



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

January 2025



2024-2025

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National Parliamentarian

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

For Membership and Auxiliary Supplies Contact:

LA FRA – NFS
PO Box 706
Goose Creek SC 29445



From the Desk of the National President

Happy New Year Auxiliary Members!

Welcome to 2025! I hope this message finds you in good health. With the start of a new year many of us make resolutions. Some of us keep them and have success and others try and may not succeed. My resolution this year is to educate members in the Auxiliary in leadership skills so our organization will grow!

I would like to thank all of you for your continuous support of the Auxiliary. It takes all of us to be successful in keeping our organization thriving. Continue to do what you do for your Units and try to think of community involvement projects to add to what you do. Don't forget who we are here for. The Fleet Reserve Association, it's members and their families.

National Convention in Annapolis, Maryland was held later than usual in 2024 so if you were not able to attend, I would like to inform you that it was voted on and passed that we will take out the word "Ladies" in our Preamble. Our official name is The Ladies Auxiliary of the Fleet Reserve Association. We have a DBA as Auxiliary of the Fleet Reserve Association. When we recite the Preamble, we will no longer use the word "Ladies". Our acronym is LA FRA, not LA-FRA or AFRA. We were chartered with LA FRA and have learned that we can't change our acronym unless we are rechartered.

I would like to inform you that Pilgrimage will be held this year from April 30- May 3, 2025. There will be a room block at the Residence Inn near the Arlington Cemetery. Please plan to decide early to ensure you have a room accommodation.

The National's President Project is "Paws for Purple Hearts". Their mission is to improve the lives of America's Warriors facing mobility challenges and trauma-related conditions such as APTSD and TBI by providing the highest quality Assistance Dogs and canine-assisted therapy programs; and by building public awareness about the important role dogs play in helping Warriors along the road to recovery.

There are three ways to donate to this organization. Preferably mail a check written to LA FRA and in the memo, line note 2024-2025 NP Project. Mail to the LA FRA NFS at PO Box 706, Goose Creek, SC 29445. You may also click on www.pawsforpurplehearts.org and click on DONATE. Then you would go in the "how did you hear about us" field and type in LA FRA 20242025 National President Project or you can Venmo Paws for Purple Hearts @ Paws4ph and enter "LA FRA" in the notes field when you donate.

As I close, I would like to express my thoughts and prayers to those who are suffering from illness or who may have lost a loved one. Also, to those who will be celebrating a January birthday or special occasion this month enjoy your day to the fullest. Tomorrow is not promised!

In Loyalty, Protection & Service,
Kelly Marie Pena
LA FRA National President 2024-2025



From the Desk of the National Vice President

I would like to thank everyone for their support in electing me to the office of National Vice President and for your continued support and friendship through the years I have been associated with the Auxiliary. Like many other organizations, we are facing membership problems. We need to not only recruit new members, but also retain current members. Although membership is everyone's job, I want to congratulate the Regional Vice President and Unit Secretaries for their hard work. I feel that if each member recruited just one member a year we would be in great shape. If the units would please remember to touch base periodically with your members (via phone or snail mail) it would help in retaining membership.

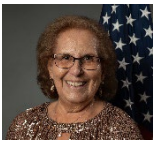
My project this year is to attack membership on all fronts: "BRING THEM BACK"

- a. Sending out letters to those who have dropped their membership. I will send out copies of these letters to any Regional Vice President or Unit Secretary if they request this from me.
- b. Send our letters welcoming new members, this will make them feel welcome and comfortable as a member of our organization.
- c. Include membership applications for new members in case they have friends that are eligible.
- d. I plan on contacting all Members at Large to advise them we continue to appreciate their membership.

If you have any suggestions or questions regarding membership do not hesitate to contact me via email, telephone or snail mail. Together we can move the LAFRA firmly ahead.

In Loyalty, Protection and Service,

Gini C. Larson
National Vice President 2024-2025



From the Desk of the National Parliamentarian

Auxiliary Members:

Accepting this position as Parliamentarian will be an experience to consider each member's rights under the rule of the C&BLs. As the Parliamentarian, the job description is not as simple as which one must be acquainted with the Constitution and Bylaws, Standing Rules, and Robert's Rules of Order.

