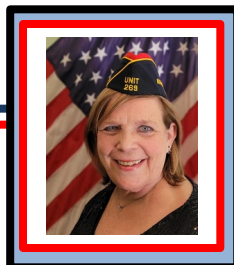




## ***THE TRIANGLE***

Ladies Auxiliary of the Fleet Reserve Association  
January 2022 Edition



### **2021-2022**

#### **National President**

Pat Suckow  
843-452-4719  
psuckow106@gmail.com

#### **National Vice President**

Nadine Fulton  
619-200-7706  
lafranvpfulton@gmail.com

#### **National Executive Secretary**

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

#### **National Financial Secretary**

Brenda Horton  
775-881-8731  
lafranfsbrenda@gmail.com

#### **National Treasurer**

Lee Berrier  
617-686-5899  
berrier.leelee@gmail.com

#### **Jr Past National President**

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

#### **National Chaplain**

Margaret Horvath  
904-249-8748  
mhorvath11111@gmail.com

#### **National Parliamentarian**

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

#### **Website: la-fra.org**

NES Vera Thomas if you need  
addresses - -

For Membership and Auxiliary  
Supplies Contact:  
LA FRA NFS P.O. Box 3037  
Carson City, NV 89702

### **Auxiliary Members:**

2022 a New Year and a new beginning "Happy New Year."

So, what does the New Year hold for us? You are going to be hearing more about membership in the weeks, to come. Without additional members we will fail to exist, and that is not going to happen, is it? To strengthen the Auxiliary's recruiting and retention efforts, it is helpful for each auxiliary member to ask themselves. Have you recruited or sponsored any new or reinstated members? What have you done to engage and retain current members? These questions will be a recurring theme during the coming months. Each member and Unit should set goals for recruiting and retention and develop strategies to build membership. Plan strategies to find ways to stay connected with current members and improve retention. Signing up new members is important, but we must also ensure they get and remain engaged, involved, and motivated to maintain their auxiliary membership. Our older members have difficulty in getting to meetings or paying dues, and all units need to work together to see how we can address these concerns. Change can often be uncomfortable, but it can also offer great rewards. Regardless of the circumstances, I challenge you to occasionally step out of your comfort zone and try something new and different. Each member should take stock of our three cardinal principles, Loyalty, Protection and Service use our rich history as a guide. I urge all FRA and Auxiliary members to seek a solution, rather than finding barriers that divide us.

Check out the website where you can find the Bylaws, Triangle, Membership Applications, and fillable forms are also available. Please familiarize yourself with it. Would like to see more information from each region published in the Triangle. What additional information would you like to see? Remember working together and communication is our goal.

Time to start thinking about submitting resolutions for amendments to the C&BLs, Standing Rules, and Nominating Resolutions for future officers which are due 120 days prior to the National Convention.

Looking forward to traveling to the different regions, catching up with old friends, and making new ones. I am planning to attend each regional event, so please add me to your mailing list regarding your conventions and Mid-year meetings.

I would like to also thank all the members for their support, contributions on behalf of the Auxiliary. Wherever you are and whatever you celebrate, I wish you peace and love in the coming year.

Happiness to all celebrating birthdays, anniversary, or a special occasion. To those who are ill, hope you will soon be well. To those who have lost a loved one, my deepest sympathy and prayers are with you.

In Loyalty, Protection and Service Pat Suckow National President 2021-2022

### National Statistics

Jul 1	REI	NEW	TI	TO	Resigned	NonPmt	Deceased	Ineligible	Other	Active
5332	200	145	54	54	1	813	108	0	0	4955

