



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

December 2023



2023-2024 National Officers and Appointees

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Mail membership applications or dues payments to:
LA FRA - NFS, POB 706, Goose Creek SC 29445
Questions and Comments call 843-452-4719

Contact NES Laurie Starkey if you need addresses of any national officer.



From the Desk of the National President

Auxiliary Members,

Welcome to December! The year is rushing by quickly, it may be hard to believe that we are already into the last month of 2023 and only several weeks left until Christmas. I hope the month will be a good start for the end of the year for you. In all the hustle and bustle, I hope that you are still able to find time to reflect on what is important to you. These rushing days are ones never to be had again.

Now, we are looking toward the joy and love that we will bring to Christmas, Hanukkah, and/or Kwanzaa. We, as the Auxiliary, have probably started the planning for the Branch/Unit Christmas party/dinner; the collection of donations for so many outreach programs - Wreaths Across America; Toys for Tots; dinners to be donated; and giving trees to be set up, filled with tags, and hopefully refilled with more tags. As the Auxiliary of the FRA, our way of volunteering is to support the Branch, as well as active duty military members, retirees, and veterans and their families that are not able to provide as much as they may want. If you are a Member at Large (MAL) you give your skills to the community directly. To us, there is no better way to prepare for the holiday than to give some of our time and energy to helping others.

This is also the time that you should think of yourself, please remember to take care of you. Helping, supporting, and guiding others is always a great way to spend time during the holiday season, but if you 'burn out', 'tire out', or 'frustrate out' you might not be able to accomplish all that you wanted to do. Take care of yourself by sharing the opportunity to help with others, now is a good time to introduce newer members to the Unit's traditions or let a newer member start a new Unit tradition.

Please take a moment to think about the military members, spouses, and families, who are spending the holidays in foreign countries, on board ships, at our embassies, or in the 'states' but separated from their extended families. From the warmth, comfort, and safety of our homes, pray for them to have a safe and speedy return home, to their loved ones, so they may be

Continued on Page 2

able to celebrate the next Christmas or holiday as they celebrate this one in their thoughts, in their dreams, and in their prayers. Add a thanks to the miliary members that volunteer to stand duty so a married Shipmate, Marine, or Guard member with a family will be able to spend that special day with their family. Please give an extra thanks to the members of your Unit for all they have done this year, as I thank the members of the LA FRA for all that they have done this past year supporting their Unit, their Region, and National programs such as the annual scholarships.

Please *'Remember the Reason for the Season'*

My thoughts and prayers to those who are ill or have lost a loved one. To those members celebrating a special occasion, a birthday or anniversary, I wish you enough celebrating for the occasion to become a happy memory. For everyone, this is the most precious day of their life because it is the one that we are living in, this is the only day that, if necessary, we can still try to make right. The past cannot be changed, and the future cannot be revealed until it is time. Have a great day.

Until next month, I remain yours in Loyalty, Protection and Service,
 Veralyn Thomas, LA FRA National President

In Loving Memory of Our Departed Members

National Presidents	Other National/Regional Officers	Members
● Crispina Pasaoa, Unit 154	● Treva Swicord, Unit 61	● Ella Jane Holtmann, Unit 161
● Barbara Reid, Unit 183	● Patricia Abbott, Unit 183	● Linda Jarris, Unit 346
● Yolanda Nash, Unit 289	● Trudy Langit, Unit 302	● Nellie Galeon, Unit 302
● Loretta Hottel, Unit 289	● Donna Tullier, Unit 210	● Bessie Welsh, Unit 210
● Jane Royals, Unit 91	● Janet Pierotti, Unit 91	

Donations

Pilgrimage:	Unit 275	
NP Project 2023-2024:	FRA Post National Convention NBOD 2023	
	Unit 275	
	PNP Club	
	NT Carolyn Whitaker, PNP	
National President Scholarship:	Unit 275	

December Holidays

Dec. 7	National Pearl Harbor Remembrance Day
Dec. 18	National Wreaths Across America
Dec. 7 – Dec. 15	Hanukkah Begins
Dec. 25	Christmas Day
Dec. 26 – Jan. 1	Kwanzaa
Dec. 31	New Year's Eve



From the Desk of the National Vice President

Happy Autumn Auxiliary Members! I would like to thank all of you for electing me as National Vice President of the Ladies Auxiliary of the Fleet Reserve Association. I am honored and ready to serve and represent this great association. Having served four terms as Regional President of the West Coast I know I have learned a lot and look forward to continuing learning on another level.