The Constitution and Bylaws for the Auxiliary are an explanation of how our organization operates. The challenges are when it is not covered in the C&BLs, we must revert to Roberts Rules of Order. Parliamentarian procedures simplify how the Auxiliary is to conduct business in a meeting and advice given when the National President and the National Board of Directors as it relates to the Bylaws of the Auxiliary. Membership has responsibilities as well as privileges, as defined in the C&BLs; an order of business is defined in the Standing Rules. Good Leadership and informed membership are directly related to the use of parliamentary procedure and rules of order.

Another aspect of the position is that resolutions must be submitted for parliamentary procedure to comply with provisions of Article 12.

We must remember to be good stewards of the positions we all hold and move the Auxiliary forward in a confident positive institution of the Ladies Auxiliary of the Fleet Reserve Association.

In Loyalty, Protection, and Service,

Helen A Courneya PNP
National Parliamentarian 2024-2025



From the Desk of the National Chaplain

It gives me great pleasure to have the opportunity to serve as the appointed National Chaplain of the Auxiliary of the Fleet Reserve Association for the year 2024 to 2025. As we plunge into this new year, I am confident and committed to the challenge and look forward to working together with the National President Kelly M. Pena and the Auxiliary of the Fleet Reserve Association.

National Chaplain and Unit Chaplains duties are provided by the LA FRA Constitution and By Laws, Standing Rules, and Unit Instructions and Rituals. It is crucial for chaplains to familiarize themselves with the directions and guidelines to successfully fulfill their duties. The C&BL's, Standing Rules, Instructions and Rituals are found online at www.la fra.org.

Chaplains offer the Invocations at Opening and Closing of Ceremonies during meetings and take part in the Initiation Ceremony, Burial Ritual, and Ceremony for the Draping of the Charter, Memorial Service and other Rituals as directed. The Chaplain records deaths and reports them to the National Chaplain, Regional Chaplain and the membership Service Administrator. The Chaplain officiates at the arrangements of the Alter and has charge of the Bible during the meeting and provides spiritual comfort and aid to those in distress. Unit Chaplains are requested to immediately notify the Regional, National Chaplain, and Membership Service Administrator of a deceased member by submitting a completed Notification of Death of a Unit Member, to include name, address and next to kin on deceased form. Deceased members are memorialized during Regional Convention and National Convention,

I am providing an email for all National Chaplain correspondence. Communication from Unit Chaplains will be essential to ensure that all deceased members are memorialized during ceremonies and official records are kept up to date. I look forward to working with Unit Chaplains and delivering support for family members dealing with grief. Thank you and have a blessed year.

In Loyalty, Protection and Service
Dorothy Smiley
National Chaplain 2024-2025

January 2025 Holidays

January 1	New Year's Day
January 4	National Spaghetti Day
January 8	National Snuggle a Chicken Day
January 11	Learn Your Name in Morse Code Day
January 15	National Hat Day
January 20	Martin Luther King Jr. Day
January 25	Opposite Day
January 30	NASA's Day of Remembrance












Thanks to Unit 269 for their great work at the LawRiders/Toys for Tots Charity Ride on Sunday. There were 350 motorcycles in the ride, collecting donations and 385 toys for the Marine Reserve Toys for Tots Campaign. The seven members were NFS Pat Suckow PNP, PNC Gail Nathan, Marilyn Tharp, Dee Wallace, Trish Chilton, Kimberly Vandiver, DJ Cox. Also assisting with the toys were John Tharp and Herman Green.

Membership Stats as of 11/30/2024

Members as of 4/1/2024	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 11/30/24
4466	135	318	140	139	11	557	35	1	0	4316
REI - Reinstated		TO - .Transfer Out			NP - Non-Payment			INE - Ineligible		
TI - Transfer In			RES - Resigned		DEC - Deceased					

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 Barbara Hendley, Unit 24	 Harriett Pyle, Unit 24	 Venetia McNemar, Unit 24
 Odessa Rainey, Unit, 99	 Alicia Ketcham, Unit 70	 Jeremy Roberts, Unit 162



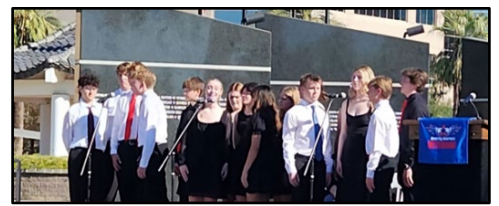
Dec 7, 2024, Pearl Harbor services: Picture with Commander Brenda Way, currently serving as Executive Officer for Navy Reserve Commander Pacific Fleet Public Affairs, Pearl Harbor. left to right, FRA SW Regional Vice President Bryan Ginter, Past FRA SW Regional President Roger Bacud, FRA SW Regional President Edgardo Labao, Commander Brenda Way, Auxiliary of the FRA Past National President Beatrice Parco, Auxiliary of the FRA SW Regional President Myrna Polig Sales, Shipmate Sonny Sales, and Shipmate Joe Bland. (Photo Credit PNP Bea Parco)



