



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association
March 2023 Edition

2022-2023

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For Membership and Auxiliary Supplies

Contact:
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P.O. Box 3037
Carson City, NV 89702



From the Desk of the National President

Greetings members, I hope everyone is happy and healthy. It's the season for mid-year meetings. I hope that you try to attend your region's meeting for updates to membership mandates and how to fill out the forms for the Regional and National Conventions. It's a good time to get reacquainted with those members you only see once or twice a year. I had planned to attend the East Coast Mid-year but unfortunately had to cancel my plans. I have taken my dad into my home while he recovers from a broken tibia he suffered when he fell in mid-January. He's getting stronger every day but I'm taking it one day at a time right now regarding my travel plans in the next few months.

I was able to join the Convention Committee to visit the 2023 Convention site in Sparks, Nevada in January. The Nugget Casino and Spa is a large property, but the committee is working with the hotel management to be sure that the meeting rooms are close together to make moving from room to room more convenient. There is a good variety of restaurants on site and a few within walking distance. Since there is a shuttle from the airport, I see no need to rent a car. The convention will be here before we know it. Look for the Convention Newsletter for more information.

If you are a member of my Facebook page you notice that I forward all the postings about the Warrior Foundation – Freedom Station showing all the great things they do for our newly discharged shipmates. In December, volunteers decorated the hospital rooms of those unable to join their families. A yearly Radio-thon is broadcast asking for donations to send warriors that are able home throughout the country for Christmas. The annual Dress for Success event matches a warrior with a volunteer, they work with Men's Warehouse to provide casual business attire and suits to assist in transitioning active Military and Veterans to civilian life. Just some of the things in a long list of what this organization has been doing. 96% of donations are used to better the lives of the warriors. Volunteers are a crucial part of the organization and Founder, Sandy Lehmkueller, has no problem recruiting volunteers! People can see what great work she does for our shipmates! Thank you for helping me support them. www.warriorfoundation.org

Yours in Loyalty, Protection and Service,

Nadine Fulton, National President



From the Desk of the Southeast Regional President

The Auxiliary members in the Southeast work with various projects throughout the year.

They help with Wreaths Across America throughout the year. They work with the location coordinators to help get the wreaths ordered and they help place them throughout the cemeteries on the designated day in December. In January they help their local cemeteries pick the wreaths up.

They work with the Toys for Tots program. Units and Branches purchase toys and help with the distribution of the toys throughout the region.

Several units have activities for the families at their branch homes throughout the year, Easter egg hunts, Christmas parties, 4th of July and Memorial Day celebrations to name a few.

Unit members supply support to other members when needed due to health issues, or natural disasters. They are only a phone call away. Support is given to the members of our units through something as simple as praying for each other.

Members of several units attend the USCG Blackthorn Memorial in St. Petersburg, FL. They honor the Coast Guardsmen who went down with their ship on January 28, 1980. The Regional Presidents of the Southeast are honored to lay a wreath from the FRA at this ceremony.

Unit members work hard to ensure that the Regional Mid-Year, the Alabama/Tennessee Council and the Regional convention go smoothly. They have craft items for sale and silent auction items to help with the expenses of these activities. Many members are very crafty and donate many handmade items to the cause.

The units in the Southeast are versatile and challenging. They try to keep everyone in their Units up-to-date with changes that come out after a National Convention. They ask questions if they aren't completely sure that they understand something that has changed.

Though the Units are smaller than they have been in the past, they still give their support to the members of the FRA and LA FRA as best as they are able.

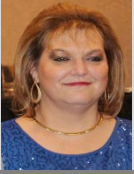
Yours in Loyalty, Protection and Service,
Ronalee Klase, RPSE

From the Desk of the Honorary Member Committee Chairman

Per section 305 of the Constitution and By Laws, Nominating Resolutions for Honorary Members are due to the National Executive Secretary by June 23rd, 2023. The following rules apply:

- 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;
- 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; and
- 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.

Yours in Loyalty, Protection and Service,
Deanna Lewandowski, PRPSW
Honorary Member Committee Chairman



From the Desk of the West Coast Regional President

SPRING GREETINGS FROM THE WEST COAST REGION

I hope everyone had a blessed holiday season and Happy New Year. This New Year has brought us an unpredictable weather. I hope all of you are staying dry and healthy. Due to the unforeseen circumstances of weather and health issues, I haven't been able to do any official Unit visits, but I will actively start in February. I am proud to serve the West Coast Region as Regional President for the third consecutive term. It is a true honor and privilege.

I did have the honor at the National Convention in Birmingham, Alabama to accept a few Unit Report awards and increased Membership awards on behalf of the West Coast Region. An applause to Unit 185 and Unit 287 for increasing their membership. Increasing membership is great but also retaining members is just as important. Reach out to those not attending meetings. Communication is very important!

With regrets we lost another unit this past year in the West Coast Region downsizing to 9 units. However, proudly, the West Coast Region Units are actively doing great things for our Veterans and the community. They have been participating in Veteran's Day parades, Flag raising and lowering ceremonies at their local cemeteries, feeding the homeless, making holiday bags for the local VA and private sector hospitals, volunteering for the Toys for Tots program and making holiday baskets for Battered Women Shelter victims. Also, some of the units hold monthly breakfasts and participated in the Wreath Across America program.

Approaching West Coast Region meetings are awaiting to be marked on your calendars!

The West Coast Region Mid-Year Business Meeting will be held in Modesto sponsored by Branch and Unit 197 on March 11, 2023. All are invited.

