



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

January 2023 Edition

2022-2023

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NES Laurie Starkey if you need addresses

For Membership and Auxiliary Supplies Contact:
LA FRA NFS
P.O. Box 3037
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From the Desk of the National President

I hope everyone had a safe and joyous holiday. Welcome to the year 2023. I'm sure, as most of you can relate, time passes by quicker as we get older. As busy as I've been these last few months, it seems to be flying faster than usual.

Last month I was able to participate in the Pearl Harbor Memorial Ceremony in Phoenix, Arizona with FRA NP "Robbie" Robbins. Our country is down to the last few that survived that fateful day. Our grandchildren will only have the second-hand stories to memorialize that "day that will live in infamy". The keynote speaker made a point of reminding us that we should all write our stories for the next generations. Unit 163 President Virginia Ginter and I laid a wreath to remember the losses.

I am proud that Unit 289 has two active members that are 98 years old. In fact, the percentage of nonagenarians in the Auxiliary is above the national average population of around 5 percent. It has been proven that one of the secrets to a long life is to stay involved with a good support system and surround yourself with like-minded people.

Unit meetings are an important part of our organization. It serves to connect and remind us of our purpose. As most units are back to meeting in person, some have continued to meet exclusively through virtual means such as Zoom. We currently have no language in the Auxiliary Constitution and ByLaws stating that Units can do business exclusively online unless there is a reason that it cannot be held in person, such as bad weather or the lockdown during the pandemic. Some individuals are not renewing memberships because they don't feel the connection any longer. When a meeting is held with members present, then a few people who are unable to join in person can call in virtually. Make every effort to hold a meeting, even with the few members that you have. Offer to give a ride to those that don't drive. Let's create that connection again. Let's add years and life in those years to the previous generations.

This month I will be touring the 2023 National Convention site, The Nugget Hotel in Sparks, Nevada. The team is working hard to keep expenses down and the experience memorable. Save the date of September 24th – 30th, 2023.

Yours in Loyalty, Protection and Service,
Nadine Fulton, National President



From the Desk of the VAVS Chairman

2022 Veterans Affairs Voluntary Service (VAVS) - National Advisory Committee (NAC)

As the new National VAVS Representative I felt it rewarding to share some history along with facts and why it is crucial to build on volunteerism within the Auxiliary. The VAVS was founded to provide resources and support for veterans in VA healthcare facilities. This is the largest volunteer program in the federal government, with over 350 national and community organizations assisting Veterans, hospital wards, nursing homes, veterans outreach centers and more. "The national VAVS office was renamed to VA Center for Development & Civic Engagement (CDCE) on January 26, 2021.

The VAVS NAC operates within the framework of CDCE." Volunteers had adapted to volunteer work, like making phone calls on behalf of VA from home, conducting virtual fundraisers, designing brochures, strategic planning and research, virtual bingo, the Compassionate Contact Corps, and virtual concerts. This took place during the Pandemic. Over the years it has been proven that volunteers are an important resource in caring for veterans. As an auxiliary member we recognize the importance of volunteering and community service. Yearly we are asked on our VAVS forms:

1. Name of VA Facility
2. Number of volunteers working on VAVS projects
3. Name of State Veterans Home
4. Number of volunteers working on State Veterans Homes Projects
5. What type of volunteer work do you do at the Medical Center/State Veterans Home?
7. Suggestions as to how to improve the VAVS Program/or SVH Programs:
8. List VAVS/SVH awards received by your members:
9. Is your Unit satisfied with the relationship between volunteers and Chief of Volunteer Service?

If NO, define reasons and provide suggestions for a better relationship:

The Auxiliary is considered an Honorary Member on the National level in VAC, due to low numbers recorded volunteer hours and facilities. In order to become an NAC Member Organization, we need 16 members working on State Veterans Homes Projects, visiting, Medical Center/State Veterans Home, volunteers working on VAVS projects. I will personally take on the task of recording and keeping records of Volunteer hours to improve our numbers to be rewarded as an NAC Member Organization. Please contact National Representative RPEC Dorothy Smiley in order to update our database on volunteer hours.