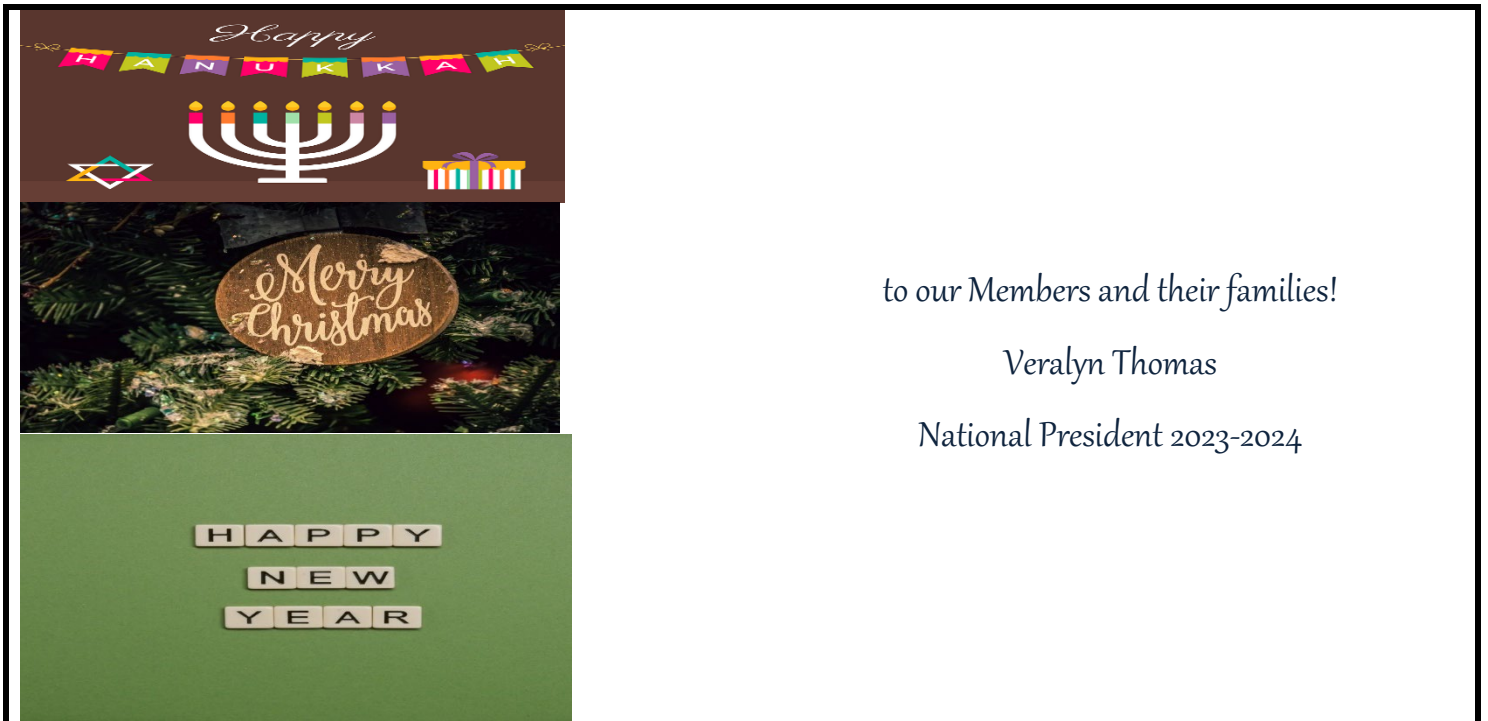
My project for the 2023-2024 term is “**ENGAGE**”. Engage current members, Unit supporters and prospective members by organizing events within your communities. This would be a reason for a current member, to keep their membership active, supporters to keep supporting the Auxiliary and identify potential members or future donors and or supporters by building relationships through connections in your community.

