



# TRIANGLE

## Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

June 2024



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### 2023-2024 National Officers and Appointees

*National President*  
Verilyn Thomas  
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*National Vice President*  
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*National Executive Secretary*  
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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.

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## *From the Desk of the National President*

Auxiliary members:

The hot days of summer arrive on the 20<sup>th</sup> of June, unless in your area they are already here, and we are enjoying (as much as possible) the warm weather and long hours. I hope things are going well for you in your corner of the world. This month we remember the past and pause to say thank you to the service members involved in D-Day, WWII - 6th, as well as Flag Day -14<sup>th</sup>, plus National Adopt-Cat-month.

By the end of this month your Unit elections should be finished, and installation should have been held, and all Unit Officer Information forms sent in, download the new version on the website 'form page', you will need to check a box if the Unit is operating under Section 1406, remember to have the form filled out after elections and sent in as soon as possible, they are due prior to July 15. Congratulations to all newly installed officers and thank you for accepting a position in our Auxiliary, it is greatly appreciated. I do hope that all units will have a full set of officers and would like to remind those that are having problems finding enough volunteers to fill officer positions (president, vice president, secretary, and a treasurer as well as at least five (5) directors, that you have the option of petitioning your Regional President to authorize you to follow C&BL Article 14, Section 1406, Election of Unit Officers Option. This gives your unit the option to elect a President and four (4) members to the Unit's Board of Directors, then the Unit president can appoint one of the directors to perform the duties of the secretary. Refer to the LA FRA C&BL Article 14, Section 1406(a-d) for more information.

I hope everyone has a chance to attend their regional conventions. It is at your regional convention that the Unit's activities reports are judged for advancement for judging at national convention. Send in your reports (Sanding Rule-2) and see how you do, maybe this is your year for your first or another Award of Merit. See what other units are doing that might work for your Unit, maybe another Unit can find inspiration from one of your projects. Remember to verify your 'grouping' by looking at Standing Rule-3. This month is a good month to think about 'Honorary' members (C&BL Article 3, Section 305). Resolutions are due not less than four months (120 days) before the convening date of the national convention. Other forms you should be downloading or receiving from your Regional President or from the National Executive Secretary Starkey are the delegate forms for regional and national conventions. It is the inalienable and sovereign right of all Units, in good standing, to have full and irrevocable control of its

*Continued on Page 2*








delegates. This means that when a Unit has decided how they wish to vote on all matters coming before the delegates at convention they should elect their delegates, proxy, and alternate proxy and have verified that they will be attending the convention, that they are advised how the Units wants them to cast the Unit’s vote. *No proxy or alternate proxy has a right to change how they were instructed to vote.* The best way to advise a proxy and alternate proxy on the Unit’s direction to vote is to present to the proxies a copy of a properly filled out a proxy letter. A Proxy letter form is available on the LA FRA website (la-fra.org) on the LA FRA Forms page (Listed on the menu of the opening page.) Click on ‘ LA FRA Forms’ you will find the form listed in the second column, click on the name to start the download. After you have filled out the form, you *must* save the document before you print it. If by chance the Unit changes their vote, issue a new Proxy letter.

The plans for national convention are coming along fine, the Chairman and Co-Chairman are working with dedication to ensure the delegates have a good convention and their needs are taken care of.

The National President’s Project is Gary Sinise Foundation. It is possible to make a donation by check mailed to the LA FRA National Financial Secretary at ‘LA FRA NFS, POB 706, Goose Creek, SC 29445.

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,  
 Veralyn Thomas, LA FRA National President

<i>In Loving Memory of Our Departed Members</i>		
 National Presidents	 Other National/Regional Officers	 Members
 PRPSC Terri Farr Unit 222	 Virginia Wheet Charter Member, Unit 24	 MaryAnna Chinnners Unit 269
 Dorothy Keck, MAL		

<i>June 2024 Holidays</i>			
June 1	Flip a Coin Day	June 16	Father’s Day
June 3	Leave the Office Early Day	June 19	Juneteenth
June 6	D-Day	June 21	World Day of Music
June 12	Women Veterans Day	June 23	Coast Guard Auxiliary Birthday
June 14	Flag Day	June 27	Korean War Veterans Armistice Day
<i>Upcoming . . .</i>			
July 3	Air Conditioning Appreciation Day	September 2	Labor Day
July 4	Fourth of July/Independence Day	October 31	Halloween

**“It is never too late to be what you want to be. Unless you want to be younger, then you’re out of luck.”**

## Membership Stats as of 4/30/2024

REGION	Members as of 4/1/2023	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 4/30/2024
	4466	6	16	1	0	0	65	1	0	0	4423
		REI - Reinstated		TO - Transfer Out		NP - Non-Payment		INE - Ineligible			
		TI - Transfer In		RES - Resigned		DEC - Deceased					

## Donations

Pilgrimage:	Unit 22, Unit 24, Unit 31, Unit 227
LAFRA Scholarship:	Unit 24 Unit 24 (in memory of Virginia Wheat) Lisa McGrath (in memory of Virginia Wheat)
National President Project:	Unit 24, Unit 197, Donna Sutton

## Pilgrimage Information

On Wednesday July 3, 2024, LA FRA members and guests will meet in the lobby of the Pentagon Sheraton Hotel to travel to Arlington National Cemetery (ANC) for the LA FRA Annual Pilgrimage. National President Thomas will place a wreath at the Tomb of the Unknown Soldier. We presently do not know if the ANC officials will authorize our traditional ceremony honoring the Mast of the Maine, but we will find out later. We hope you will join us!

