



# TRIANGLE

## Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

March 2025



2024-2025

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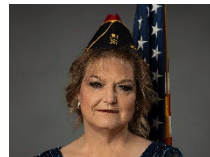
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**Website: [la-fra.org](http://la-fra.org)**

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*

Hello Auxiliary Members!

Welcome to the month of March! I hope everyone is staying well. This has been a cold winter and unfortunately the groundhog saw his shadow on February 2, so we have 6 more weeks of winter. Keep bundled up when you are out and about!

This month has a few Military holidays such as the March 5-Seabee Birthday, March 13-National K9 Veterans Day, and March 29-National Vietnam War Veteran Day. We also celebrate World Hearing Day on March 3, Mardi Gras Carnival Day on March 4, Ash Wednesday on March 5, and St. Patrick's Day on March 17. (SIAD) Self Injury Awareness Day starts March 1. This day is an annual Global awareness event. We should all make special efforts to raise awareness for mental health within our units and community. Encouraging your members to wear an orange ribbon or a self-love bracelet is a simple effort to participate.

Don't Forget! "Spring forward." Daylight savings time begins on Sunday March 9, 2025. Forward your clocks one hour ahead.

The Pilgrimage will be held on May 5, 2025. USS Mass of the Maine Memorial ceremony will begin at 1:30 pm and the Laying of the wreath at the tomb of the unknown soldier at 3:15 pm. More specific information on hotel accommodations will follow.

Nominations for elections of Unit officers are still open if your Unit starts in February or may become open at your March meeting. They shall remain open for 3 consecutive months and then closed once the officers are elected. Refer to Section 1405 (a) and (d) in the Constitution & Bylaws for more information. I encourage all of you to help your units and step up to serve in a unit officer position. **Leadership** starts at the unit level. You may have hidden skills that could benefit your unit.

The regions are currently conducting their mid-year meetings. I will be attending the West Coast & Northeast/New England meeting later this month. As soon as your regional convention plans are finalized, please send me the information as soon as they are available so I can make the arrangements to attend. If there are any functions (installations, celebrations, etc.), I would like very much to attend when possible. Please let me know.

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Just a reminder the deadline for all scholarships is April 15, 2025. Applications must be postmarked by midnight on April 15, 2025. The Auxiliary offers 4 scholarships annually. They are the LA FRA Scholarship, the Sam Rose Memorial Fund Scholarship, the Allie Mae Oden Memorial Scholarship, and the NP Scholarship. More detailed information and applications are available on the National LA FRA website. Additionally, the FRA also has a scholarship fund. Visit the website to find out information about their scholarship program. The FRA provides clear guidelines on how to apply and what criteria must be met to qualify for their scholarships. Their official website is [www.fra.org](http://www.fra.org) These scholarship programs offer significant opportunities for students to receive financial support for their education.

NES Laurie Starkey will be distributing the minutes of the 2024 National Convention by March 16. Please make these available to your unit members, especially those who are unable to attend. By doing this they will have an idea what goes on at a convention. Also, share the fun times that we also have along with taking care of Association business.

I would like to thank all of you who have donated to the National President's Project "Paws for Purple Hearts" Paws for Purple Hearts improves the lives of America's Warriors facing mobility challenges and trauma-related condition 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.

As I close, I would like to send many prayers and thoughts to those members and family who are ill or have lost a loved one. Best wishes to all who are celebrating a birthday, anniversary, or any other special occasion. May you celebrate many more!

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

### *March 2025 Holidays*

March 3	World Hearing Day
March 4	Mardi Gras Carnival Day
March 5	Ash Wednesday
	United States Navy Seabees birthday
March 13	K-9 Veterans Day
March 17	St. Patrick's Day
March 25	Medal of Honor Day
March 29	Vietnam Veterans Day

### *Donations*

**Pilgrimage:** Unit 31

**National Presidents Project 2024-2025:** Margaret Defino

**National Scholarship:** PNP Cindy Rodham-Tuck (In memory of PNP Georgia Gallagher) and PNP Club

**Welfare:** PNP Helen Courney (In memory of PNP Georgia Gallagher)



## *From the Desk of the Southeast Regional President*

Greetings from the Sunny Southeast!

