



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

March 2020 Edition

2019-2020

National President

Bea Parco
602-550-6690
arpsw2014@gmail.com

National Vice President

Jackie Scarbro
757-482-2209
jackiescarbrova@gmail.com

National Executive Secretary

Veralyn C. Thomas
904-291-1575
aquaspacev@aol.com

National Financial Secretary

Pat Suckow
843-452-4719
lafranfspat@gmail.com

National Treasurer

Linda Telly
408-438-8251
LAFRANTLinda@yahoo.com

JrPNP

Christina Murray
757-588-6135
christinamurray.lafra@gmail.com

National Chaplain

Lyn Transfiguracion
562-618-4860
lyntrans@outlook.com

National Parliamentarian

Gail Doloway PNP
702-451-3355
gaildo@embarqmail.com

Membership Forms are to be sent to:

NFS Pat Suckow
106 Hyrne Drive
Goose Creek, SC 29445-7331

**Contact NES Vera
if you need addresses.**

www.la-fra.org

From the Desk of the National President

March 19 is the beginning of Spring and the Irish relationship of looking for the end of the rainbow to find a pot of gold. The pot of gold is realization of all one's hopes and dreams; ultimate success, fulfillment, or happiness is found. Spring is like a renewable time, a time of coming out of hibernation, a time to start fresh to following the rainbow to the pot of gold. For the LA FRA it is time for members to consider stepping (or continuing their roles) to take on responsibilities and to commit to keep the unit in compliance, active in their communities and to support their branch. In March, April, or May nominations for Unit Officers take place and to prepare for installations following elections. When elections are done, the Unit Officers Reports should be filled out right after elections and mailed to the officers listed on the form no later than July 1. August PCT will be withheld if the Unit Officers report has not been received by July 1st.



In these past few months, meeting with members and attending a Celebration of Life, I am concerned about units who depend on a seasoned member to keep a unit going. As our seasoned members who has moved on to the Supreme Commander and were actively involved with their unit or seasoned members who are unable to continue their leadership roles (due to health) in smaller units could impact the life of their unit. It is important that all members of units be active, to consider to take on leadership roles and learn the standard operating procedures to maintain a unit. As well, it is important for seasoned members to mentor and encourage younger members to be involved in unit activities. On the other hand, having younger members and retaining their membership can be a challenge. What is our rainbow to find a pot of gold? A rainbow needs a water droplet where dispersion of light occurs. A member is a water droplet, the service of what a member does is the light, and together we are the rainbow and the bridge toward success to make a difference in humanity and for our veterans' community.

Going to the 2020 Pilgrimage at Arlington Cemetery April 25th, is where we stand out to the visitors\tourist. Wearing our whites, carrying our flag proceeding from the Mast of the Main to the Tomb of the Unknowns acknowledging and honoring the veterans buried there. In past experiences after the presentation at the Tomb of the Unknowns, observers approach us, asking who we are, what we do and thanking us for being there. Being a participant at Pilgrimage (and other patriotic events) is fulfilling for the individual member, the Auxiliary and FRA in honoring our veterans. Our Pot of Gold is service. Thank you to those that have contributed to the National President's project. The project is Operation Homefront that supports veterans and their families who are in transition from Military life to Civilian Life, for more Information: <https://www.operationhomefront.org>. To contribute, make checks payable to "LA FRA", Mail checks to: LA FRA National Financial Secretary, 106 Hyrne Dr., Goose Creek, SC, 29445-7331.

May healing come to those that are having physical and emotional challenges; Congratulations to those that are having anniversaries, birthdays and blessed with a special event.

In Loyalty, Protection & Service

Bea Parco

National President

Ladies Auxiliary of the Fleet Reserve Association

Membership Statistics – January 2020

Members										Active
1-Apr	Reinstated	New	Tran In	Tran Out	Resigned	Non-Pymt	Deceased	Ineligible	Other	Members
5866	190	453	86	84	0	852	69	2	0	5588

Mail all membership applications or dues payments to: LA FRA National Financial Secretary, 106 Hyrne Dr., Goose Creek, SC 29445-7331. **Do Not Send Cash. Checks/Money Orders Must Be Made Out To LA FRA**

IN LOVING MEMORY OF OUR DEPARTED MEMBERS



National Presidents



Other National/Regional Officers



Members

 Janis Morris, MAL	 Frances Arnold, Unit 22	 Kathy Vorse, Unit 59
--	---	--

Congratulations and thank you to the following MALs for maintaining their memberships for ___ years:

- * 😊 * 30 years -- Shirley Colman and Lois Cantor
- * 😊 * 25 years -- Enriqueta Kraus

Donations

NP Project: Units 183, 126, and 91
 Pilgrimage: Units 275 and 126
 LA FRA Scholarship: Unit 126,
 2019 National Convention
Thank you to everyone that has made a donation.