In Loyalty, Service, and Protection,
RPEC Dorothy Smiley Unit 99
VAVS Chairman
candlesamist@yahoo.com



From the Desk of the Scholarship Chairman

I hope that everyone has recovered from the National Convention held in Birmingham, Alabama. I understand a few of us came home feeling under the weather. I, myself was one of those. Now it is time to get back to a productive year. As the Scholarship Chairman I wanted to reach out and remind all of you about the four scholarships the LA FRA have available. They are as follows:

- **LA FRA Scholarship** is to be awarded annually to the male or female candidate chosen from children or grandchildren of members of the FRA and LA FRA.
- **The Sam Rose Memorial Scholarship Fund** is to be awarded to the male or female candidate chosen from the sons, daughters, grandsons, or granddaughters of deceased LA FRA and FRA members.
- **Allie Mae Oden Memorial Scholarship** is to be awarded to a candidate chosen from the children or grandchildren of members of the FRA or LA FRA.
- **National President's Scholarship** is to be awarded annually to the candidate chosen from children and grandchildren if members of the LA FRA or FRA, or deceased members of the LA FRA or FRA.

The deadline for all scholarships is the 15 of April of every year. The rules for applying for scholarships and the application itself is available is LA FRA website which is <https://la-fra.org/about.html>. Each candidate will only need to apply once to be considered for all four of the scholarships. All entries must be complete, accurate and legible for consideration. Feel free to reach out to me with questions. My contact information is

Kelly M Pena
PO Box 9572
San Jose, Ca 95157
(408) 642-7722
Penakelly66@gmail.com

In Loyalty, Protection & Service,
Kelly M Pena
Scholarship Chairman

CHANGES TO UNIT ROSTER LIST

Unit 70:

Secretary:

Kristin Dalrymple

New Address: 122 Douglas Avenue
El Cajon, CA 92020

New Phone No.: 619-971-8108

Unit 289:








President:

Roseanne Kramlich

New Email Address: roseanne_kramlich@att.net

New Phone No.: 619-205-2875

IN LOVING MEMORY OF OUR DEPARTED MEMBERS

| | | | | | |
|---|------------------------|---|----------------------------------|---|--------------------------|
|  | National Presidents |  | Other National/Regional Officers |  | Members |
|  | Wanda Downing, PRPNC |  | Dorothy Shepherd, Unit 61 |  | Tommi Melancon, Unit 162 |
|  | Carie Dotson, Unit 382 | | | | |

MEMBERSHIP REPORT AS OF 11/30/2022

| As of 4/1/2022 | NEW | REI | TI | TO | RES | NP | DEC | INE | Active Members Total as of 11/20/2022 |
|-------------------|-----|-------------------|----|----|------------------|-----|-----|------------------|---|
| 4940 | 265 | 189 | 84 | 84 | 0 | 555 | 35 | 4 | 4800 |
| REI - Reinstated | | TO - Transfer Out | | | NP - Non-Payment | | | INE - Ineligible | |
| TI - Transfer In | | RES - Resigned | | | DEC - Deceased | | | | |

National President's Project

National President Nadine Fulton's President's Project for 2022-2023 is Warrior Foundation Freedom Station – Assisting, honoring and supporting those that have bravely served our country by supplying them with quality of life items, support services and transitional housing. For more information go to www.warriorfoundation.org.

National Vice President's Project

'Growing Our Membership' is National Vice President Vera Thomas's project for 2022-2023. First, concentrate on maintaining the members that we have and then work to increase the membership one member at a time. Most units know there is a problem with membership, we also know that this is an ongoing issue over many years.

JANUARY HOLIDAYS

| | |
|-----------------------------------|------------|
| New Year's Day | January 1 |
| Martin Luther King Jr.'s Birthday | January 16 |

LADIES AUXILIARY
OF THE
FLEET RESERVE ASSOCIATION

Nominating Resolution for National 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 Reno/Sparks, Nevada to elect a knowledgeable and dedicated member to the Office of National President for the Association years of 2023 - 2024,

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 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 (twenty-one years), Chaplain (one year), Executive Secretary (three years), Vice President (two years), and is serving her 16th 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 as National Vice President (2022-2023) and; now, therefore, be it

Resolved, That LA FRA Unit 126 West Jacksonville - Florida, at a regular meeting on 08 December 2022, a quorum being present, did vote unanimously to place the name of Veralyn Thomas in nomination for the Office of National President for the term of 2023-2024; 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 President for the term of 2023-2024.