Looking at the weather map, it would appear that the Southeast Region is the best place to be at this time.

The units in this area are using the warm weather to good advantage. Many of the units have been doing their Welfare and Americanism projects right along. I have made official visits to four of our ten units, and they are very involved in their communities. Several of the units take food baskets to shut-in veterans and branch and unit members. Through their newsletter they ask for donations, and many of the members who are unable to attend the meetings send in donations to help with the various projects. Unit 269 in Goose Creek collects donations for their Toys for Tots drive (in partnership with the Marine Corps Reserve). Over the years they have collected money and then the members “go shopping” for the toys. Who doesn’t like to go shopping with someone else’s money! The number of toys they collect is unbelievable. They are also involved with several other projects. One of our unit members stops at businesses when they see a tattered flag and gently remind them that the flag needs to be replaced. They tell them they will pick up the tattered flag when it is replaced and take it to be disposed of properly. All of these activities promote our motto of “Loyalty, Protection and Service”.

As with all of the Branches and Units, we are losing members to age, illness, and economics. It is important that the members work to keep the membership active. Maybe you could have a “birthday chairman” who makes sure to contact those members having a birthday that month. Phone calls, cards, emails are easy ways to keep in touch with the membership. Those members who are homebound or ill appreciate being remembered. If you don’t have a newsletter, start one. This is a good way to keep in touch. Along with keeping all of your members, everyone needs to be recruiting new members.

Another item that needs addressing is the filing of 990-N postcard. This is to be done shortly after the end of your unit year. You can have the outgoing officers be responsible for this or you can have the new Secretary do it. Whoever is assigned to do it, must be sure to file. The IRS doesn’t like non-profits (because we don’t pay taxes). They are looking closely at us to make sure we do what we are supposed to be doing. If you get a letter from the IRS regarding your non-profit status contact one of the National Officers for assistance.










Come visit us in the Southeast, we are very active and we welcome visitors.

Carolyn Whitaker, PNP  
Regional President, SE

### *Membership Stats as of 1/31/2025*

Members as of 4/1/2024	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 1/31/25
4466	156	399	144	142	16	692	46	1	0	4268
	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
 Patricia Justine, Unit 289  Allyson McDermott, Unit 269	 Jaydeane Wenks, Unit 137  Jessie Ross, Unit 289	 Deborah Woodward, Unit 24  June Muntz, Unit 289

## *Upcoming Events*

2/21/2025	Southeast Region Mid-Year Conference	Jacksonville, FL
3/22/2025	West Coast Mid-Year Meeting	Placerville, CA
3/28-29/2025	Northeast/New England Mid-Year Meeting	Allentown, PA
4/26-29/2025	North Central Mid-Year Meeting	Bloomington, MN
5/5/2025	Pilgrimage	Arlington, VA
6/9-13/2025	East Coast Regional Convention	Williamsburg, VA
8/18-21/2025	North Central Regional Convention	Osage Beach, MO
11/4-7/2025	FRA & LA FRA National Convention	Springfield, MO

Under Section 1405. Nominations and Elections of Unit Officers Section 1405(a) of the C&BLs, "nominations for Unit Officers shall be opened at a meeting in March, April, or May, as specified by the Bylaws of each Unit." Under Section 1405(d), "Officers-elect shall be installed at a meeting in the month following election." Please submit the Unit Officer Information form immediately following the Unit's election. **Please do not wait until installation to submit this form.** Thank you.

## *Pilgrimage*

The Pilgrimage is **May 5, 2025**. Please remember that, pursuant to Section 815(c) of the C&BLs, each Unit is privileged to send \$5 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.

