honor those who have gone before us. There are three C's in life Choice, Chance and Change. You must make the choice to take the chance if you want anything in life to change. In closing please consider making a donation to change the lives of military children and veterans by supporting the National President's 2019 Project Operation Purple Camps and Healing Adventures.

In Loyalty, Protection and Service
Christina Murray
National President 2018-2019

National Vice President

We do not have a candidate for National Vice President 2019-2020. If you are considering running for office, it is important that you get your Nominating Resolution in for distribution as soon as possible. You may request an NVP Manual from the NES and I will send it to you. Please be sure your Resolution is Typed in "Black Ink".

IN LOVING MEMORY OF OUR DEPARTED MEMBERS



National Presidents



Other National/Regional Officers



Members

Virginia Farinelli Unit 274 Member since	Mary Wingate Unit 161 Member since	Nadine Dempsey Unit 181 Member since
Maxine Brown Unit 289 Member since	Winifred Simon Unit 161 Members since	James Larimore Unit 25 Member since
Roberta Simpson Unit 60 Member since	Nancy Wageman Unit 382 Member since	Lois Tyler Unit 126 Member since
Doris McHugh Unit 208 Member since	Yvonne Hayes Unit 44 Member since	Lena Taylor Unit 94 Member since
Lewis Young MAL Member since	Mary Challis Unit 382 Member since	Mercedes Dunham Unit 137 Member since 1980

Bold print with * indicates 50+ years of membership

Membership Statistics

Apr 1	REI	NEW	TI	TO	Resigned	NonPmt	Deceased	Ineligible	Other	Active
6053	216	401	136	135	8	817	108	1	0	5777

MAIL ALL MEMBERSHIP APPLICATIONS OR DUES PAYMENTS TO: LA FRA, PO BOX 1154, EASTON MA 02334-1154. DO NOT SEND CASH!!! CHECKS/MONEY ORDERS MUST BE MADE OUT TO LA FRA.

“Through the generosity of our members, all things are possible”

<p><u>LA FRA Scholarship</u></p> <hr/> <p><u>NP Scholarship</u></p> <p>UNIT 182</p> <hr/> <p><u>Welfare</u></p> <hr/> <p><u>Pilgrimage</u></p> <p>UNIT 40, 183, 230</p>	<p><u>NP Project 2017-2018 Alzheimer’s Foundation</u></p> <hr/> <p><u>NP Project 2018-2019 “National Military Family Operation Purple Camps and Healing Adventures.”</u></p> <p>UNIT 183</p>
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ALL donations must be sent to the National Financial Secretary, **Pat Suckow NFS, 106 Hyrne Drive, Goose Creek SC 29445-7331** checks/money orders **MUST** be made out to the LA FRA and marked in the memo section where the money to be posted.

TRIANGLE BY EMAIL

ANY member or Unit Officer, Regional Officer, National officer who would like to receive the Triangle by email, just send me a request by email, (so I know I have your correct email address) and I will put you on my list. This is strictly voluntary.

**It is that time of year!
Elections**

Reference Article 1400 – Section 1405 a-f

Elections for small Units

Reference Article 1400 – Section 1406 a-d

NOTE: Unit Officers Information **must** be sent in immediately after elections. If this information is not sent in by July 15, the Unit PCT funds will be withheld until such time as this information is received.

Reference SR18 – 10.

A message from the RP Southeast PNP Carolyn Whitaker:



The Southeast Region continues to have units that are following the principles of the LA FRA of Loyalty, Protection and Service. The auxiliary members show loyalty to their unit, to the Region and to the Shipmates they interact with. The members show protection for all those members who have personal situations that need overseeing. Lastly, they show service to the shipmates, to their community and to their country. Many of the units are attending to the local veteran's needs whether it is a food basket, a trip to the doctor, or snacks and lap robes delivered to the local nursing homes. Lap robes for those of you who crochet or knit can be done at home even if you are physically unable to attend the unit meeting. Many of our members cannot drive any longer so the attendance at meetings has dropped off. If you are attending meetings and you have a neighbor who would be eligible for membership, invite them to go to the meetings with you. If they have a good time, they may consider joining the auxiliary. Make them feel welcome!

We are getting close that that time when we elect new officers. Many units are having difficulty getting officers. It is not a difficult job, so if you are physically able, step up and take an office. If the unit doesn't have a slate of officers, the unit may have to be suspended. This is not a step we like to take, but if there are no leaders those members cannot meet according to the C&BL. Anyone who is considering taking an office, if you need to ask questions, please call me and I will help you with your decision.

Several of our units have had problems with the IRS and the EIN numbers. This is a requirement of the IRS and we must follow the rules. If you get a letter from the IRS, you can call me, and we will work through the problems.