Due to the postal regulations, we have been required to change the mailing address for membership. Please notate the change **effective immediately**. So going forward all mail have been combined, **regarding supplies, memberships, etc.** will go to: LA FRA

National Financial Secretary
 106 Hyrne Drive
 Goose Creek, SC 29445-7331

Remember the *MSA position does not exist, it was voted at National to combine NFS and MSA*. This should streamline everything going forward.

2nd REMINDER March 31 is approaching this is when the Unit memberships and individual recruitment reports for the period 1 April to 31 March are completed.

A note from National President Parco: In the past, the PCT program would send the unit alpha and unit reports automatically to all the unit and regional officers that had an email. This part of the program is still not working. This process is now done manually. The Unit reports will be sent by email to the unit secretary or one designated person only and it will be that person's responsibility to promulgate to the other officers of the Unit (President, Vice President, Chaplain, etc.). This is per Section 304(l) and (n) of the Unit Instructions. The Regional Presidents and Vice Presidents will continue to receive the respective reports as usual. The unit and regional Alpha Reports will only be sent TWICE after March 31 and September 30. Please reference SR-18(e) of the current Standing Rules (duties of the MSA which are now under the NFS).

LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION
NATIONAL FINANCIAL SECRETARY 2020-2023

SIERRA-TAHOE UNIT #137

NOMINATING RESOLUTION

WHEREAS, It is the duty and responsibility of the delegates assembled at the 88th National Convention of the Ladies Auxiliary of the Fleet Reserve Association, to be held on September 27 – October 2, 2020 in Portland, Oregon, to elect one of its outstanding members who is knowledgeable, dedicated and qualified to serve in the office of National Financial Secretary; and

WHEREAS, the duties of the office require that the person elected must possess leadership, integrity, executive and administrative abilities, and

WHEREAS, Sierra-Tahoe Unit 137, in Minden, NV has a member, **BRENDA HORTON**, who meets and exceeds the required qualifications of leadership, integrity, executive, financial and administrative abilities, as well as adhering to the three cardinal principles of the Ladies Auxiliary of the Fleet Reserve Association: Loyalty, Protection and Service, and

WHEREAS, this member currently holds the position of Regional President West Coast 2019-2020, 2nd term and has performed her responsibilities in an exemplary manner by enhancing communication amongst National, Regional and Units. She was instrumental in updating the West Coast Region C&BL, Standing Rules and the Duties and Job Responsibilities for each Regional Officer, Appointee and Committee Chairman. As Regional President she completed official visits to Units, publishes a monthly newsletter, provide timely responses to Officers questions, solicitation of new Units with Branches, provided requested LA FRA documentation and information to Units and Regional Committee members, created 2 Mid-Year Convention Training Manuals, assisted 5 Units with EIN requirements, and conducted both Regional and Mid-Year Conventions. As a member she has worked diligently on new membership and retention of current members. She has served as WCR Vice-President (1 Year), Credential Chairman (3 years) and Unit Reports Committee (4 years), and

WHEREAS, this member possess a working knowledge of Microsoft Word and Excel, and

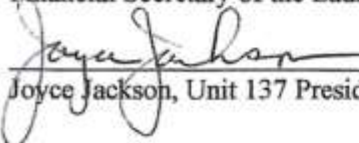
WHEREAS, since joining the LA FRA in 2014 this member has attended National Conventions (2018 & 2019), presently serving as National Unit Reports Chairman, the Pilgrimage (2019) and all West Coast Regional and Mid-Year Conventions since the start of her membership. Additionally in 2018 she attended the Southwest and Northwest Regional Conventions, and

WHEREAS, this member has been active in Unit 137 of the LA FRA where she held the office of Unit President (3 years) and Vice-President 2 years. She has chaired the Unit's Americanism/Patriotism committee, Wellness and Rehabilitation, and Hospital Committee. She has instituted various programs that fulfill the goals of the LA FRA, and

