



# TRIANGLE

## Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

January 2024



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### 2023-2024 National Officers and Appointees

*National President*  
Verilyn Thomas  
904.495.4363  
nplafra2023.24@aol.com

*National Vice President*  
Kelly Peña  
408.642.7722  
penakelly66@gmail.com

*National Executive Secretary*  
Laurie Starkey  
856.294.1282  
lafrastarkey@outlook.com

*National Financial Secretary*  
Pat Suckow  
843.452.4719  
lafranfspat@gmail.com

*National Treasurer*  
Carolyn Whitaker  
386.447.5420  
ntcarolynw@yahoo.com

*Jr Past National President*  
Nadine Fulton  
619.200.7706  
LAFRANPFulton@gmail.com

*National Chaplain*  
Julia Fogel  
931.787.7110  
honda1girl@gmail.com

*Website*  
la-fra.org

*National Parliamentarian*  
Sandra Robbins  
904.269.2136  
slgr@bellsouth.net

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 the addresses of any national officer.

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### *From the Desk of the National President*

Welcome to January! This month is the start of a new year, and it should be a time when everyone takes a recess from ‘then and now’ and looks at what matters most to them. It is a time to look forward and find one or two new things to try as well as a time to look back and choose what we want to bring to the new year and what we want to leave in the past. We also need to decide that this is also a time to either start over or continue what we have been doing, but what must be done first is to decide what we want for us and our extended family and friends. At the heart of every effort is a desire to respond more fully to life.

To all the members of the Auxiliary: I thank you for your continued support of the Auxiliary. We should be constantly reminding ourselves of the big picture of what we are here for and what causes the Units to support within their communities.

The National President’s Project is Gary Sinise Foundation – Their Organization 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 often their darkest times of need. Their unique programs are designed to help, entertain, educate, inspire, strengthen, and build communities across the nation.









To serve the nation by honoring its defenders, veterans, first responders, their families & those in need. Their Relief & Resiliency Program includes a sub-program called H.O.P.E. this represents: Heal, Overcome, Persevere & Excel. The H.O.P.E. initiative provides complete 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, we seek to provide support and hope. Lending a hand in a difficult moment can change the course of an entire life. 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. ‘While we can never do enough for our defenders and their loved ones, we can always do a little more.’

It will be possible for donations to be made by check mailed to the LA FRA National Financial Secretary; by check or credit card by mailing the donation form to the Gary Sinise Foundation; as well as online at [arysinisefoundation.org/donate](http://arysinisefoundation.org/donate) web page. The foundation has made an accommodation making it possible for the donation to be deposited directly to the LA FRA NP Project.

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 our 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,  
 Verilyn Thomas, LA FRA National President

<i>In Loving Memory of Our Departed Members</i>		
	National Presidents	
	JJ Thomas, PRPSE FRA	
	Susana Bona, Unit 74	
	Other National/Regional Officers	
	Sharon Newman, Unit 94	
	Gloria Allen, Unit 269	

<i>January Holidays</i>	
New Year’s Day	January 1
Martin Luther King Jr.’s Birthday	January 15

<i>Membership Stats as of 11/30/2023</i>										
<b>MEMBERS</b>	<b>REI</b>	<b>NEW</b>	<b>TI</b>	<b>TO</b>	<b>RES</b>	<b>NP</b>	<b>DEC</b>	<b>INE</b>	<b>OTHER</b>	<b>TOTAL</b>
<b>AS OF</b>										<b>MEMBERS</b>
<b>4/1/23</b>										<b>AS OF</b>
4732	124	264	25	47	19	557	42	9	0	<b>11/30/23</b>
										4471
	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 ways 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; or
- (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." -- the Gary Sinise Foundation



FRA/LA FRA Wreath Presenters Branch/Unit 163 and National Representatives

Front Row: Carmencita Gonzales-Flick Unit 163, Remey Ginter Unit 163, LA FRA PNP Bea Parco, LA FRA RVPSW Myrna Sales Unit 302

Back Row: Shipmates: Bryan Ginter, Branch 163, FRA RPSW Chris Chapman Branch 289, FRA PRPSW Roger Bacud Branch 302, FRA RVPSW Ed Labao Branch 302

## 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.

## *Request from Veralyn Thomas, LA FRA National President*

I am asking that all Units throw away all old forms from past years. Forms are being used that date back to the mid-2000s. All forms are on the website and have been updated. This includes all delegate forms, death notification forms, and membership forms. Reports submitted for judging must be on the current form, forms being used are not acceptable and there is uncertainty when the committee should throw out the reports when judging because they did not use the right form. The National Financial Secretary is authorized to return all but the most recent authorized form. This may cause a delay in crediting membership payments and posting other changes to the membership roster.

This year I would like to have Units involved in various projects submit articles, pictures are encouraged, check with National Executive Secretary Laurie for article requirements for inclusion in the Triangle to let the other Units know what may become a project for another unit. The Triangle needs to be more informative to members who receive it, especially the Members at Large that may be looking for a way to help their community as an individual member of the Auxiliary.

Yours in Loyalty, Protection and Service,  
Veralyn Thomas, LA FRA National President

*"If I cannot do great things, I can do small things in a great way."*

– Martin Luther King, Jr.

## *Reminders from Veralyn Thomas, LA FRA National President*

January is a good time for members to think about the ways you can help your Unit members continue their community efforts, if there is a new member in the Unit ask if they have an idea of other community organization(s) or individual that could use help.

It is also a good time to give some thought to another way you can help your Unit; many of the units have members that have been in office for a year or two; several officers have held office for many years. Most members hold an office because they want to support the unit beyond just attending meetings, they want to help the unit stay active and maintain the support for the community that it is a part of. Take some time and think how you can continue increase your support by volunteering to hold an office, consider it a chance for a present or previous officer to share their experiences and what is required to support your unit as an officer. Most officers are happy to explain what the duties of an office are and where you would be able to find the information. Normally, this information is in the Unit's Bylaws and they should be consistent with the duties of the National Officers holding similar offices. Most Unit officers' term limits are one year although the offices of Secretary and Treasurer may be elected for a period of two years, so your first commitment may be only a year.

If you are or have been a Unit officer, maybe it is time to consider how you can help your region by volunteering to hold an office, again normally a one-year commitment for regional president and vice president, some regions either elect or appoint the Secretary and or Treasurer whose terms may be one or multiple years. Talk to a member that has held the office to find out how they enjoyed being an officer. Even the national organization has needs for volunteers, see Constitution and Bylaws (C&BL) Article 8, with special skills, to hold office. Unit nominations are normally by vote at a meeting; for regional a nominating resolution is prepared, signed, and mailed to the other units in your region at least several months prior to regional convention, national offices have a long lead time normally starting in January. This year the 'Office of National Treasurer' is open for nominating resolutions.

## 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.

*"Some people look for a beautiful place. Others make a place beautiful."*

– Hazrat Inayat Khan



LA FRA Unit 154 Ladies Chore. Baguio City, Philippines

FRA Branch and Unit, 269 donating toys for Toys for Tots from the Branch/Unit and individual contributions that provided for 303 toys to be donated.

TRIANGLE – January 2024  
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@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	