We all know that it is a great challenge to retain membership and increase new members. This has been ongoing for many years and continues to be a challenge. As a team we need to work together and share ideas among each other of what seems to work for your unit and/or region.

A good start would be for us to remind all members that they are important and appreciated. Keeping in contact is vital. It is very simple to send a holiday greeting card, a newsletter, or an invitation to upcoming events to all members, especially focusing on the members that are not actively attending meetings. Also, a phone call to a member is a personal connection, if the phone number happens to be a non-working number it helps us update our records and research this member’s contact information.

I understand how hard recruiting can be, I will keep track of who recruits a new member, and I will award them with a token of appreciation at next year’s National Convention in Annapolis, Maryland. Good Luck to all!

In Loyalty, Protection & Service,
Kelly M Pena, National Vice President 2023-2024



to our Members and their families!

Veralyn Thomas

National President 2023-2024

Membership Stats by Unit as of 10/31/2023

PLEASE NOTE: The following stats are based on the data in the Membership Program and may have some inaccuracies due to the processing by the Membership Program. These inaccuracies are in the process of being corrected.

UNIT	MEMBERS AS OF 4/1/23	REI	NEW	TI	TO	RES	NP	DEC	INE	OTHER	TOTAL MEMBERS AS OF 10/31/23
8	31	0	0	0	0	0	3	0	0	0	28
20	62	0	9	0	0	0	4	1	0	0	66
22	46	0	2	0	0	0	1	2	0	0	45
24	1269	23	72	0	1	0	50	2	2	0	1309
29	71	1	1	0	0	0	8	0	0	0	65
31	20	1	0	16	0	0	2	0	0	0	35
32	21	0	1	0	0	0	0	0	0	0	22
40	45	0	0	0	0	0	11	1	0	0	34
41	6	0	0	0	0	0	0	0	0	0	6
59	26	1	0	0	0	0	4	0	0	0	23
60	153	2	0	0	0	0	34	1	5	0	115
61	165	7	9	0	1	0	29	4	0	0	147
67	18	0	0	0	0	0	6	0	0	0	13
70	100	1	0	0	0	0	13	0	0	0	88
74	13	0	0	0	0	0	0	0	0	0	13
84	50	0	0	0	0	0	0	0	0	0	50
91	177	7	2	0	0	0	29	5	0	0	154
92	0	0	0	0	6	0	0	0	0	0	0
94	126	5	2	1	0	0	19	0	0	0	113
97	26	0	2	0	0	0	3	0	0	0	25
99	23	0	5	0	0	0	1	0	0	0	27
102	7	1	0	0	0	0	3	0	0	0	5
124	40	0	1	0	0	0	6	0	0	0	35
126	50	3	0	0	0	0	5	0	0	0	49
127	29	4	1	0	0	0	1	0	0	0	33
137	65	1	5	0	0	2	10	8	1	0	60
154	16	8	8	0	0	0	0	1	0	0	31
156	18	0	0	0	18	0	0	0	0	0	0
161	70	1	0	0	0	0	0	1	0	0	70
162	33	0	0	1	0	0	2	0	0	0	32
163	19	0	1	0	0	0	0	0	0	0	20
170	175	6	29	0	0	0	30	0	0	0	180
181	37	3	2	0	0	1	0	1	0	0	40
182	28	0	0	0	0	0	0	0	0	0	28
183	51	3	12	0	0	0	6	0	0	0	60
185	13	0	0	0	0	0	0	0	0	0	13
194	10	0	0	0	0	0	2	0	0	0	8
197	11	0	1	0	0	0	0	0	0	0	12
201	23	0	0	0	0	0	3	0	0	0	20