### Regional Membership Statistics

Region	1-Apr	Re-instate	New	Tran In	Tran Out	Resigned	Non Pymt	Deceased	Ineligible	Other	Active Mbrs
NE/NEng	159	5	7	0	7	0	18	3	0	0	137
EC	1511	63	171	10	40	0	103	17	0	0	1597
SE	1092	54	90	2	2	0	144	15	0	0	1077
NC	135	1	6	1	0	0	13	4	0	0	126
SC	263	7	12	4	0	0	37	2	1	0	246
WC	373	11	19	14	0	0	30	8	0	0	381
NW	385	42	56	3	36	0	65	4	2	0	381
SW	769	44	26	1	0	0	65	12	0	0	763
MAL	347	2	2	57	4	0	16	16	0	0	382
<b>TOTAL</b>	<b>5034</b>	<b>229</b>	<b>389</b>	<b>92</b>	<b>89</b>	<b>0</b>	<b>491</b>	<b>71</b>	<b>3</b>	<b>0</b>	<b>5090</b>

### IN LOVING MEMORY OF OUR DEPARTED MEMBERS



#### National Presidents



#### Other National/Regional Officers



#### Members

Chris Drew PRPNC Unit 161	Frances Hayes Unit 6	Sophia Dzija Unit 24
Lois Sullivan Unit 29	Kaye Clowdus Unit 59	Mardis Flor Unit 59
Mary Winston Unit 59	Richard Foote Unit 61	Margaret Currie Unit 91
Elizabeth Vanderbeek Unit 91	Aurora Semple Unit 124	Terry Whiles Unit 261
JoAnn Ludwig Unit 269	Ruby Jackson Unit 294	Hazel Thompson Unit 302
Christine Ray MAL	Sophie Salisbury MAL	

### Donations

#### National President Project 2021-22

LA FRA Unit 101 Santa Clara, WCR Beer Club, FRA Branch 49 Mile High, FRA Branch 230 Sunrise, Phyllis Brooks, and LA FRA Cookbooks

#### LA FRA Scholarship

LA FRA Unit 101 Santa Clara  
in memory of Rachel Payne

#### Welfare

LA FRA Cookbooks

***The following are the LA FRA Standing Rule (SR) resolutions that have been ratified by the FRA. Remember to change your copy of the Standing Rules to the ratified versions listed below.***

SR 9: Membership 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 memberships shall be accompanied by payment of twenty-five dollars effective with renewals due on or after 1 January 2022 and those who have prepaid their dues will not see the increase until their next renewal date.

SR-10(n): 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 that 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 notion 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.

SR-10(o): 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 Officers (of the immediate past and current administration), and the FRA Administrative Headquarters advising minutes are posted. One hard copy is to be retained in the perpetual archive files. Members may purchase copies of the convention minutes, if ordered and paid for in advance, within forty-five days from the close of convention.

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 LA FRA for the subscription shall be mailed to the National Financial Secretary and any member who wishes to receive a free "no cost" electronic version via email may submit their email address to both the National Financial Secretary and the National Executive Secretary.

Add -SR-22(f) A member may submit an Email or electronic transmissible address to be included on the Triangle's electronic distribution list.

SR-24(b): Supplies for Purchasing-A list of supplies for Units to purchase will be furnished by the National Financial Secretary with current prices, and sent to the National Web Master, who will publish on the national web site, in the list of Forms and also sent to the National Executive Secretary who will publish at least once a year in "The Triangle".

SR31(a)1: Uniform cap worn by members of the Auxiliary shall be as follows: (1) For female members , A silk lined overseas type of Cap of Navy blue and gold, with crown to be as of gold twill, or other suitable material, the apron to be of Navy blue woolen cloth, or other suitable material. The Unit number shall be in front, and, if desired, the Unit geographic location and the highest office held, with years served, shall be on the left side, embroidered in gold In addition, the name, Auxiliary of the Fleet Reserve Association may be embroidered in gold, on the right side. Grandfathering all prior hats bearing the name Ladies Auxiliary of the Fleet Reserve Association. All prior hats bearing the name Ladies Auxiliary of the Fleet Reserve Association are grandfathered, thus requiring no one is change their current hat and any member who feels so strongly that any new hat they may buy also state Ladies Auxiliary of the Fleet Reserve Association may do so.