Stanislaus Veteran Center
3500 Coffee Rd
Modesto, CA. 95357
HRS: 900-1600

The West Coast Regional Convention will be held in Cheyenne, Wyoming on August 17, 18 & 19, 2023 sponsored by Branch and Unit 59.

Red Lion Hotel and Conference Center
204 W. Fox Farm Rd.
Cheyenne, Wyoming 82007

The West Coast Region loves to have guests from other regions. Mark your calendars now! Connecting with the shipmates and unit members from other regions on these events are not only enjoyable but also can be helpful with tips while talking about what their region does.

Yours in Loyalty, Protection and Service,
Kelly Pena, RPWC

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From the Desk of the Pilgrimage Chairman

The annual Pilgrimage and National presidents tea will be held on Saturday, April 15, 2023. This is the weekend of the FRA Board of Directors Meeting and all are invited to attend.

The host hotel is the Westin Old Town 400 Courthouse Square Alexandria VA 22314. The room rates are \$149 plus 14% sales tax and \$14 for parking.

Our plan for the day is as follows:

11:00 a.m. Tea to honor our National President in the Wright room on the 2nd floor.

1:00 p.m. We will leave the hotel by cars to travel to Arlington National Cemetery

2:00 p.m. Eulogy and wreath laying ceremony at the Mast of the USS Maine.

2:30 p.m. We will leave the Mast and gather at 2:30 pm for a 3:15pm wreath laying ceremony at the Tomb of the Unknown.

We hope you will plan to attend.

Yours in Loyalty, Protection and Service,

PRPEC Debra Washington
Pilgrimage Co-Chair

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.

Donations

NATIONAL PRESIDENT PROJECT 2023-2024

NATIONAL PRESIDENT'S SCHOLARSHIP










January 2023

January 2023

Claire Payne, Unit 66
Unit 91 First Coast

Unit 40 Chesapeake

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 Corinne Fields, PRPNC Unit 161	 Pam Busby, Unit 94	 Mildred Pleasant, Unit 163
 Alice McGreal, Unit 137	 Ruh Petersen, Unit 269	 Debra Ervin, Unit 183

Membership Report as of 1/31/2023

As of 4/1/2022	REI	NEW	TI	TO	RES	NP	DEC	INE	Active Members Total as of 11/20/2022
4940	226	309	90	88	0	711	43	5	4718
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.

March Holidays

March 1	Asiatic Fleet Memorial Day
March 1	Nuclear Free and Independent Pacific Day (Bikini Day)
March 1	World Civil Defence Day
March 3	Navy Reserves Birthday
March 4	Hug a GI Day
March 6	Alamo Day
March 13	K-9 Veterans Day
March 19	Operation Iraqi Freedom Day
March 25	National Medal of Honor Day
March 29	Vietnam Veterans Day or Welcome Home Vietnam Veterans Day

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.

Candidates for National Office

National President:	Veralyn Thomas, Unit 126
National Vice President:	Brenda Horton, Unit 137
Southwest Regional Vice President:	Roseanne Kramlich, Unit 289

For information about the duties assigned to any office see both the LA FRA C&BL and the Standing Rules.

Just a reminder:

Don't forget to send in the new Unit Officer Information form immediately following the Unit elections. Failure to send in the new Unit Officer Information form will affect your Unit.

Elections

Section 1405. Nominations and Elections of Unit Officers

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- 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 payments (dues or otherwise) are payable to "LA FRA" and mailed to NFS Brenda Horton.

From Webmaster Doris Fri, PNP:

2022 National Convention Minutes are now posted on the Website. Click on National Convention. The C&BL update at 2022 Convention is also posted. Changes were printed in red.

Upcoming Events

66th FRA/LAFRA Mid-Year Convention	03/11/2023-03/11/2023	Modesto, CA 95355
South Central Mid-Year Meeting	03/18/2023-03/18/2023	via Zoom
FRA Board of Directors Meeting	04/11/2023-04/15/2023	Alexandria, VA 22314
LA FRA Pilgrimage	04/15/2023	Arlington, VA
North Central Region Mid-Year Conference	04/20/2023-04/23/2023	Rock Island, IL 61201
East Coast Regional Convention	07/05/2023-07/09/2023	Annapolis, MD 21401
North Central Regional Convention	07/31/2023-08/03/2023	
Southwest Annual Convention	08/14/2023-08/15/2023	Las Vegas, NV
West Coast Regional Convention	08/17/2023-08/19/2023	Cheyenne, WY 82007
Northwest Regional Convention	08/18/2023-08/19/2023	Nampa, ID 83687
95th FRA & 90th LAFRA National Convention	09/23/2023-09/30/2023	Sparks, NV 89431



I was overwhelmed by the generosity and support that I have received for my National Presidents Project for 2021-2022. A check in the amount of \$28,825.15 was presented to the K9s For Warriors. To everyone that donated, you have helped a warrior and a shelter dog turn their life around. There is no way I can express my appreciation beyond thanking you for helping to "Save Two Lives with One Act of Kindness. **Thank you** for making a difference.



JrPNP Pat Suckow and Stephanie Vogt Community Relations Manager for K9s For Warriors
(Photographer Shipmate Wayne Suckow)

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

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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: _____	
<i>MAIL TO: Laurie Starkey, NES, 39 Fairmount Drive, Glassboro, NJ 08028-1305</i>	
<i>Remember to also notify Brenda Horton, NFS, of any change of address: LA FRA, P.O. Box 3037, Carson City, NV 89702</i>	