



THE TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association
April 2023 Edition

2022-2023

National President

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

National Vice President

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

National Executive Secretary

Laurie A. Starkey
856-294-1282
lafrastarkey@outlook.com

National Financial Secretary

Brenda Horton
775-881-8731
LAFRAMEMBERSHIP@outlook.com

National Treasurer

Carolyn Whitaker
386-447-5420
ntcarolynw@yahoo.com

Jr Past National President

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

National Chaplain

Shirley Ferrill
619-267-2516
Shirleyazf36@gmail.com

National Parliamentarian

Cindy Rodham Tuck
508-238-3607
328cmrt@gmail.com

Website: la-fra.org

Contact NES Laurie Starkey if you need addresses.

For Membership and Auxiliary Supplies Contact:

LA FRA NFS
P.O. Box 3037
Carson City, NV 89702



From the Desk of the National President

Spring is here and it's time for Unit election of Officers! It is a good idea to approach those individuals that have been active in the unit to give them the opportunity to be part of the bigger picture. We need to foster leadership for the Auxiliary to be successful in the future. Once you have elected your officers, please send your completed 2023-2024 Unit Officer Information form to National Officers listed on the form as soon as possible, but no later than July 15th.

The National Financial Secretary position is becoming vacant as Brenda Horton will be running for the office of Vice President. If you or anyone that you think would be a good candidate would be interested, please consider submitting a resolution by May 25th. The responsibilities are outlined in Article 8, Section 809 of the Constitution and Bylaws found on the LA-FRA.org website. The future of our organization depends on our officers.

I am currently making plans to attend the Annual Pilgrimage on April 15th to lay a wreath for the Tomb of the Unknown and conduct our memorial ceremony at the Mast of the USS Maine in Arlington National Cemetery, Washington DC. This will be the highlight of my LA FRA Presidency and I feel honored to be able to honor the lives of the servicemen that gave their all for our country.

While Regional mid-year meetings are currently being held, Regional Conventions are being planned. I urge those of you that have not attended a Regional Convention to make an effort to go this year. The committees of these conventions work hard to make them a fun experience for everyone. It's a great opportunity to meet members of other units and learn about their community involvement. The more members that attend the more fun it is!

In March, my project, the Warrior Foundation Freedom Station volunteer team was on-site at Camp Pendleton Marine Corps base to support the Marine Corps trials with meals, goodie bags, and encouragement for the competitors, thus receiving a Certificate of Appreciation from the Wounded Warrior Regiment. This is an example of the support that is provided to our active duty servicemen as well as our veterans. Please consider donating to this worthy cause. See www.warriorfoundation.org for more information.

Until next month I wish you health and happiness.

Yours in Loyalty, Protection and Service,

Nadine Fulton, National President

From the Desk of the Northeast/New England Regional President

Greetings from Northeast/New England Region.

We extend our warmest wishes and hope everyone's having a wonderful year! Our units may be small but we are mighty in what we do. Although sickness and weather have prevented many units from continuing their outreach and community programs, many attend Memorial/Veteran Day Events. Our members are having meetings and contributing when able, even if it is only a phone call to members. Unit 20 has been hard at work donating baskets to Saifest (a big summer event!), coordinating weekly meals and rides for members in need, not only donating food to for Veterans Day Picnic but setting up and cleaning up as well, donating supplies for homeless, Head Start and Safe Futures organizations and finally, hosting Children's Christmas Party with many activities and goodies. Unit 124 continues to support assisted living homes as well as Thanksgiving & Christmas baskets for 7 families and donated military alphabet books to local school district classrooms.

We look forward to getting together at Mid-Year 25 March 2023 with Branch/Unit 031 hosting as well as at our Regional Convention on August 19th, hosted by Branch 13 Atlantic City, NJ later this year. Units are taking time as most are to review By-Laws and changes that have come down recently.