“It never hurts to keep looking for sunshine.”—Eeyore

SR-31(a)5: For Honorary Members, the same as for general membership except that words "Honorary Member" shall be embroidered in gold on the left side above the name Auxiliary of the Fleet Reserve Association. A former member of the Auxiliary, now an Honorary Member, may wear the cap that was earned in the highest office held gray for Past National Officers and red for Past National Presidents. All prior caps bearing the name Ladies Auxiliary of the Fleet Reserve Association are grandfathered, thus requiring no one to change their current cap.

SR-33(b) 1: The Awards of Merit are based on annual reports for the Unit Administrative Year submitted by Unit Chairmen of the following committees: 1. Activities 2. Americanism-Patriotism 3. Hospital 4. Publicity 5. Unit Report 6. Welfare and Rehabilitation 7. Youth Activities.

SR-33(b)(3): The Regional Chairman and the Committee judges these reports according to the SR and report form instructions and report to the Regional Convention. The first place Regional winners in each of the four groupings, for the Unit Report, shall be submitted by the Regional President of their respective Region, to the National Executive Secretary at the Pre-Board meeting for distribution for judging by the National Committee. The Regional President retains one copy of each report.

SR-33(b)(5): The National Unit Report Committee concerned reviews the award winning Regional reports and recommends to the assembly the appropriate Unit awards. This committee reviews the Annual Report Form and the Committee Chairman recommends suggested changes to the delegates at the National Convention.

SR-33(c): In the absence of the National Chairman, the National President appoints a Chairman to fill the position at the National Convention. All judging of the Unit Reports for awards shall be done at convention.

Withdrawn: C&BL Article 8, Section 803(d)(38); SR-14 and 23.

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Veterans and residents at Richard's Crossing enjoyed a complete Thanksgiving meal because of the compassionate donations of the Auxiliary of the Fleet Reserve Association Unit 137, Carson City. A total of 18 boxes were delivered containing everything from canned vegetables, canned soups, cereals, crackers, pasta, sauces, stuffing. Canned meats (chicken, tuna fish, etc.), peanut butter, jelly, sugar, prepared box dinners, canned yams, cranberry sauce, canned pumpkin (for making pies) , pie crust, canned condensed milk, pumpkin pie spice, a turkey, fresh celery, eggs, and butter. Many thanks to these dedicated members who took time from their busy lives to ensure that others had enough for their Thanksgiving Holiday.

Delivered on behalf of the Unit by (left to right) Jan Solberg, Susan Hamarlund, Joyce Jackson, Brenda Horton, and Cherlita Dagang.





# LA FRA PILGRIMAGE APRIL 23 2022



## Schedule

11:00AM -12:30PM National Presidents Tea

Laying of the Wreath Ceremonies are open attendance for ALL LA FRA members

2:00PM Depart for Arlington Cemetery from Hotel

3:00PM-3:40PM Ceremony at the Mast of the Main

3:45PM-4:30PM Laying of the Wreath-Tomb of the Unknowns.

Wear Whites, Caps, and Gloves at ANC

## Hotel Reservations

\$139.00 + 12% tax per night, Sheraton Pentagon City Hotel

900 South Orme Street, Arlington VA 22204, Code LAFRA

Phone Reservations: 703-521-1900

## Airport

Washington, DC (DCA-Ronald Reagan Washington National) - 4.5 mi

Ask for Airport Shuttle Information when making your reservation

## Pilgrimage Chairman

Suzie Quirk / Doreen Huylebroeck PNP

Phone: 703-801-8984 Email: [dehuyle@aol.com](mailto:dehuyle@aol.com)

LADIES AUXILIARY  
OF THE  
FLEET RESERVE ASSOCIATION

Nominating Resolution for National Vice President

Whereas, It is the duty and responsibility of the delegates assembled at the National Convention of the Ladies Auxiliary of the Fleet Reserve Association to be held in Birmingham, Alabama to elect a knowledgeable and dedicated member to the Office of National Vice President for the Association years of 2022 - 2023;