Veralyn C. Thomas
Unit President



Deborah Winn
Unit Secretary

- A reminder to all members to receive the Triangle by email please submit your email address to the National Executive Secretary (email address on the web site [la-fra.org] main page). Please encourage your fellow members to send in their email address and start receiving the Triangle. Remember to send the Executive Secretary a change of email address, especially if you are using a business address, so the mailing list can be kept up-to-date.
- Send membership change information (physical address, telephone number, and any change of status- married or widowed) to the National Financial Secretary (email address on the website [la-fra.org] main page).
- Read the Unit Procedure Manual, Unit Instructions and Rituals, Standing Rules and the Constitution and Bylaws, all are available on the website.
- Send all Member Death Notices to the Regional Chaplain, National Chaplain and National Financial Secretary for the Units - destroy all previous forms of the 'Unit Officer Information' form. Remember to send in the form you receive next year after Unit elections to the National Executive Secretary (information used to prepare the Unit Officer Roster which, after national convention, is provided to the Units), to all of the offices listed on the form. Please either print clearly or fill out on the computer.
- Please keep sharing pictures of your Unit activities.
- All dues payments are to be made payable to "LA FRA" and mailed to NFS Brenda Horton.



LA FRA PRPSW Deanna Lewandowski, Unit 289 and LA FRA NP Nadine Fulton in front of a replica of the U.S.S. Arizona Battleship. The model is courtesy of Wanda Sartain and Bill Simon with the Frank Luke Junior Memorial Museum



FRA RPSW Chris Chapman, Branch 289 and FRA NP Robby Robbins



LA FRA NP Nadine Fulton, LA FRA Unit 163 President Virginia Ginter, FRA NP Robbie Robbins



Virginia Ginter Unit 163 President, LA FRA NP Nadine Fulton, Shipmate Ernie Smith Branch 163 and FRA NP Robbie Robbins



Pearl Harbor Survivor Ed Miklavcic and his family



LA FRA PRPSW Deanna Lewandowski, FRA RPSW Chris Chapman
Branch 289, LA FRA PNP Sandy Robbins



Veterans Day Parade in Virginia City, NV that Branch and Unit 137
participated in. A message was stated at the grandstands about the
FRA and its continued support of veterans locally and nationally.



James, the Unit 40 Ambassador to Ronald McDonald House. He
wishes to thank everyone for their continued support. He has
delivered a total of 20 gallons of tabs



to the Members and their families!
Love,
Nadine Fulton
National President 2022-2023



Members of Branch and Unit 269



At Unit 289 Children's Christmas Party - Diana Long and Richard
Mowry (Santa)



Cathy Clamp, Marilyn Quesnel, RPSW, Joyce Semenza and
Roseanne Kramlich (Unit 289 President)

TRIANGLE – January 2023
Ladies Auxiliary of the Fleet Reserve Association
39 Fairmount Drive
Glassboro, NJ 08028-1305

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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BELLMAWR, NJ

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 Laurie Starkey (39 Fairmount Drive, Glassboro, NJ 08028-1305) 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 lafrastarkey@gmail.com

| REPORT OF CHANGE OF ADDRESS AND OR EMAIL ADDRESS FOR THE TRIANGLE | |
|--|------------------|
| Date: _____ | |
| Name: _____ | Member No: _____ |
| Old email address: _____ | |
| New email address: _____ | |
| Old Address | |
| Street: _____ | |
| City, State, ZIP: _____ | |
| New Address | |
| Street: _____ | |
| City, State, ZIP: _____ | |
| MAIL TO: Laurie Starkey, NES, 39 Fairmount Drive, Glassboro, NJ 08028-1305 | |
| Remember to also notify the NFS of any change of address: LA FRA, P.O. Box 3037, Carson City, NV 89702 | |