Hotel reservations should be made by calling 703-521-1900. The daily rate should be \$183.55. We were not able to get a room block as our number this year is small. Please advise the NES if you plan on attending, as well as when you will be arriving and your planned departure date by email [lafrastarkey@outlook.com](mailto:lafrastarkey@outlook.com) or by telephone/text **no later than Sunday, June 30, 2024.**

Per SR-30 Pilgrimage to the Tomb of the Unknowns and the Mast of the USS Maine: 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 Ladies Auxiliary of the Fleet Reserve Association or the Auxiliary of the Fleet Reserve Association and Unit number.

C&BL 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 help to defray the cost of the Annual Pilgrimage.

**“Life is like riding a bicycle to keep your  
balance you must keep moving.”**

## History of D-Day

The largest land, sea, and air invasion ever attempted was years in the making. World War II in Europe began with the invasion of Poland by Nazi Germany in September 1939. Britain and France declared war in response but could do little to help the Poles. In the spring of 1940, German leader Adolf Hitler staged successful invasions of Denmark, Norway, Belgium, Holland, and other nations. German armies then moved into France, rapidly breaking through border defenses, and pinning much of the British and French armies against the English Channel. While Britain was able to evacuate many of those forces from the area around Dunkirk, it left Nazi Germany dominant on the continent of Europe. Almost immediately, British leaders began envisioning ways to get back across the Channel in an amphibious assault, eventually code-named Operation Overlord. Understanding the threat such an invasion would pose, Hitler began to build formidable defenses along the entire Channel coast, which he called his "Atlantic Wall."

In 1941, Nazi Germany invaded the Soviet Union, formerly a partner. Also, by the end of that year, the United States entered the war after Japan (an ally of Germany) attacked the American base at Pearl Harbor, Hawaii. The entry of the U.S. into the Alliance meant the scope of the planned cross-Channel invasion would grow. Soon American forces began arriving in England to train for the invasion. At the Tehran Conference in November 1943, Allied leaders decided the cross-Channel invasion would occur in the spring of 1944 with American general Dwight Eisenhower as Supreme Allied Commander of the multinational operation. Forces from twelve Allied nations (most occupied by Nazi Germany) would take part. The invasion had to be the most intricately planned military operation in history. Such questions as where and when to land; how many soldiers, tanks, ships, and planes would be needed; what equipment each man had to carry; and the essential question of how to keep this a secret from the enemy were debated and planned. The final plan called for some 156,000 men to land on five beaches on the coast of Normandy: the Americans at Utah and Omaha in the west, and the British and Canadians at Gold, Juno, and Sword. They would be bolstered by parachute and glider landings and supported by some 5,000 ships and 11,000 airplanes.

Planners set the date of June 5, 1944, for the landings, but a storm that day meant it would be too cloudy to bombard German coastal defenses and too windy for men to disembark from landing craft. British meteorologist James Stagg advised General Eisenhower of a temporary break in the weather, clearer skies, and lighter winds, which would potentially allow the invasion to commence twenty-four hours later. With his assault, naval, and air commanders all saying "go," Eisenhower gave the order.

In the early hours of June 6, under the cover of darkness, American and British paratroopers dropped into Normandy from more than 1,200 aircraft. Once daylight appeared, gliders brought in additional paratroopers. American airborne forces of the 82nd and 101st worked valiantly to achieve their inland objectives, including the capture of Sainte-Mere Eglise, and securing key approaches to the Allied beachhead. The largest naval bombardment ever seen began at 5:30 AM, lasting only forty minutes. American battleships supported by cruisers and destroyers and the British Royal Navy with a similar group of ships shelled gun emplacements and defensive positions around their designated beaches. The sunrise on June 6 brought with it wave after wave of landing vessels, carrying the more than 150,000 American, British, Canadian, and French ground troops who stormed some fifty miles of coastline in Northern France, beaches fiercely defended by the Germans. Strong currents pushed the Americans 2,000 yards south of Utah Beach, forcing them to march that distance back to the intended landing areas to seize German fortifications. They still secured Utah by day's end.

