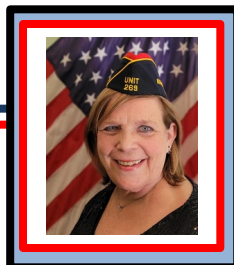




## THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association  
March 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  
904-343-9121  
mhorvath11111@gmail.com

#### National Parliamentarian

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

#### Website: la-fra.org

Contact 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:

#### Happy St. Patrick's Day - Reach for the pot of Gold

Nominations of Unit Officers during the meeting in March, April, or May, as specified by the Bylaws of each Unit will open until a meeting in the month following the nominations then closed and officers are elected for a period of one year except Secretaries and Treasurers may be elected for two years. Please file the Unit Officers Report **immediately** after elections and forwarded to the officers listed on the form no later than July 1, 2022. The Unit Officers Report (fillable) is available on the LA FRA Website. Download to the computer prior to completing the information.

Pilgrimage will be held April 23, 2022, at the Sheraton Pentagon City Hotel, Arlington, VA. I am hoping to see all the National Board members. If you have never attended, you should. The LA FRA participation in honoring all the men and women who gave all to keep us safe. We stand out wearing our whites proceeding from the Mast of the Main to the Tomb of the Unknowns. Observers will come up to us, and thank us, but more important they ask 'Who are you?' or 'What do you do?' Everyone should experience this at least once.

Remember, the deadline for Scholarship Applications is April 15. To obtain information about LA FRA Scholarships contact: LA FRA National Scholarship Chairman, Amanda Murray, 512 Hyde Park Road Norfolk VA 23503-5514, telephone: 757-588-6125, email: [sairockstar@gmail.com](mailto:sairockstar@gmail.com)

Spring is around the corner a time to make a fresh start by increasing both membership and monthly participation at meetings and events. Yes membership is decreasing, and it is so difficult to fill the seats of the officers. Ask yourself why?

Time for a change. What does change mean? Change means to replace one thing for another or to become different. Maybe come up with a change to bring in new members or to retain the ones you have. Work together to see what the problem may be, it is up to all of us to work together to keep this Auxiliary of the Fleet Reserve Association together and STRONG.

Tidbit of the Auxiliary: We are celebrating our 92<sup>nd</sup> Anniversary in March.

In 1930 with only five Units represented at the first National Convention in Philadelphia, we have come a long way. With the Fleet Reserve Association and its Ladies Auxiliary of the Fleet Reserve Association in LOYALTY, PROTECTION AND SERVICE the three cardinal principles upon which this organization has been built. The Ladies Auxiliary of the Fleet Reserve Association stills embraces these cardinal principles. It was said that "It can't be **Done**"-It will never **Survive**, well here we are and here we will stay.

Happiness to all celebrating birthdays, an anniversary, or any 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	NonPymt	Deceased	Ineligible	Other	Active	
5034	268	476	112	85	0	612	99	2	0	5092	
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	15	20	13	0	22	6	0	0	158
EC	1511	69	185	10	38	0	141	18	0	0	1578
SE	1092	75	123	2	2	0	188	21	0	0	1081
NC	135	2	6	1	0	0	14	4	0	0	126
SC	263	8	24	4	0	0	39	5	1	0	254
WC	373	14	27	14	0	0	36	10	0	0	382
NW	385	45	61	3	28	0	76	5	1	0	384
SW	769	47	33	1	0	0	76	21	0	0	753
MAL	347	3	2	57	4	0	18	9	0	0	378

IN LOVING MEMORY OF OUR DEPARTED MEMBERS



National Presidents



Other National/Regional Officers



Members

Wilma Payne Unit 22	Patricia Birmingham Unit 61	Juan Estrada Unit 61
Marleen Johnson Unit 61	Rosamond Boudreau Unit 91	Violet Heerzer Unit 91
Gloria Garza Unit 94	Marie McGrath Unit 94	Teresa Conley Unit 162
Mae Williams Unit 269	Maryann Howard Unit 274	Michael Brichoux Unit 289
Florence Clark Unit 289	Denise Lish Unit 289	Joan Osborne Unit 289
Sheila Moore Unit 290	Beverly Binyon Unit 382	Julie Shadwick Unit 382
Abbey Silva MAL		

National Chaplain Margaret Horvath has a new telephone number: 904-343-9121  
Unit 274 High Sierra has changed their meeting to the last Friday at 1 PM