The Southeast is hosting their mid-year meeting in February and the Tennessee/Alabama Caucus in March. If you are visiting in the Southeast during those times, join us at one of these meetings. Stay warm and keep recruiting new members.

In Loyalty, Protection and Service
Carolyn Whitaker, PNP
Regional President, Southeast

A message from the RP South Central PNP Gini Larson:



I wish to thank the members of the South Central Regional for electing me as your Regional President for the Auxiliary year 2018-2019.

Our Units are strong and continue to work hard at achieving many helpful things throughout our Region. Unit 94, Corpus Christi attended the Marine Corps Academy Ball in Harlingen, TX. The Unit works hard with the Marine Corps to provided toys and monies for the Toys for Tots Program, they participate in donating to Wreaths Across America. Unit 94 continues to provide breakfast tacos, fruit, protein bars, coffee and water for all of advancement exams onboard NAS Corpus Christi for both our Enlisted Naval forces as well as our Coast Guard Sector. They attend nine NJROTC events in the Coastal Bend area all the way from Corpus Christi down to Brownsville TX. The Unit also volunteers to cook meals for Rockport Warriors United, Patriot Guard Riders and our Combat Veterans. Unit 11, Fort Worth, TX adopted over 78 families for Christmas, they participated in parades and worked on recruiting. Unit 162, NOLA, LA donated to St. Jude's Children's Hospital. They hosted a Gretna Halloween Festival, donated 15 flags that needed replacement and provided a post NCIS New Orleans film shoot at Branch home 162. They held a Christmas Party for 1st to 4th grade students and donated stockings for all the children including coloring books, crayons, pencils and other essential items that were needed. Unit 201, Capitol Area, Austin TX, works hard with the Branch on essays as Branch 201 not only annually received over 400 essays, they are also the Chair for the South Central Region Essays.

I will be attending the Louisiana Units in May and the Arkansas Units in June.

Our South Central Mid-Year meeting will be held at the Clarion Hotel, 4000 Industrial Drive, Bossier City, LA on March 21-24, 2019. Room rates are \$69.00 plus tax and the phone number for reservations is 318-747-0711. Please state that you are with the Fleet Reserve Association.

Yours in Loyalty, Protection & Service,
Gini C. Larson, RPSC, PNP

2019 NATIONAL CONVENTION

WHERE? Crowne Plaza Memphis East, Memphis TN

WHEN? September 22-29-2019

Watch for more information coming soon. Watch FRA & LA FRA Websites

A note from National Financial Secretary Pat Suckow:



Currently the LAFRA scholarship fund has about \$10,700. At the current rate of \$1500 expenditures or three \$500 dollar scholarships per year the fund will be depleted in @7 years. As noted in the Triangle, donations to the scholarship funds for the past two years have been on the decline. PNP Courneya's project in 2017 kept the LAFRA scholarship fund afloat, as the original donations for the Sam Rose and Allie Mae Odem scholarships had been depleted. According to our Standing rule 5 & 6 all scholarships

were established with donations from **Units, officers, and members of the Auxiliary**. For these scholarships to continue we need your donations. These scholarships are very important to help further the education of our children and grandchildren.

On another note: Elections are coming up. Remember Membership, Service and officer pins etc. If you need to order, please order ahead. I need time to process and mail.

Remember all checks and money orders shall be made payable to the LAFRA and mailed to me the NFS. If donating, please state clearly, in the memo line, where the money is to be placed.

Order Forms: Due to the increase in postage the price of supplies had to be increased. A new order form is available on the web-site.

Thank you, In Loyalty, Protection and Service
Pat Suckow, National Financial Secretary

National Delegate Sheet

The 2019 National Delegate Sheet that is on the Website or the one sent to the Unit Secretary is the only form that will be accepted. It will say "**2019 NATIONAL DELEGATE SHEET**" at the top of the form. Any other forms will be returned for corrections. We cannot accept forms that are generated by Secretaries or others. You must use the one provided to you by the Auxiliary. There is a process that is used, and we all are dependent on one another to follow the rules and meet the deadlines. The "National Delegate Sheet" is due no later than 45 days from the day Convention starts. (hopefully we will soon have those dates in hand). Count back 45 days from the Pre-Board and that will tell you when the due date is. Be sure the top is filled out correctly and list only Delegates and Alternate Delegates that are going to Convention so that the Convention Committee does not spend time and money making name badges for members who will not be attending. Make sure that names are spelled correctly, and the form is legible. At the bottom right hand corner where it asks for the Unit voting strength, Ref Article 8 Section 809(r) that is the Unit's actual votes per the NFS report that comes out in June. **DO NOT** put the number of members in the Unit, you are only allowed 1 vote per 15 members, not 1 per member. **PLEASE** name a Proxy and Alternate Proxy even if you have members attending. Ref. Article 6, 606(f). Things happen and if your Unit's Delegate is out of the room when a vote is called for, for whatever reason and you do not have a Proxy, your Unit's votes are lost. Name someone you know is attending the Convention and does not belong to your Unit. RPs, RVPs, are the most available because they are most likely going to be there, but you may pick any member in good standing, even an MAL. Ref Article 3, Section 303.