The Germans were aware of the importance of the sector designated Omaha Beach, which the Allies would need to connect and secure the beachheads together, and made certain it was heavily defended. Fortifications and elevated terrain meant the American landing on Omaha would be the bloodiest that day. The British secured Gold Beach with the help of artillery, tanks, and air support. Assuming Allied landing craft could not make it past the offshore rocks, the Germans did not defend Juno Beach as heavily. Canadian forces pushed the Germans out and secured Juno's beachhead by mid-afternoon. Tasked with securing Sword Beach, the British were three miles from their intended objective at Caen by day's end. Nightfall on D-Day found Allied forces past the German defenses on all five beachheads. Hitler's vaunted Atlantic Wall lasted less than twenty-four hours. Many Allied soldiers would follow the D-Day forces into France, with the goal of breaking out of Normandy and pushing the Germans east. Allied forces found themselves bogged down in the infamous hedgerows of Normandy, walls of impenetrable vegetation that provided ideal defensive positions for the Germans and limited the Allies' ability to move as quickly as hoped.

Frustrated with the failure of the British in the Caen sector to achieve a breakout, General Omar Bradley planned an American offensive, Operation Cobra, near Saint-Lô. If successful, the U.S. forces would be out of the dreaded hedgerows and able to maneuver rapidly. Cobra commenced on July 25 with a massive air assault against German positions. It worked, and soon the American mechanized army was on the move. The success of Cobra is considered the end of the Normandy campaign and signaled the collapse of German defenses throughout most of France. Hastened by American landings on France's Mediterranean coast beginning August 15 (Operation Dragoon), Allied forces by August 25 had liberated Paris. Soviet offenses from the east placed additional pressure on the Germans. Ultimate victory, the defeat of Nazi Germany, would only come after fierce fighting that lasted until the following May.

*(The above was courtesy of <https://www.dday.org/learn>)*

## Reminder to Use the Most Recent Versions of All Forms

Please use the most recent issue of the Unit Officer Information form, which has “Revised 04/30/2024” at the bottom.

Please remember to use the most recent versions of all forms. These forms can be found on the website – [la-fra.org](http://la-fra.org)

## A Special Congratulations . . .

PNP Helen Courneya was named Volunteer of the Year by the VA Sierra NV on April 22, 2024. Congratulations!



Mary Ann Frank for installing Unit 287 installation.

“Gratitude for the miles traveled, the sights unveiled, and the laughter shared.”

A special thanks to all members who attend their Unit meetings from close by and afar. You are what makes the LA FRA so special.

That the flag of the United States shall be of thirteen stripes of alternate red and white, with a union of thirteen stars of white in a blue field, representing the new constellation – This was the resolution adopted by the Continental Congress on June 14, 1777.

The resolution was made following the report of a special committee which had been assigned to suggest the flag’s design.

Happy Flag Day!



As we celebrate this great day in our history, please take a moment to remember those that defended or are now defending this country. Our 'founding fathers' considered it important enough to risk their lives to declare that we have the right to be 'free and independent states.'

Happy Fourth of July!

## 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 two 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

"While we can never do enough for our defenders and their loved ones, we can always do a little more." -- the Gary Sinise Foundation

## 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.

## Important Information on the National Convention

The dates for the FRA – LA FRA National Convention, to be held in Annapolis, MD, are listed on the FRA website with a beginning date of November 12 and end date of November 15. The LA FRA will follow the schedule set by the FRA. Please be advised that your travel and hotel plans need to consider the above dates for attendance at the National Convention.

### CONVENTION SCHEDULE

November 12th	Opening Ceremony and First Business meetings
November 13th	Committees meetings and Second Business meetings
November 14th	Third and Fourth Business meetings
November 15th	Installation and Banquet

## Upcoming Events

7/3/2024	Pilgrimage	Arlington, VA
7/19-20/2024	NE/NEng Regional Convention	Peabody, MA
8/11-15/2024	SW Regional Convention	Las Vegas, NV
8/16-18/2024	South Central Regional Convention	TBD
8/18-22/2024	NC Regional Convention	Branson, MO
8/22-24/2024	West Coast Regional Convention	Carson City, NV
9/6-7/2024	NW Regional Convention	Kennewick, WA
9/10-12/2024	EC Regional Convention	Williamsburg, VA
9/24-26/2024	SE Regional Convention	North Charleston, SC
11/11/2024	Veterans Day & FRA Centennial	Arlington, VA
11/12-15/2024	FRA & LA FRA National Convention	Annapolis, MD

## Nominating Resolutions Received for National Office

National President:	Kelly Peña, Unit 287
National Vice President:	Ronalee Klase, Unit 22
Regional President Southwest:	Myrna Sales, Unit 302

We have not received any Nominating Resolutions for National Treasurer. The National Treasurer is elected for a three-year term (2024-2027). If you know a qualified candidate, please encourage them to submit a nominating Resolution. Please refer to the C&BLs for the duties of each office.

## Reminders

**Dress for Installation – NVP Kelly Peña has chosen a dark colored floor length gown with bling for those Members being installed at the National Convention.**

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 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 – June 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	