Units continue to partner with their branch to share local community information as well as to stay on top of pressing issues, which the Branches fight for at the national level. Remember these issues, as our National President reminded me, are a great way to draw new members to LAFRA membership. In fact, a goal of mine as Regional President is to pass on information to the Units. For instance, did you know that starting in January 2023, the VA launched a new life insurance program called Veterans Affairs Life Insurance (VALIF) which provides guaranteed acceptance whole life insurance coverage to Veterans aged 80 and under, with any level of a service-connected disability? Some Veterans age 81 and older may also be eligible. I feel information, not only internal to Auxiliary or Branch related but also information such as Veteran benefits or community resources may entice members to be more active or bring in a new member.

In Loyalty, Protection and Service,
Bobbie Seidel, RPNE/NEng

From the Desk of the North Central Regional President

Hi all!

This has been a pretty quiet few months in the North Central region. We do have Unit 32 up and running, so that's our biggest news. I'm always hoping that we get more units.

Unit elections are coming up. I hope everyone will consider taking an office. It's very rewarding.

PRPNC Jerry Lickteig and I were so honored to attend the wedding of Bob Behm to his lovely bride Jhea. I may have spelled her name wrong, lol. Bob is the UNIT 32 PRESIDENT! I know he will be a great asset to the LAFRA!

Unit 161 lost a long-time member. Corinne Fields, PRPNC passed away. Several members of the Unit were able to attend her memorial and we provided lunch for the family and friends. Corinne was one of the first people to help me learn about the LAFRA. She will be greatly missed.

Unit 276 has bake sales nearly every month. Keep on baking gang!

There are other fundraising events being planned in the coming months. I am most excited about a craft fair being held by Unit 161 in October. This will not only be a fundraiser but will also be an opportunity to recruit new members.

I'm so looking forward to the conventions and conferences this year. Will be so good to see everyone.

Yours in Loyalty, Protection and Service.
Donna Lickteig, RPNC

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.

2023 Annual Pilgrimage to the Tomb of the Unknowns
and the Mast of the USS Maine
April 15, 2023

Plan of the Day:

11:00 a.m.: Tea to honor of National President Nadine Fulton in the Wright Room on the 2nd floor.
1:00 p.m. 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. Leave the Mast of the USS Maine and gather at 2:30 pm for a 3:15pm wreath laying ceremony at the Tomb of the Unknown Soldier







Hotel Information: Westin Old Town Alexandria
Westin Old Town Alexandria
400 Courthouse Square, Alexandria, VA 22314
(703) 253-8600
Room rates are \$149 plus 14% sales tax and \$14 for parking.

Please direct your call to the Front Desk and use tell them you are attending the FRA National Board of Directors Meeting.

Donations

Pilgrimage: Unit 59 Cheyenne
LA FRA Scholarship: Unit 287 Livermore Book of Memories
Unit 287 Livermore
NP Project: Unit 60 Ocean View

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 George Kaye, PNP FRA		
 Amber Reaves, Unit 183	 Lolita Uglade, Unit 84	

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.

Membership Report as of 2/28/2023

As of 4/1/2022	NEW	REI	TI	TO	RES	NP	DEC	INE	Active Members Total as of 2/28/2023
4940	372	254	123	120	0	782	46	5	4736
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.

April Holidays

April 1 April Fool's Day
 April 5 Gold Star Spouses Day
 April 5 First Day of Passover
 April 9 Easter

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.

Dates To Keep Track Of

1 April through 31 March
1 July through 30 June
26 May 2023

LA FRA Membership Year and Voting Strength
LA FRA Membership Memorial Service Year
C&BL Section 608(a). All resolutions to be acted upon by the National Convention, shall be received by the National Executive Secretary in the proper format and content and not less than four months (120 days) before the convening date of the Annual Convention in the association year, except NBOD resolutions shall be allowed an extension of one month (30 days) beyond that date.