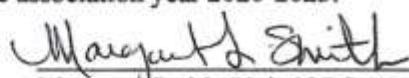
WHEREAS, this member has served Treasurer and Secretary with other Veteran Organizations and was instrumental with the development and success of the Adopt a Vet Dental Program as Carson Area Coordinator since 2011 until present. She currently assist as a committee member with Richards Crossing, a homeless resident's housing project, and Western Nevada College VVA Scholarship Program. She was awarded the Nevada Governor's Certificate of Recognition as Veteran Supporter of October 2017. She retired from a 21 year profession with the Nevada Department of Prisons as a Warden, which provide her with extensive experience in management, budgetary, and accountability therefore let it be

RESOLVED, that Sierra-Tahoe, Unit 137, at a regularly scheduled meeting on January 8, 2020, a quorum being present, by a majority vote did place in nomination the name of **BRENDA HORTON** for the office of National Financial Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the association year of 2020-2023, and be it further

RESOLVED, that members of Sierra-Tahoe Unit 137 do earnestly solicit the endorsement and support of each Unit of the Ladies Auxiliary of the Fleet Reserve Association for the candidacy of **BRENDA HORTON** for the office of National Financial Secretary of the Ladies Auxiliary of the Fleet Reserve for the association year 2020-2023.



Joyce Jackson, Unit 137 President



Margaret Smith, Unit 137 Secretary

Ladies Auxilliary of the Fleet Reserve Association dba Auxilliary of the Fleet Reserve Association

Resolution to Amend Standing RuleSR-10(n)

Proposed by Chesapeake Unit 40

SR 10 (N) states the CONVENTION RECORDER: The Convention Recorder records and transcribes the convention minutes. Printed chairman's reports, printed committee reports or information and tally sheets as voted, are supplemental minutes. They are properly assembled, labeled, numbered, and signed by the National Executive Secretary before submitting them to the publishing committee.

WHEREAS the proceedings of the Pre Board, Convention, Memorial Service and Post Board meetings are scripted short of debates from the floor and

WHEREAS: the Internal Revenue Service Manual 1 itself provides the following instruction to examining agents: The minute book of an exempt organization usually provides a **summary** of the activities conducted during the year and

WHEREAS the cost to obtain a transcriber for multiple sessions, may no longer be maintainable with the reduction in membership and

WHEREAS Robert's Rules of Order states minutes should include the following:

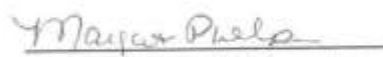
- a. the date, time, and place of the meeting;
- b. the fact that proper notice was given for the meeting;
- c. whether the meeting is a special meeting or a regular meeting;
- d. the names of attendees;
- e. whether or not a quorum is present;
- f. actions taken; and,
- g. upon request, a record of all voting action, a brief summary of reports given or reference to an attached written report and

WHEREAS the Jr. Past President, the National Executive Secretary and the previous Jr. Past President are the publishing committee for the National Convention Minutes therefore be it

RESOLVED that SR 10 (n) state Minutes of the convention shall be recorded by the National Executive Secretary in a **summarized** format and contain the date, time, and place of the convention; the fact that proper notice was given for the convention, states whether or not a quorum is present and Units represented by means of the credentials report, includes the name of National Board Members present, a list of members recognized during the memorial service, copies of printed officer, chairmen and committee reports, and tally sheets as voted. Includes all motions specifying who proposed the motion, whom seconded the motion and the results of the voting action. Ensures minutes are properly assembled, labeled, numbered and signed by the National Executive Secretary and the Jr. Past President before being published by electronic means with hard copies retained for the perpetual file.

This is to certify that this resolution was proposed at a regular meeting of Unit 40 held on the 16th day of October 2019 and read, debated and adopted by a unanimous vote at a regular meeting of Unit 40 held on the 20th day of November 2019 there being a quorum present.


Jackie Scarbro, Unit President


Margret Phelps, Unit Secretary

Ladies Auxiliary of the Fleet Reserve Association dba Auxiliary of the Fleet Reserve Association

Resolution to Amend Standing Rule SR-10(O)

Proposed by Chesapeake Unit 40

SR-10(o). Minutes – The minutes are distributed within one hundred and twenty days following Convention. One copy is mailed free to each Unit, who has requested the minutes forty-five days from the close of Convention. One copy will be mailed free to each National Officer (of the immediate past and current administration), and the FRA Administrative Headquarters. Members may purchase copies of the convention minutes, if ordered and paid for in advance, within forty-five days from the close of convention.