Whereas, The duties of the office require that the person elected must possess and demonstrate the qualities of leadership, integrity, executive administration abilities, knowledge of the LA FRA's C&BL and SR and dedication to the three cardinal principles of Loyalty, Protection, and Service to the Ladies Auxiliary of the Fleet Reserve Association members, their families, and to the Fleet Reserve Association, and

Whereas, Unit 126 West Jacksonville - Florida has within its membership such a member who has demonstrated the qualifications and shown dedication and willingness to serve the Ladies Auxiliary of the Fleet Reserve Association since joining the Auxiliary in 1999; and

Whereas, She has worked or volunteered at various jobs, even during the overseas assignments accompanying her husband on his tours of duty; Navy Relief's volunteer financial counselor; Clerk-Typist (Engineering Dept.) and Personnel Clerk for the Corps of Engineering - Israel; taxi driver and American Red Cross volunteer -Yokosuka NB Japan; small animal Veterinary Technician - San Diego, CA and Ft Shafter Honolulu, HI; presently she is a certified SCUBA Instructor and Certified CPR and First Aid Instructor; and

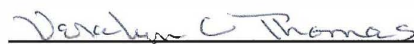
Whereas, She has demonstrated leadership, executive and administrative abilities while she has served at the Unit level as Newsletter Editor (nineteen years), Chaplain (one year), Executive Secretary (three years), Vice President (two years), and is serving her 14<sup>th</sup> year as President, she also assists Branch 126 with the production of the Shipmates' newsletter; and


Whereas, Regionally has attended numerous regional councils/meeting/caucuses, midyear meetings and regional conventions, serving on the Florida Council Committee as Chairman and Secretary, Regional Convention Committee LA FRA Chairman (two years), report committees (both as a member and chairman), Credentials Chairman, Nomination Chairman, Time and Place Committee Chairman, Scholarship Committee Chairman, Bylaws Chairman, Greetings, Regional Secretary, Regional Vice President (2015-2016), and as Regional President (2016-2017); and

Whereas, Nationally has attended numerous National Conventions, as a delegate and proxy, has served or is serving on the Budget Committee, Bylaws Committee, and has served as National Chaplain (2015-2016) and Color Bearer (2017-2018); National Executive Secretary (2019-2022); and, now, therefore, be it

*Resolved*, That LA FRA Unit 126 West Jacksonville - Florida, at a regular meeting on 9 December 2021, a quorum being present, did vote unanimously to place the name of Veralyn Thomas in nomination for the Office of National Vice President for the term of 2022-2023; and, be it further

*Resolved*, That the members of Unit 126 West Jacksonville do earnestly solicit the endorsement and support of each Unit of the Ladies Auxiliary of the Fleet Reserve Association for the candidacy of Veralyn Thomas for the Office of Vice President for the term of 2022-2023.

  
\_\_\_\_\_  
Veralyn C. Thomas  
Unit President

  
\_\_\_\_\_  
Deborah Winn  
Unit Secretary

For those that receive only the printed Triangle and do not have an email address on file I have attached a copy of the National President's New Year greeting.



# HAPPY *New Year*

*"As another year has come to an end and another year is set to start, my wish for you is happiness, smiles, success, and prosperity.*

*Wishing you and your family a safe and wonderful year ahead."*

*Happy 2022*

*Pat Suckow*

*National President*

**TRIANGLE – Jan 22**  
**Ladies Auxiliary of the Fleet Reserve Association**  
**2929 Bobcat Ct**  
**Green Cove Springs, FL 32043-7014**

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ORGANIZATION  
U. S. Postage  
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Middleburg, Florida

**ADDRESS 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 Vera Thomas (2929 Bobcat CT, Green Cove Springs, FL 32043) 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 [aquaspacex@aol.com](mailto:aquaspacex@aol.com)*

**REPORT OF CHANGE OF ADDRESS AND OR EMAIL ADDRESS FOR THE TRIANGLE**

Date: \_\_\_\_\_ Member No: \_\_\_\_\_

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

*Old email address:* \_\_\_\_\_

*New email 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 also notify the NFS of any change of address: LA FRA, P.O. Box 3037, Carson City, NV 89702