



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

October 2024



2023-2024 National Officers and Appointees

National President
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Jr Past National President
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Website
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National Parliamentarian
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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

Welcome Auxiliary members to October. This is the middle month of autumn and the last quarter of the year. More important for the Auxiliary, this year October is the month before the National Convention. For the unit it is time to finalize the Unit's decisions, if not already done, on the delegates to attend convention and how the Unit wants their delegates or proxy to vote on the business to be presented, and to send out the Proxy letters. It is the month for Halloween, some units are getting the candy collected for a 'truck & treat' or setting up the usual meeting place as a 'haunted house,' or set up to be the scene of a 'table & treat.'

To top off the 'we-can't-be-there-already' feeling, we are rushing headlong into the year-end holiday season. It will soon be time to start planning the Unit's Christmas lunch/dinner, preparing Christmas cards to be delivered to nursing or assisted living homes.

By the time this is published I would have visited all eight regions and attended seven conventions. The Northwest region is operating under an Administrator, due to a lack of a quorum, were unable to hold a convention. Thanks to all the unit members I have met at your regional convention for your warm and generous hospitality, spending time with members throughout the nation was great, and to all the Regional Presidents for trying to do your job, especially at convention an extra thank you. Special thanks to those that have donated to my NP's Project - the Gary Sinise Foundation - your generosity is greatly appreciated.

During the LA FRA National Convention, there will be suggested changes to the C&BL and the Standing Rules. Unit members should decide how the Unit's delegates or proxy will vote, it is important that the Unit's 'voice' be heard, please fill out the Unit's Delegate Sheet properly. If you plan on attending the Pre-convention NBOD meetings, either LA FRA or FRA, both are scheduled for Sunday, November 10th, Nov 11th - Veterans Day Activities, Nov 12th - In the morning will be Opening Ceremony (Auxiliary members should wear 'Whites'), after lunch the first business meeting will be held, at this meeting we will have the 'Memorial Service.' For the Regional President's participating in the presentation of flowers, wearing 'Whites' is mandatory. As a participating member, if you think you will not be wearing 'whites' please call me so I can arrange for a substitute.

Whatever is happening in your corner of the world, I hope you occasionally stop and smell the proverbial roses. I hope you recognize and enjoy the beauty that is just starting to be a visual display in your yard on its way to cover the neighborhood in your corner of the world.

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My thoughts and prayers to those who are ill or have lost a loved one. To those members celebrating a special occasion have a great day. *Always remember to forget the troubles that pass away. But never forget to remember the blessings that come each day.*

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

October 2024 Holidays	
October 1	International Coffee Day
October 6	National Badger Day
October 13	Navy Birthday
October 14	Columbus Day
October 21	National Pets for Veterans Day
October 26	National Day of the Deployed
October 31	Halloween

Membership Stats as of 8/31/2024											
REGION	Members as of 4/1/2024	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 8/31/2024
	4466	100	209	101	100	10	370	23	0	0	4373
		REI - Reinstated		TO - .Transfer Out		NP - Non-Payment		INE - Ineligible			
		TI - Transfer In		RES - Resigned		DEC - Deceased					

<i>In Loving Memory of Our Departed Members</i>		
 National Presidents	 Other National/Regional Officers	 Members
 PRPSC Marlene Kinghorn, Unit 162	 Claire Tytus, Unit 60 Life Member	 Lucille Smith, Unit 371
 Bobbie Hines, Unit 289	 Pauline Dugan, Unit 289	 Linda Schirle, Unit 289

Important Information

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	Second and Third Business Meetings
November 14th	Fourth and, if needed, Fifth Business Meetings
November 15th	Installation and Banquet

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.

Nominating Resolutions Received for National Office

National President: Kelly Peña, Unit 287
National Vice President: Ronalee Klase, Unit 22
Gini Larson, Unit 94

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&BL for the duties of each office.

Donations

National Presidents Project: Arlene Hemmingway
Unit 70
Unit 59

Pilgrimage: Unit 290
Unit 74

Upcoming Events

11/11/2024	Veterans Day & FRA Centennial	Arlington, VA
11/12-15/2024	FRA & LA FRA National Convention	Annapolis, MD

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.

**LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION
NATIONAL VICE PRESIDENT 2024-2025**

Corpus Christi UNIT 94

NOMINATING RESOLUTION

Whereas, it is the duty and the responsibility of the delegates assembled at the 91st National Convention of the Ladies Auxiliary of the Fleet Reserve Association, to be held November 11-16, 2024, in Annapolis, Maryland to elect one of its outstanding members who is knowledgeable, dedicated and qualified to serve in the office of National Vice President for the association year 2024-2025; and

Whereas, it will be the duty and responsibility of the delegates assembled to elect a member who continues to demonstrate leadership, integrity, knowledge and dedication to the three cardinal principles of Loyalty, Protection and Service to fellow members, their families and the Fleet Reserve Association; and

Whereas, Corpus Christi, Unit 94, has within its membership has a member, Gini C. Larson, who has demonstrated all the required qualifications as well as shown dedication and willingness to be of service to the Ladies Auxiliary of the Fleet Reserve Association by practicing the three cardinal principles; and

Whereas, she joined the Ladies Auxiliary of the Fleet Reserve Association in 1998 and has served as Unit Vice President one term, Unit President twelve terms, Unit Secretary eleven terms, and Unit Chaplain one term; and

Whereas, on a regional level she served as Regional Secretary 2005-2007, Regional Vice President 2007-2008 and Regional President 2008-2009, 2017-2024. She has attended twenty-two Regional Conventions and has served on numerous committees; and

Whereas, on a national level she has served a Constitution & Bylaws committee, Budget committee, Registration committee, Unit Report committee, National President's Scholarship committee, National Vice President 2010-2011 and National President 2011-2012; and

Whereas, she worked for 38 years with the Government as Security Officer and Communication Security Management Specialist. She retired in 2011 to allow for travel while National President.

Therefore, be it resolved, that Corpus Christi, Unit 94, at a regular business meeting held on August 13, 2024, a quorum being present, by unanimous vote to place the name of Gini C. Larson for the office of National Vice President of the Auxiliary of the Fleet Reserve Association for the association year 2024-2025; and

Resolved, that the members of Corpus Christi Unit 94 do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Gini C. Larson for the office of National Vice President for the association year 2024-2025.


Gini C. Larson, President


Sherrell Peacock, Secretary

TRIANGLE – October 2024
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: _____	Member No: _____
Name: _____	
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	