WHEREAS electronic copies are an industry acceptable standard for minutes and

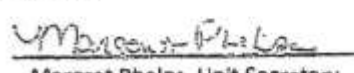
WHEREAS any Unit, officer or member that wished a printed copy could download them from any computer and

WHEREAS costs of printing continues to increase, while membership continues to decrease reducing the availability of funds to pay for administrative tasks therefore be it

RESOLVED SR-10(o). Minutes – The minutes are distributed by electronic means within one hundred and twenty days following Convention. Minutes will be posted on the LA FRA website. An email will be sent to each Unit, National Officer (of the immediate past and current administration), and the FRA Administrative Headquarters advising minutes are posted. One hardcopy is to be retained in the perpetual archive files.

This is to certify that this resolution was proposed at a regular meeting of Unit 40 held on the 16th day of October 2019 and read, debated and adopted by a unanimous vote at a regular meeting of Unit 40 held on the 20th day of November 2019 there being a quorum present.


Jackie Scarbro, Unit President


Margret Phelps, Unit Secretary

Ladies Auxiliary of the Fleet Reserve Association dba Auxiliary of the Fleet Reserve Association

Resolution to Amend Section 604(d)

Proposed by Chesapeake Unit 40

Section 604(d) Minutes of the convention shall be recorded with no omissions, deletions, or alterations, except as directed by the delegates assembled at the convention. The Jr. Past National President has the authority to use discretion to use a new format in publishing the National Convention Minutes.

WHEREAS: the Internal Revenue Service Manual 1 itself provides the following instruction to examining agents: The minute book of an exempt organization usually provides a summary of the activities conducted during the year. and

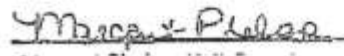
WHEREAS the IRS exempt organization guidelines further states In recording the minutes of a director's meeting, the secretary, though under an obligation to keep the minutes faithfully, is not obligated to include everything that is said in the minutes as long as the minutes accurately transcribes what has taken place. and

WHEREAS Citing Robert's Rules of Order, the Court further stated: "Generally, the minutes should contain mainly a record of what was done at the meeting, not what was said by the members. Their purpose is to reflect matters such as motions made, the movant, points of order, and appeals — not to show discussion or absence of action." and therefore be it

RESOLVED that section 604(d) state Minutes of the convention shall be presented in a summarized format. The Jr. Past National President has the authority to use discretion regarding the documents type set and page layout when publishing the National Convention Minutes.

This is to certify that this resolution was proposed at a regular meeting of Unit 40 held on 16th day of October 2019 and read, debated and adopted by a unanimous vote at a regular meeting of Unit 40 held on the 20th day of November 2019 there being a quorum present.


Jackie Scarbro, Unit President


Margret Phelps, Unit Secretary



Letter from WCR

With the Winter drawing to an end and Spring around the corner the West Coast Region Units are drawing up plans to come out of hibernation to greet the warmer weather with events that assist the Unit in achieving our mission goals. Parades, Patriotic endeavors and Unit events are being planned along with past successful activities.

Here in the WCR a Mid-year Convention has been scheduled in Modesto, CA on March 27-28, 2020 and hosted by Branch/Unit 197 – Modesto, CA. Both FRA and LA FRA Regional presidents are planning on providing a training session at this convention. We invite each WCR member to attend and network with their fellow members about the variety of activities each Unit has successfully accomplished. During my RP ‘official’ unit visits, I learned of ways to increase the Units’ treasury by bake-less bake sales, mock Black Tie Dinners, rummage sales, and social events where meals are served just to name a few. Some Units provide the collection and distribution of needed items to veterans at VA hospitals and facilities, along with visitation, or donate to their community special needs such as food banks and clothing items. Each Unit seems to have a unique activity that provides a service to the Branch, active military, veterans and the community.

The 2019-2020 President’s Challenge put forth to each Unit, Units are ‘challenged’ to increase their membership by 10% of the individual Units membership as of 9/1/19. For some this equates to 1 new member for other Units the amount is 7 new members. Some of the WCR Units have early on completed or surpassed this challenge with resulted in an overall membership increase within the WCR. Recruitment opportunities are being sought out. The ending date is the WCR Annual Regional Convention on August 22, 2020. Increase membership and retention of current members is necessary to keep the LA FRA alive and well.