**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

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***Please do not send membership checks to the National Executive Secretary. All dues payments are to be sent to National Financial Secretary Horton, POB 3037, Carson City, NV 89702.***

### ***Pilgrimage reminder***

SR-30(a). A dress for special occasions for convention or Joint Opening Ceremonies, Memorial Services and the ***Pilgrimage to the Tomb of the Unknowns and the Mast of the USS Maine***, make these occasions more impressive. Female members dress code shall be white dress or suit or pant suit, white shoes, white gloves and the Auxiliary uniform cap should be worn. Male member dress code shall be dark trousers, white dress shirt (business suits are optional), and appropriate dark dress shoes and the FRA uniform cover with the LA FRA emblem and Unit number.

Section 815(c) Donations – Each Unit is privileged to send five dollars each year, prior to the 25th of April, to the National Financial Secretary, as a contribution to the Pilgrimage fund. The monies donated helps to defray the cost of the Annual Pilgrimage.



### ***A note from RPSE Ronalee Klase***

The Auxiliary members of the Southeast are an amazing group of people. The members projects that they work on. They are involved in collecting Toy for Tots, Wreaths Across America, donating money or food items to groups that then distribute these items to those in need. They help other members who need help due to illness, a death in the family, or a temporary disability. This is something that I see in all the regions, our members are willing to help where they are needed, when a request come to their attention.

The Southeast has several ongoing activities that take place each year that the regional president is invited to attend. It starts in November with an invitation to the Veterans Day banquet and parade in Birmingham, AL, each year this activity give recognition to an outstanding veteran. This year they honored 23 groups of active-duty personnel that helped the state of Alabama during the 2020 COVID-19 outbreak. Several units and branches observe ceremonies for Pearl Harbor Day, December 7th. On January 28th, the Regional Presidents for the Shipmates, and the Auxiliary place a wreath at the memorial for the men lost when the USCG Cutter Blackthorn went down near the Skyway bridge in St. Petersburg, FL. February and March see the Alabama-Tennessee caucus and the regional mid-year meetings. Around August or September, the regional convention is held. Between these activities the Regional Presidents are visiting the Branches and Units in the region.

This year the Wreaths Across America ceremony, on Saturday, December 18th, for Bay Pine National Veterans cemetery, St. Petersburg, FL, will be one of the activities that I will be attending, representing the Auxiliary. It is an event that I have had the privilege of coordinating for the last couple of years as a member of the Auxiliary. Just one more opportunity to let the public know about our organization.

It is an honor and a privilege to serve this organization as one of its regional presidents for 2021-2022. Thank you for continuing to support your officers, from your units to the national level.

Yours in Loyalty, Protection and Service  
Ronalee Klase RPSE

### **Reminder**

Section 1405. 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.





A note from Regional President Northwest Teresa Addison

National President Pat Suckow has appointed the following as Philippine ambassadors: RVPSW Marilyn Quesnel, PNP Bea Parco, and PNC Lynn Transfiguracion. Pending COVID restrictions, Marilyn plans on visiting the Philippines in the near future. Appears all of our units have been affected by COVID in some way. The ability to meet on line via zoom, Facebook, Microsoft Teams, or other is beneficial. In addition to social distancing, on line or hybrid (in person and on line), also protects members who have concerns with night vision driving during the dark winter months.

Unit 97 held their first Halloween Egg Hunt co-sponsored by American Legion Auxiliary (photo), joined the Legion auxiliary to make Christmas baskets for Retsil Washington State Veteran's Home, the branch is still under repair from a near catastrophic fire which occurred prior to covid. For those interested in hosting an Easter Egg Hunt, the egg company makes only Easter and Halloween eggs stuffed with candy or toys and the pricing is less than oriental trading or amazon: <https://netegg.us/>

Gem State Unit 382, held a very successful yard sale, which funded two Veteran Families for Christmas (photo). They made 435 shirt protectors for assisted living residents including veterans. Due to restrictions, they delivered a catered dinner with homemade goodies to Veterans Home-Boise, ID and hope to have in person meals next year. Unit 170 put together 95 gift bags (photo) for Clare's Place, which houses chronically homeless and vulnerable households, and Sebastian's Place, which houses homeless Veterans.