PLEASE SAY THE NEW PREAMBLE OF THE AUXILIARY OF THE FLEET RESERVE ASSOCIATION AS PASSED BY THE DELEGATES AT THE NATIONAL CONVENTION AS FOLLOWS:

**Having a keen sense of responsibility, being true Americans, and bearing in mind the Preamble of the Fleet Reserve Association, we, the members of the Auxiliary of the Fleet Reserve Association, do band together to aid, assist, and promote in all matters pertaining to welfare, social and patriotic work, for the benefit of the Fleet Reserve Association, its members and their families. Thus do we associate and declare these principles to be the foundation and the Preamble to the Constitution of the Auxiliary of the Fleet Reserve Association.**

## *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](http://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".

## *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.

*Bravo!!*

Unit 20 purchased 100 children and adolescence coats and jackets. Unit President Heather Price brought their donations to Loving Hands of Southeastern, CT, an amazing local group that was created to help the homeless and families in need. Thank you for all you do to support our families.

## 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](mailto:dsmileynationalchaplain@yahoo.com)), and National Financial Secretary ([lafranfspat@gmail.com](mailto:lafranfspat@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.**

Some jokes to make you laugh:

- A. Why are horses so sleepy?
- B. What did one hat say to the other?
- C. What insect is the sneakiest?
- D. Why are trees so unreliable?
- E. Why was the broom late for work?
- F. Why are bunnies so great at catch?
- G. What's the best time to go to the dentist?
- H. Why did the two rabbits get on so well?

*Punch lines on Page 7*

# LA FRA

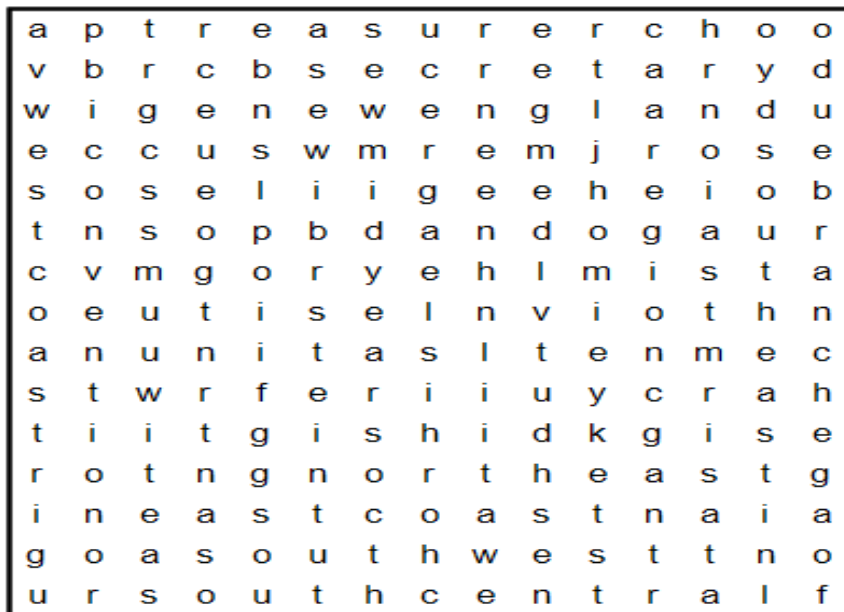
## Word List

Can you find these words?

Branch  
Convention  
East Coast  
Mid Year  
New England  
Northeast

President  
Region  
Secretary  
South Central  
Southeast  
Southwest

Treasurer  
Unit  
Vice President  
West Coast



Punch Lines from Page 6:

- A. They're always hitting the hay.
- B. You wait here. I'll go on a head.
- C. Spy-ders.
- D. They're shady.
- E. It over-swept.
- F. They always g-rabbit!
- G. Tooth-hurty!
- H. Love was in the hare



TRIANGLE – March 2025  
Ladies Auxiliary of the Fleet Reserve Association  
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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](mailto: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	