Wreaths, Past FRA SW Regional President Roger Bacud, FRA SW Regional Vice President Bryan Ginter, Auxiliary of the FRA Past National President Beatrice Parco, Auxiliary of the FRA SW Regional President Myrna Polig Sales, FRA SW Regional President Edgardo Labao, Shipmate Joe Bland (Br. 163) (Photo Credit Shipmate Sonny Sales, Branch 302 Carson CA)



Auxillary of the FRA SW Regional President Myrna Polig Sales, Auxillary of the FRA Past National President Beatrice Parco (Photo credit: Shipmate Sonny Sales, Branch 302 Carson CA)



Beautiful Singers, Musical Theater of Anthem Outreach Group (Photo credit: Shipmate Sonny Sales, Branch 302 Carson CA)

One More Thing from the National Convention

UNIT REPORT WINNERS

	<u>First Place</u>	<u>Second Place</u>	<u>Third Place</u>
Group 1	Unit 94 Corpus Christi	Unit 289 Imperial Beach	Unit 269 Low Country
Group 2	Unit 137 Sierra-Tahoe	Unit 20 Groton	Unit 302 Carson
Group 3	Unit 40 Chesapeake	Unit 287 Livermore	Unit 162 NOLA
Group 4	Unit 99 Kempsville	Unit 59 Cheyenne	Unit 102 Sunshine

MEMBERSHIP AWARD, BY GROUP, BY UNIT

Group 1	Unit 290, Atlantic Beach – won the membership plaque as overall winner
Group 2	Unit 346, St. Andrew Bay
Group 3	Unit 183, Interlachen
Group 4	Unit 163, Valley of the Sun

ALL STAR RECRUITERS OF NEW MEMBERS

	<u>Name</u>	<u>Unit</u>	<u>Number of New Members</u>
First Place	Walter Flynn	170	27
Second Place	Diane Hoover, PNP	24	25
Third Place	Mary Spare	24	16
Fourth Place	Roxanne Donovan	290	14

MEMBERSHIP AWARD – UNITS: MOST NEW AND REINSTATED MEMBERS

<u>Unit</u>	<u>Reinstated</u>	<u>New</u>	<u>Total</u>
24, Annapolis	34	126	160
170, Everett	14	55	69
290, Atlantic Beach	15	27	42
183, Interlachen	6	21	27
289, Imperial Beach	15	11	26
346, St Andrew Bay	8	18	26

Upcoming Events

5/3/23	Pilgrimage	Arlington, VA
11/4-7/2025	FRA & LA FRA National Convention	Springfield, MO

National President's Project

My National President's Project for 2024-2025 is "Paws for Purple Hearts". Their mission is to improve the lives of America's Warriors facing mobility challenges and trauma-related conditions such as PTSD and TBI by providing the highest quality Assistance Dogs and canine-assisted therapy programs; and by building public awareness about the Important role dogs play in helping Warriors along the road to recovery.

Paws for Purple Hearts is the world's only service dog organization for wounded Service Members and veterans that partners with Bergin College of Canine Studies. Bergin College is the first and only college in the world that focuses on training and learning about dogs. It was founded and continues to be led by the famous canine researcher and inventor of the service dog concept, Dr. Bonnie Bergin.

Through its unique mission to advance human-canine studies, it produces some of the best service dog trainers and highest quality assistance dogs. Although Paws for Purple Hearts is now separate from Bergin College- all of their trainers are Bergin graduates.

As an employee at the VA Palo Alto Health Care/Veterans Affairs, I have had the opportunity to witness the facility dogs in action with veteran inpatients. It is quite a moving experience to see the works of these dogs and how they benefit our veterans. This non-profit 501(c)(3) organization is close to my heart.

There are three ways to donate to this organization:

1. Mail a check to LA FRA National Financial Secretary at PO BOX 706, Goose Creek, SC 29445 and note on the memo line "2024-2025 NP Project".
2. Or click on www.pawsforpurplehearts.org and click on "DONATE". Then go in the "how did you hear about us field" and type in LA FRA 2024-2025 National President Project.
3. Or Venmo to Paws for Purple Hearts@Paws4ph and enter "LA FRA" in the notes field when you donate.