I am thankful to serve as our Northwest Regional President. I am proud of all of our auxiliaries for making a difference in their communities that we continue to serve our veterans and neighbors. I encourage all to continue to come up with new ideas on how we can navigate in our new world as we continue to grow and serve.

Yours in Loyalty, Protection & Service  
Teresa Addison, RPNW



Unit 97 Halloween Egg Hunt  
photographer Teresa Addison



Unit 170 Gift Bags for Claire's and  
Sebastian's Places



Branch & Unit 382 Christmas party.  
Front Row: Jessica Astle & Carie Dotson  
Back Row: Rose Hall, Heidi Littlefield,  
Jena Shadwick, Shauna Schmitt, Jill Rhyne  
& Marianne Healea. Photographer SM Bill  
Hall PRPNW



Unit 382 Veteran Family Christmas, photographer  
Bill Hall PRPNW. Back Row: Jim Shadwick, Bill  
Hall, Jill Rhyne & Danny Hunt. Front Row: Jena  
Shadwick, Shauna Schmitt, Marianne Healea, &  
Rose Hall.

Unit 289 Imperial Beach, SW Region - Dec 12<sup>th</sup> Ceremony Participants



LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

NATIONAL EXECUTIVE SECRETARY 2022-2025

UNIT 161 MO KAN

NOMINATING RESOLUTION

**Whereas** it is the duty and responsibility of the delegates assembled at the 89<sup>th</sup> National Convention of the Ladies Auxiliary of the Fleet Reserve Association to be held in Birmingham, Alabama, to elect one of its outstanding members who is knowledgeable and dedicated to serve in the office of National Executive Secretary for the Association Years 2022-2025; and

**Whereas** it will be the duty and responsibility of the delegates assembled to elect a member who continues to demonstrate leadership, integrity, knowledge, and dedication to the three cardinal principles of Loyalty, Protection and Service to her fellow members, their families, and the Fleet Reserve Association: and

**Whereas**, Unit 161 MO KAN has within its membership a member, Doris C Fri PNP, 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**, she has been an active member of Unit 161 since she joined in 1981, when the Unit was instituted, she has held the office of Unit President, Unit Vice President, Unit Treasurer, Board Member, and currently is serving as Unit Chaplain, for the past 5 years: and

**Whereas**, on the regional level, she is currently serving as Regional President 2020-2021, she served as Regional President NCR 1983-1984, 1999-2002 and has served as Regional Secretary since 2010-2020. She has attended Regional Mid-Years every year since 1983, and Regional Conventions, since 1983, serving as Convention Chairman numerous times, sit on most committees, either as chairman or as a member numerous time: and

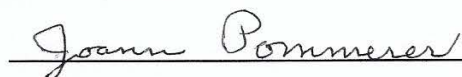
**Whereas**, on the National level, she served as Credentials Chairman 2007 in Corpus Christi TX, 2010 in Spartanburg SC. She was elect National Executive Secretary for the Association year 2010-2013, National Vice President 2013-2014, and National President 2014-2015 and she returned to the office of National Executive Secretary after the resignation of the NES where she served 2017-2019, she has served on many Committees at the National Level. She served as LA FRA Co-Chairman of the National Convention in 2008, held in Branson MO, and again as LA FRA Co-Chair of the 2021 National Convention held in Spokane Valley, WA: and

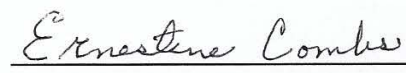
**Whereas**, she served as the Convention Recorder for the 2021 National Convention, and has the responsibility of producing the 2021 Minutes, she chaired the Communications – Publicity Committee (1 year), the Liaison to the FRA Today Committee (2), Webmaster (10 years).

**Whereas** she worked 20+ years in manufacturing, Cash Office Manager for three different major Grocery Chains, worked 4 years for a major Car Dealership as Title Clerk, 2002-2006 she worked as a Property Manager of Low-Income Housing under the guidelines of the USDA and Rural Development in the state of Kansas, she retired in 2006: and be it further,

**Resolved**, that Unit 161 MO KAN, at a scheduled meeting held on December 1, 2021, a quorum being present, by unanimous vote to place the name of Doris C Fri PNP for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association years 2022-2025: and be it further

**Resolved**, that the members of Unit 161 MO KAN do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Doris C Fri PNP for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the Association years 2022-2025.