Upcoming Events

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

Americanism and Patriotism

Fresh ideas on how to inspire our members to reunite, enjoy the friendship. It is time to look ahead as to how we can engage our members, families, communities, and the organization and begin with always looking to the Preamble for inspiration.

Article 2 Section 201. Objectives —The purposes of the LA FRA are to aid, assist and promote in all matters pertaining to the WELFARE, SOCIAL, and PATRIOTIC WORK, for the benefit of the FRA, their members, and their families.

Ways to connect. Did you know that your Unit can create a Facebook page or have Zoom calls, a great way to keep in touch? Especially with members who are homebound.

Being proud of our country and thanks for the freedom and the rights that our troops fight for us.

Being Patriotic means being proud of who you are as an auxiliary member. It means welcoming others who want to join with open arms. Supporting our troops and veterans in more ways than just a post on social media." We need to band together to share and to promote Americanism and Patriotism.

National President Nadine Fulton

Wording Courtesy of Vera Thomas, NVP, from April 2022 Triangle

Just a Reminder

Don't forget to send in the new Unit Officer Information form immediately following the unit elections. You must send one copy to NES Laurie Starkey, NFS Brenda Horton, and NT Carolyn Whitaker, PNP (whose addresses are on the form) and two copies to your Regional President. Failure to send in the new Unit Officer Information form will affect your Unit.

Elections

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.

Section 1405(c). The elections shall be held in the following order: Nominations for President closed and a written ballot taken, if more than one nominated; First Vice President; Second Vice President (optional); Secretary; Treasurer; and then the Directors. Majority vote shall elect. Unit Officers shall not be elected by mail vote.

Section 1405(d). Officers-elect shall be installed at a meeting in the month following election. The Installing Officer shall be a member in good standing of the LA FRA or FRA who has been designated by the Unit. The incoming Unit President usually selects the Installing Officer. A letter bearing the signature of the Unit President and Secretary invites the Installing Officer. Section 1405(e). Unit Secretaries immediately after election of officers notify the Regional President of their Region, Membership Service Administrator and the National Executive Secretary, of the names and addresses of the officers to be installed in the Unit and of all changes in Unit Officers whenever they occur, and give the date, time and location of their regular meeting.

Section 1405(f). The Unit President and Secretary sign official letters from the Unit. Except in emergency, no National Officer is under obligation to acknowledge letters from Units, except those so signed.

New Sign-In Process for 990-N Form

According to the IRS, the 990-N sign in page when using the existing IRS username selection, you will receive the message that "This sign-in option won't work after this filing season. Please create a new account as soon as possible."

IRS information from their webpage: What are Login.gov and ID.me?

IRS now offers sign-in options with Login.gov and ID.me. Both offer access to IRS online services with a secure account that protects your privacy. Login.gov is an account created, maintained, and secured by the U.S. government. ID.me is an account created, maintained, and secured by a technology provider. With a Login.gov or ID.me account, you can access other government partners who also use these sign-in options.

From Vera Thomas, NVP:

The alternative - is Login.gov - I used Login.gov. It is easier and less frustrating to set up. ID.me requires more identification information and an "actual time 'visual' computer contact" with one of their employees to verify the information submitted by you. I suggest that you try both. Personally, I prefer and I think most will prefer 'Login.gov.'



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



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



Congratulations to Reme Ginter, Unit 163 for her 30 years of service with LA FRA.



Welcome Aboard to 3 new members of Unit 163 Phoenix AZ - Carol Ege, Carmen Gonzales and William Hare



LA FRA Unit 163 meeting in Phoenix with our Southwest Regional President Marilyn Quesnel (center blue jacket)

It's Mardi Gras Time! Branch & Unit 137 used the opportunity of Mardi Gras as their theme for February's Bingo. Lots of fun, Cajun Food and Great Prizes! The proceeds of the event were donated to the local Honor Flight.



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

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
PERMIT NO. 2332
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: _____	
<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>	