UNIT	MEMBERS AS OF 4/1/23	REI	NEW	TI	TO	RES	NP	DEC	INE	OTHER	TOTAL MEMBERS AS OF 10/31/23
210	104	3	9	0	0	0	13	2	0	0	101
216	15	0	0	0	0	0	2	0	0	0	13
222	12	0	0	0	0	0	3	0	0	0	9
227	7	0	0	0	0	0	1	0	0	0	6
251	5	0	0	0	0	0	0	0	0	0	5
261	72	4	10	0	0	0	12	0	0	0	74
269	215	1	5	0	0	0	18	3	0	0	203
274	24	0	2	0	0	0	1	1	0	0	24
275	39	2	0	0	0	0	1	0	0	0	40
276	22	1	0	0	0	0	0	0	0	0	23
287	43	1	5	0	0	0	3	0	0	0	46
289	266	8	5	2	0	0	17	5	0	0	259
290	193	5	19	0	0	0	47	4	0	0	166
293	13	1	0	0	0	0	5	5	0	0	8
294	40	1	2	0	0	0	0	0	1	0	40
302	77	1	0	1	0	0	3	2	0	0	74
346	98	3	9	0	0	0	20	1	0	0	89
367	14	0	0	1	0	0	0	0	0	0	15
371	16	0	0	0	0	0	0	1	0	0	15
382	24	0	0	0	0	0	3	0	0	0	21
999	290	3	0	1	2	0	33	1	0	0	257
REI - Reinstated		TO - Transfer Out			NP - Non-Payment			INE - Ineligible			
TI - Transfer In		RES - Resigned			DEC - Deceased						

National President's Project

My National President's Project for 2023 – 2024 is the Gary Sinise Foundation Program –H.O.P.E. - Their mission is to serve the nation by honoring its defenders, veterans, first responders, their families & those in need.

At the Gary Sinise Foundation, they serve our nation's defenders, to include our most severely wounded heroes, veterans of every conflict, first responders who run into danger within our communities, active-duty service members, their families, and the families of our fallen heroes. They do this by supporting them in their darkest times of need. Their unique programs are designed to help, entertain, educate, inspire, strengthen, and build communities across the nation.

Charity Navigator has awarded the Gary Sinise Foundation four out of a possible four stars, indicating that the Gary Sinise Foundation adheres to good governance and other best practices that minimize the chance of unethical activities and consistently executes its mission in a fiscally responsible way.

Their Relief & Resiliency Program includes a sub-program called H.O.P.E. this represents: Heal, Overcome, Persevere & Excel. This initiative provides support to those who have experienced trauma, illness, injury, or loss during their times of tragedy, sometimes with assistance as simple as help paying bills or buying groceries.

Our defenders and first responders are aware of the risks in their professions, but nothing can prepare them or their families for the pain of separation, trauma, and loss. When our heroes or their loved ones experience dark times, they seek to provide support and hope. Lending a hand can change the course of a life. Community - Bringing people together who have shared a common life trauma helps form a network of support. Sharing their experiences and reminding one another they are not alone; these groups can find joy in the present once again.

There are several way to make a donation, (1) a check mailed to LA FRA National Financial Secretary, POB 706, Goose Creek SC, note on the memo line '2023 NP Project'; (2) enter the following website link: <https://donate.garysinisefoundation.org/campaign/la-fra/c516768> to download and mail your donation with your enclosed check or by providing your credit card information. (3) Scan the LA FRA QR code, scroll down to 'How To Give,' on 'Donation Form' to download. Note the donation is for LA FRA NP Project. 'While we can never do enough for our defenders and their loved ones, we can always do a little more.'

A note from National President Vera

This month we remember not a time of peace, but a time of war. A time of surprise. A time of tragedy. A time when lives changed in a blink of the eye. And when nations changed forever. A day that sparked the direct involvement of the United States in World War II. Sunday, December 7, 1941, was a pivotal point in history. It was a day that young men were sitting in their home listening to football games, as so many of us do today, a day that a country up to the time was at peace.

The attack came as a surprise to the American Navy, Maine Corps, Coast Guard, and Army and led to great loss of life and equipment. Many American service men lost their lives or were injured, more than 2000 American citizens were killed and more than 1000 were injured. On the same day attacks were also launched against Malaya, Hong Kong, Guam, the Philippine Islands, Wake Island, and on December 8th an attack was launched against Midway Island.

The day after the attack, the United States declared war on Japan and so entered World War II. That day, those same young men that had been listening to football games yesterday, were heading out of their homes to recruiting stations. Families that had been making plans for Christmas and looking forward to the holidays that were coming up, were suddenly watching their husbands, their young sons, their brothers heading off, to a time of war.

In memory of those who lost their lives on Sunday, December 7, 1941, as well as the survivors.