  
JoAnn Pommerer, President

  
Ernestene Combs. Secretary



**LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION  
NATIONAL EXECUTIVE SECRETARY 2022-2025**

**UNIT 31 NORTH SHORE**

**NOMINATING RESOLUTION**

**Whereas**, it is the duty and responsibility of the delegates assembled at the 89th National Convention of the Ladies Auxiliary of the Fleet Reserve Association to be held in Birmingham, Alabama, to elect one of its outstanding members who is knowledgeable and dedicated to serve in the office of National Executive Secretary for the Association Years 2022-2025; and

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

**Whereas**, Unit 31 North Shore has within its membership a member, Laurie A. Starkey, 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**, she was an active member of Unit 57 since she joined on April 1, 1999 until the Charter was turned in by serving as Unit Secretary/Treasurer, Unit Vice President, Unit President and on the Unit Board of Directors; and

**Whereas**, after Unit 57 disbanded, she transferred her membership to Unit 124 and Unit 181. She then transferred her membership to Unit 42 which was disbanded in the beginning of 2021. After Unit 42 disbanded, she transferred her membership to Unit 31 North Shore and is one of the charter members. She is serving as Unit Secretary for the Association Year 2021-2022; and

**Whereas**, on the Regional Level, she is serving as Northeast/New England Regional President for the Association Year 2021-2022, served as Northeast Regional President from 2001- 2004 and attended numerous Spring Meets and Regional Conventions of the Northeast Region since April 1, 1999, she served as Northeast/New England Regional Vice President several times during Association Years 2014-2021 and as Secretary pro tem of the 2014 Regional Convention; and

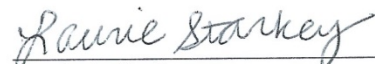
**Whereas**, on the National Level, she served as Honorary Membership Chairman for the Association Years 2019-2020 and 2020-2021. She aids and assists at the National Conventions in any way she can and has attended numerous National Conventions since joining the Auxiliary on April 1, 1999; and

**Whereas**, she has been a paralegal and office manager for 25 years and whose duties includes following the directives of the attorneys, meeting strict and specific deadlines with the Court, maintaining a caseload of more than 500 files, maintaining the inventory of office supplies and ensuring that these supplies are available to all members of the staff, maintaining the law firm's website, preparing and finalizing all correspondence and monthly newsletters, preparing an annual report to the attorneys on the files in her caseload and other duties performed, maintaining and updating the CB&Ls of the corporate clients of the law firm, maintaining and updating the law firm's contact list, maintaining the financial records and bank accounts within the confines of the strict guidelines of the New Jersey State Judiciary, and maintaining attorney trust fund account for audits as scheduled by the Office of Attorney Ethics; and be it

**Resolved**, that Unit 31 North Shore, at a regular scheduled meeting held on November 17, 2021, a quorum being present, by unanimous vote to place in nomination the name of Laurie A. Starkey for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the Association Years 2022-2025; and be it further

**Resolved**, that the members of Unit 31 North Shore do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Laurie A. Starkey for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the Association Years 2022-2025.

  
Beverley Griffin-Dunne  
President

  
Laurie A. Starkey  
Secretary

### ***Events- 2022***

**West Coast Mid-Year convention** - March 19 will be at the Veterans Memorial building in Placerville, CA.

For information call Pat Boudreaux PNP, Unit 275 Sec - 530.677.3925 or larryboo@pacbell.net

**North Central Mid-Year Conference** - April 7-10 - Grand Rapids, Michigan

point of Contact: Marty Posekany PRPNC 616-225-9264 posekany@chartermi.net

**East Coast 78<sup>th</sup> Regional Convention - June 28-30, 2022 -Williamsburg VA, LA FRA Co-Chair Jackie Scarbro JrPNP**

**West Coast Regional Convention** - *tentatively* Aug 19 & 20 Carson City Nevada

**Southeast Regional Convention** - Aug 22-26 Jacksonville Florida, LA FRA Point of contact PNP Robbins 904-463-1181

**Northeast/New England Regional Convention** - Sep 16-17 Whitehall, PA Point of contact Roger Rehm 484.674.9844



*A wish that every day for you will be happy  
from the start and may you always have  
good luck and a song within your heart.  
For everyone is a little Irish on the 17th of  
March!*

*Pat Suckow  
National President  
The Auxiliary of the Fleet Reserve Association*

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

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**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 MAILING ADDRESS**

Street: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

**NEW MAILING 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