To all may you and yours remain healthy.
In Loyalty, Protection and Service
Brenda Horton, Regional President West Coast

NP Parco Notes: Membership Verification Examples: eligibility-- It is important that the person who is recruiting a new member do eligibility verification or the Unit Secretary after the application has been turned over to the unit. There are two boxes listed for verification on the membership application and the applicant will be eligible by one or the other check box. As an example, an applicant states, “my grandfather was retired from the Coast Guard”. An example of an eligibility question would be (1) “Is your grandfather a member of the FRA?” If so, “of what branch is he a member?” (2) If the applicant states “my grandfather is deceased and not a member of FRA”, the next question would be “Was he honorably discharged?” If yes, the 2nd box would be checked.

Dates to Remember:

March 8, 2020: Daylight Saving starts

April 25, 2020: LA FRA Pilgrimage to the Mast of the Maine and the Tomb of the Unknown. Members, who will be attending Pilgrimage and have a pass to enter Arlington National Cemetery, please contact Debra Washington at d.washington16@hotmail.com to let her know that you have a cemetery pass and would be willing to bring the pass.

The Ladies Auxiliary of the Fleet Reserve Association is seeking an experienced Recorder-Transcriber for a National Convention, October 1st to October 4th in Portland, Oregon

The applicant must be able to record and transcribe the convention with no omissions, deletions, or alterations, except as directed by the National President. The applicant will attend all business sessions of the LA FRA convention. Provide one double spaced transcript to the Jr. Past National President (JrPNP) and when minutes are approved will provide a final condensed, four pages per sheet, hard copy and one electronic copy to the JrPNP. The applicant will receive a negotiated payment per page of transcription commensurate with experience. Applicant must provide her/his own recording and transcribing equipment. Applicant needs to have the ability to listen, understand, and simultaneously type/enter data accurately.

Business sessions are scheduled (schedule is subject to change) for: Wednesday (Sep 30) 1300-1700; Thursday (Oct 1st) and Friday (Oct 2nd) 0830-1130 and 1300-1700, the afternoon session is ‘if needed’; Saturday (Oct 3- if needed) 0830-1130.

Resumes and desired fees should be sent to: LA FRA NFS Pat Suckow, 106 Hyrne Dr, Goose Creek, SC 9445 or by e-mail at: lafrapat@gmail.com or by telephone at: 846-452-4719

Unit Reminder

Section 1405. Nominations and Elections of Unit Officers

Section 1405(a). Nominations for Unit Officers shall be opened at a meeting in March, April, or May, as specified by the Bylaws of each Unit. They remain open until a meeting in the month following opening of nominations, then closed, and officers elected for a period of one year, except that Secretaries and Treasurers may be elected for a period of two years.

Section 1405(b). Units outside the continental limits of the United States may if they desire, nominate, elect, and install Unit Officers in three consecutive months, as specifically provided for in the Bylaws of the Unit. However, the process for the nomination and election of Unit Officers shall be carried out in the manner prescribed in Section 1404.

Branch & Unit 269 –
Christmas shopping 2019 - Toys for Tots



Unit 289 – Imperial Beach, CA – Past Presidents
Celebration - PRPSW Deanna Lewandowski, PNP
Ruth Elben, and Joan Osborne Unit President 1966-68



Unit 289 – Imperial Beach, CA - Chartered Mar 10, 1964
NP Parco and Joan Osborne, Unit President 1966-68,
last surviving Charter member

Attendees to PRPSW Elaine Smith's
Celebration of Life at Branch 70
Dick Smith is in the center



REPORT OF CHANGE OF ADDRESS FOR TRIANGLE

Date: _____

Name: _____

Member No: _____

E-mail address: _____

OLD ADDRESS

Street: _____

City, State, ZIP: _____

NEW ADDRESS

Street: _____

City, State, ZIP: _____

MAIL TO: Vera Thomas NES, 2929 Bobcat CT, Green Cove Springs, FL 32043-7014

Remember to notify the **NFS** of any change of address:

LA FRA, National Financial Secretary, 106 Hyrne Dr., Goose Creek, SC 29445-7331