DID YOU KNOW? IF YOU USE COLORED INK TO FILL OUT YOUR FORMS, THE COLORED INK WILL NOT COPY. TRY IT!!! 45 Days prior to National Convention will be about August 8, 2019

Pilgrimage

Schedule of events for Saturday April 27, 2019

NATIONAL PRESIDENT'S TEA – 11:00 am till 12:30 pm (all LA FRA members are invited to attend)

LEAVE HOTEL for ARLINGTON NATIONAL CEMETARY – 2:00 pm

Wreath laying at the "Tomb of the Unknown" 3:00 pm (Time is subject to change)

Ceremony at the "Mast of the Maine" – 4:00 pm (Time is subject to change)

Hotel Accommodations: Be sure to mention the LA FRA

Sheraton Pentagon City Hotel, 900 South Orme Street, Arlington VA 22204

Rooms are \$139.00 + 12% tax per night. Call for reservations 703-521-1900, cutoff date for reservations is by 5 pm, April 2, 2019. Pilgrimage Chairman: Grace Villianeva, 703-209-3296 gvc0908@yahoo.com

A Picture is worth a Thousand Words

Send pictures of your Branch and Unit Events so we can share them with others.

We will post them as long as we have the space.

Marine Corps Academy Ball



L-R SgtMaj Delvin Smythe, SSgt Alex Diaz, PNP Don Larson, PNP Gini Larson RPSC, Unit 94 Treasurer Donna Fortini.

Branch & Unit 161 Annual Gift Wrap for Children



L-R Danae Fields, Curry Sanders PRP, Ernestene Combs, Dottie Curry, Norm Combs PRP, Diane Schilly, Ray Schilly, Corinne Fields PRP, Barbara White RPNC holding Combs Grandson, Barry White RPNC, Pat Wentworth, Denise Welch, Zack Peterson, Debby Palmer, Jane Hinkedire, Jerry Lickeig



Sierra Tahoe Branch #137 and Auxiliary Unit members donated and placed wreaths at the National Veteran Cemetery, Fernley, NV., the Lone Mountain Cemetery in Carson City and the East Side Memorial Cemetery in Minden, NV. Joining them was the Carson City Sea Cadets, which they sponsor and the N. Nevada All Veteran Honor Guard, comprised of many of the branch members, providing a gun salute and taps. It is always an honor to acknowledge the brave men and women that serve our country.

2018 National Convention Minutes

By the time you receive this Triangle, the 2018 Minutes will have been completed and mail, either the Book version or on a CD. If you or your Unit ordered a copy and have not received it, please contact me. I can mail you a book or a CD, I can also send you a copy by email. If you choose to order a Book for yourself, you must pay for a copy, \$15.00 to be sent to NFS Pat Suckow who will then forward your request to me. If you want a CD or a copy by email just let me know and there is no charge. As the Webmaster we are looking at the possibility of posting the minutes on the Website, depending on space availability.

Honorary Members

Section 305. Honorary Member

Section 305(a). Persons not eligible for membership but who have rendered some distinguished service to the LA FRA, may be elected as an Honorary Member by a two-thirds vote of the delegates at the Annual National Convention.

Section 305(b). Nominations for Honorary Membership in the LA FRA shall be made by resolution and must be received by the National Executive Secretary of the LA FRA not less than four months (120 days) before the convening date of the Annual National Convention in the association year.

Section 305(c). A certified statement, signed by the Unit President and Unit Secretary of the Unit submitting the resolution, stating in detail what distinguished service the nominee has rendered to the LA FRA and that the nominee is not otherwise eligible for membership in the LA FRA or FRA, shall accompany each nominating resolution for Honorary Membership.

Section 305(d). Honorary Members may serve on a committee of a Unit or at the Regional or National Conventions as Chairman, Co-chairman, or member.

Section 305(e). Honorary Members shall not pay dues, hold office, or vote, except when serving on a committee at the Unit, Regional or National level, they may vote within that committee.

Section 305(f). No more than five Honorary Members shall be elected at any National Convention.



LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

National Executive Secretary 2019-2022

Livermore Unit 287

Nominating Resolution

WHEREAS, it will be the duty and responsibility of the delegates assembled at the 87th National Convention of the Ladies Auxiliary of the Fleet Reserve Association to elect one of its outstanding members who is knowledgeable and dedicated to serve in the office of National Executive Secretary for the years of 2019-2022; and

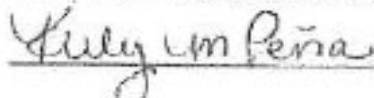
WHEREAS, it will be the duty and responsibility of the delegates to elect a member who continues to demonstrate leadership, integrity, knowledge, and dedication and willingness to be of service to the three (3) cardinal principles of Loyalty, Protection and Service to her fellow members, their families and to the Fleet Reserve Association; and

WHEREAS, Unit 287 has within their membership a member Kelly M. Pena, 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

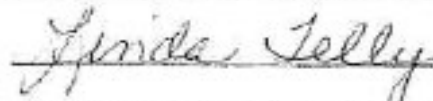
WHEREAS, this member has been a member in good standing since 2013, and this member has served on Unit level as Unit President, Unit Vice-President, Membership Chairperson, VAVS Chairperson for Palo Alto Veterans Hospital. On the Regional level, she has served as Regional President and Regional Vice-President. She has served as Secretary and Chaplain of other Veteran Organizations such as American Legion and Le Femme Cabane on both unit and district level. She has also served on the FRA Branch Marine Ball Committee and has assisted the Branch sponsored Bingo game as Assistant Manager. She has attended all Regional, Mid Year and National Conventions since she has been a member. Kelly has donated many volunteer hours at the Veteran Hospitals and rehabilitation facilities. She has also given many hours to Operation Gratitude, Fisher House and Veteran homeless shelters. She has served 7 years as Parent Teacher Association secretary in her children's school. On a professional level she has a professional career as a registered nurse for 29 years and is currently a Surgery Center Administrator for Bay Area Surgical.

RESOLVED, that Livermore Unit 287, at a regularly scheduled business meeting on November 2, 2018, a quorum being present, by a majority vote did place the name of Kelly M. Pena for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the association years 2019-2022; and be it further

RESOLVED, that the members of Livermore Unit 287 do earnestly solicit the endorsement and support of each unit in the Auxiliary for the candidacy of Kelly M. Pena for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the association years 2019-2022.



Unit President, Kelly Pena



Pro tem Unit Secretary, Linda Telley

LADIES AUXILIARY of THE FLEET RESERVE ASSOCIATION

2019 NATIONAL DELEGATE SHEET

The following members have been elected to represent:

UNIT NUMBER: _____, CITY & STATE: _____

UNIT NAME: _____, REGION _____

of the Ladies Auxiliary of the Fleet Reserve Association at the 87th National Convention to be held 9/22/19 -9/29/19 at Crowne Plaza Memphis East, Memphis TN

DELEGATES

ALTERNATE DELEGATES

- 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

- 1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

If a delegate is not elected, or if none of the above is in attendance, the following Proxy (or Alternate Proxy) is authorized to represent this Unit.

PROXY

ALTERNATE PROXY

_____ UNIT _____

_____ UNIT _____

PROXY/ALTERNATE PROXY is INSTRUCTED _____ UNINSTRUCTED _____

We, the undersigned, do hereby attest that the members of our Unit at a regularly stated meeting, a quorum being present, DID _____, DID NOT _____ approve and grant the chairman of the Unit's Convention Delegation, the authority to add the name of any member in good standing of this Unit present at the National Convention to the above Delegate List, up to the authorized voting strength.

MAIL ONE COPY TO EACH OF THE FOLLOWING 45 DAYS BEFORE NATIONAL CONVENTION

- NATL PRESIDENT NATL VICE PRESIDENT NATL EXECUTIVE SECRETARY
NATL CONVENTION CHAIRMAN NATL CREDENTIALS CHAIRMAN
NATL REGISTRATION CHAIRMAN YOUR REGIONAL PRESIDENT

SEE BACK OF PAGE FOR NAMES AND ADDRESSES

SIGNATURE OF PRESIDENT

SIGNATURE OF SECRETARY

AUTHORIZED VOTES AS OF 3/31/2019 _____

REGION _____

UNIT NO. _____

**TRIANGLE
LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION
139 W Peoria St Apt 202
Paola KS 66071**

ADDRESS SERVICE REQUESTED

REPORT OF CHANGE OF ADDRESS FOR TRIANGLE

Date: _____

Name: _____ Member No: _____

OLD ADDRESS

Street: _____

City, State, ZIP: _____

NEW ADDRESS

Street: _____

City, State, ZIP: _____

MAIL TO: DORIS FRINES, 139 W Peoria St Apt 202, Paola KS 66071

ALSO REMEMBER TO NOTIFY THE **MSA** OF ANY CHANGE OF ADDRESS

LAFRA, PO BOX 1154, Easton MA 02334-1154