"Warriors helping Warriors-giving back to those who gave so much".

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 (dsmileynationalchaplain@yahoo.com), and National Financial Secretary (lafranspat@gmail.com).

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.

National Vice President's Project

NVP Gini Larson's National Vice President's Project is "BRING THEM BACK." She will contact members whose membership was not renewed or lapsed in an effort to get them to rejoin the Ladies Auxiliary of the Fleet Reserve Association. She will also be in contact with all members at large.

Here are some fun New Year's Facts and Trivia:

- The earliest recorded festivities in honor of a new year's arrival date back some 4,000 years to ancient Babylon.
- Auld Lang Syne is a Scottish folk song made famous in America by Canadian bandleader Guy Lombardo in the late 1920s.
- Ancient Romans are credited with the [kissing tradition](#) because of their Saturnalia festival. It was a celebration honoring Saturn, the god of time.
- American Samoa is the second to last place to celebrate the new year behind Baker and Howland Islands, which are both uninhabited.
- The most common resolution people make is to get healthier.
- Each year, it is estimated that 80 percent of New Year's resolutions are abandoned by February.
- Times Square first hosted a New Year's Eve celebration in 1904 with a giant fireworks show but when city leaders banned fireworks a few years later, the ball drop tradition was born in 1907.
- The idea of a ball "dropping" to signal the passage of time dates back to 1833 when a ball was installed on top of England's Royal Observatory at Greenwich, allowing the captains of nearby ships to precisely set a vital navigation instrument.
- The current ball is a 12-foot sphere that weighs 11,875 pounds and is covered with 2,688 Waterford Crystals
- The ball is illuminated by 32,256 LEDs (light-emitting diodes) and can display a palette of more than 16 million vibrant colors and billions of patterns that create a spectacular kaleidoscope effect.
- At the historic Hershey Press Building in Pennsylvania, a 300-pound, seven-foot-tall Hershey's Kiss is raised three stories.
- The New Year's Eve Pickle Drop started in 1999 with a handful of Mt. Olive Pickle employees and now draws several thousand to the North Carolina town every year. The glowing, three-and-a-half-foot pickle drops from the Mount Olive Volunteer Fire Department's tower truck.
- In Mobile, Alabama a 12-foot, 600-pound electric Moon Pie drops at midnight (even though the sweet treat is made in Tennessee).
- Nashville gets in on the new year fun by dropping a musical note in Music City and of course accompanying the drop.
- Eating black-eyed peas is a southern tradition said to bring economic prosperity in the coming year.
- Find a way to include a round food (think donuts, bagels...) into your New Year's meal. The shape symbolizes that the year has come full circle.
- In Denmark, the Danes throw unused plates that have been saved up throughout the year at the front doors of family and friends for good luck.
- In some Latin American countries, people carefully pick the underwear they wear for the holiday. Yellow enhances your chances for abundance and money. Red means you'll likely find love. And if you were sporting white underpants, preferably new and clean, then peace was your top priority for the coming year.
- To get into the Sea Goddess's good graces, Brazilians jump over the waves seven times.
- In Canada, they do the polar bear plunge to ring in the new year. Fireworks are also set off because it is thought that noise and lights will scare away any evil spirits for the coming months.
- In the Philippines, roundness is thought to signify prosperity, so on New Year's Eve locals surround themselves with round shapes, by wearing polka dots, filling their pockets with coins, or by eating circular fruits.
- It's a common superstition that opening the doors and windows will let the old year out, and the new year in unimpeded.
- In Hawaii, they celebrate with popping firecrackers (to ward off evil spirits), eating noodles (which symbolize longevity), cleaning (so you don't carry your old life into the new year) and, for some local families, pounding mochi.
- In Scotland and Greece, they believe the first person who enters your home in the new year will either bring good or bad luck. Make sure you're careful about who it is and that they walk in using their right foot.
- The Chinese New Year is a festival that lasts fifteen days and starts on a different date every year, following the phases of the moon. It begins with the new moon that usually occurs between the end of January and the middle of February.

Source: <https://www.signupgenius.com/groups/fun-new-years-trivia-questions.cfm>

TRIANGLE – January 2025
Ladies Auxiliary of the Fleet Reserve Association
39 Fairmount Drive
Glassboro, NJ 08028-1305

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
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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: _____	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	