We should guard in our hearts the sacred memory of those who gave their lives on the day which will live in infamy. To remember our military men and the Army Nurse Corps and Navy Nurse Corps who served our country so valiantly. Always remember Pearl Harbor, may we never forget the sons, fathers, friends, the and the citizens of our land who were killed or wounded on December 7, 1941. Their sacrifices were not in vain. They defended America's freedom and demonstrated America's goodness.

We should give thanks for the brave men on that day as well as for every person that danger and conflict is part of their life and who made the ultimate sacrifice. We also should give thanks to those who fought and survived any attack on our country and went on with their lives in a way that portrayed honor to a watching world. They carried on with life even as they bore deep within them the haunting memories of what they witnessed, heard, and felt. As this group brave men and women become smaller in number, may they still be strong in the memories of their families for generations to come.

Just a little added note of interest – an excerpt from the LA FRA History Book, Auxiliary Year 1941-1943

National President Margaret Drobney, enroute to her home, made several official visits to Units and upon reaching San Diego, prepared to visit her husband on duty in Honolulu, She was accompanied by National Chaplain Rose Goesman after a visit the National Chaplain returned to the states and the National President elected to stay in Honolulu with her husband. Then came December 7th and the devastation of Pearl Harbor.

Those valiant women in the Honolulu Unit acted immediately, working under shell fire to give aid and comfort to the injured and dying, comforting the families, and trying to bring order out of chaos. The National President with the Unit members volunteered services for the war effort and regardless of their own heavy hearts carried on in Naval tradition. It was to be learned in due time that those of our people in the Islands of the Pacific who survived the Japanese invasions, were placed in concentration camps.

The people of the United States put every effort into the war. Our women volunteered their services for work with the American Red Cross; the Salvation Army; the American Women's Volunteer Service; Air Raid Wardens; the United Service Organization and many other agencies.

Many of our women of the Ladies Auxiliary of the Fleet Reserve Association joined the WAVES, the SPARS and other service organizations.

Pages could have been written of the sacrifices made by all members throughout the organization, during this awful time of war, but who would dare to single out any one Unit or individual member for exploitation of their war effort? And because one cannot be chosen, let it be said here, "well done valiant women of the Ladies Auxiliary of the Fleet Reserve Association. You were never found wanting or reluctant to serve when your Country called for help."

National Vice President's Project

“Engage” is National Vice President Kelly Peña’s project for 2023-2024. Engage current members, supporters and prospective members by organizing events within your communities. This would be a reason for a current member to keep their membership active, supporters to keep supporting the organization and identify potential members or future donor/supporters by building relationships through connection in your community.



Bringing dinner, desserts and serving at the Fisher House in Downtown Charleston, SC. Pictured from the top: Gale Nathan, PNC, Sue Peters, Dee Wallace, Trish Clinton, Ann Griffin, Shipmate Fred Bolz, PRPSE, Theresa Milligan, Gail Bolz, Shipmate Bobbie Sutton and Pat Suckow, PNP



Members of Unit 287 at the Veterans Day parade in downtown San Jose, California.



Members of Branch 287 at the Veterans Day parade in downtown San Jose, California.

Reminders

All members can receive the Triangle by e-mail at no charge. Please submit your e-mail address to the National Executive Secretary (e-mail address on the web site [la-fra.org] main page). Please encourage your fellow members to send in their e-mail address and start receiving the Triangle. Remember to send the Executive Secretary a change of e-mail 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. Please contact NES Starkey for the e-mail address, if needed.

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 Regions – destroy all previous forms of the ‘Newly Elected/Appointed Regional Officers’ form. Remember to send in the form after the Regional elections to the National Executive Secretary (information used to prepare the Unit Officer Roster which, after the National Convention, is provided to the Units), and to all of the offices listed on the form. Please either print clearly or fill it out on the computer.

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), and to all of the offices listed on the form. Please either print clearly or fill it out on the computer.

TRIANGLE – December 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@outlook.com

REPORT OF CHANGE OF ADDRESS AND OR E-MAIL ADDRESS FOR THE TRIANGLE	
Date: _____	
Name: _____	Member No: _____
Old e-mail address: _____	
New e-mail 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 Pat Suckow, NFS, of any change of address: LA FRA, PO Box 706, Goose Creek, SC 29445	