



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

April 2025



2024-2025

National President

Kelly Peña
408.642.7722
penakelly66@gmail.com

National Vice President

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Laurie A. Starkey
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757-240-7537
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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

Dear Auxiliary Members!

Happy spring! As we step into the vibrant month of April, I hope this message finds you in good spirits, basking in the promise of warmer days ahead. With the chill of winter and the cold and flu season behind us, it's time to soak up some sunshine!

April is a month filled with celebrations and awareness. Mark your calendars for April 1st, as we welcome April Fool's Day- a time when playful jesters attempt to catch us off guard. Following that, on April 2, we observe World Autism Awareness Day; please remember to wear blue in support of this important cause.

We also have National Siblings Day on April 10th, providing a wonderful opportunity to honor the bonds we share with our brothers and sisters. As we approach our sacred holidays, we observe Good Friday on April 18th and Easter Sunday on April 20, offering moments of reflection and celebration.

And yes, April 15, is also the tax deadline- let's ensure we're all prepared! Later in the month, we celebrate Arbor Day on April 25, a wonderful opportunity to honor nature. Why not plant a tree, either solo or with friends?!

This month is particularly important for scholarship applications! April 15 is the deadline for submitting applications for the Ladies Auxiliary and Fleet Reserve Association scholarships. Ensure your applications are postmarked by midnight to ensure they're valid.

As we look ahead, nominations for unit officers for the 2025-2026 term are currently underway. I encourage each of you to showcase your talents and consider stepping into leadership roles within your units. Should you have any inquiries regarding elections, nominations, or the installation process, please consult the Unit Instructions & Ritual Manual.

Don't forget, it's time for our units to prepare for filing their 990 postcards, as deadlines are fast approaching. The last thing anyone wants is to risk losing their status and incurring fines.

Most regions have already held their mid-year conventions or business meetings, and I was honored last month to attend both the West Coast and Northeast/New England meetings. It was heartwarming to reconnect with familiar faces!

Looking ahead, the Pilgrimage is set for May 5. Be sure to check out the flyer, as the deadline for room accommodations is approaching quickly. This event is a deeply moving experience, no matter how many times you've attended. If you've never been, I wholeheartedly encourage you to join us!

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I extend my heartfelt gratitude to everyone who has contributed to my National President's Project "Paws for Purple Hearts." This incredible initiative enhances the lives of America's Warriors facing mobility challenges and trauma-related condition such as PTSD and TBI by providing high-quality assistance dogs and canine-assisted therapy programs. Together, we are raising awareness about the vital role dogs play in aiding Warriors on their journey to recovery.

As I close, I want to send my thoughts and prayers to our members and their families who are facing health challenges or mourning the loss of a loved one. To those celebrating birthdays, anniversaries, or any special occasions this month, I wish you joy and many more celebrations to come!

In Loyalty, Protection & Service,

Kelly Marie Pena- LA FRA National President

April 2025 Holidays

April 1	April Fool's Day
April 5	Gold Star Spouses Day
April 9	National Former POW Recognition Day
April 12	Passover begins
April 15	Tax Day
April 20	Easter
April 22	Earth Day

Donations

Pilgrimage:

Unit 137, Unit 182, Unit 161, Unit 287, Unit 40

National Presidents Project 2024-2025:

Unit 137, Unit 22, Unit 185, Unit 161

National Scholarship:

Unit 137, Unit 161, Unit 287

LA FRA Scholarship:

Unit 137, Unit 22



From the Desk of the North Central Regional President

Greetings from the North Central Region!

It has been a wild few months since I was installed at the National Convention in November. Between the holidays and then very unusual weather kept me either really busy or just bundled up in the house trying to stay warm. I know a lot of folks were quite ill with respiratory viruses and I was one of them. Non stop coughing for 4 weeks. 4 WEEKS! I pray that none of you had to deal with it. I know a few people who it resulted in them being hospitalized.

Anyway, now we are ready to enjoy spring. On that note, I am planning to join our FRA Regional President in going to visit Unit 276 in Omaha Nebraska and Unit 216 in Cedar Rapids Iowa. Traveling in May should be safe from snow, right?

I am planning to travel to the North Central Mid-Year, which is being held in Bloomington MN. The dates for that are Apr 22-25. I know Minnesota can still get snow in April, but even if I end up needing to travel by sled dog team, I'll be there!

Unit 161 has been ongoing with making contributions to the Veterans Community Center (Tiny Homes) in Kansas City. 3 times each year we go shopping for groceries that they need, then deliver them. The VCC holds a commissary day each month to help both the residents of the homes and other veterans who are struggling. We do some fundraising throughout the year for this purpose and our branch members always contribute to the cost.

NC Mid Year – Apr 22-25, Holiday Inn Bloomington MN. This is next to Minneapolis Airport.

NC Regional - Aug 18-22. It is being held at the Inn at Grand Glaize, Osage Beach MO. This hotel has been fully renovated in the past 2 years so it's going to be a great convention.

FRA /LA FRA 2025 National Convention – Nov 3 – 7 , Springfield MO. This one will be held Nov 3-7 at the Oasis Hotel and Convention Center.

I don't want to say too much about the Natl, but I do know what's being planned for the Welcome Aboard is going to be a lot of FUN! Dust off your cowboy boots and y'all come!

If anyone has any questions about the North Central conventions, please don't hesitate to reach out to me.









In Loyalty, Protection & Service,

Donna Lickteig, RPNC

Membership Stats as of 2/28/2025

Members as of 4/1/2024	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 2/28/25
4466	174	429	141	139	18	763	55	1	0	4234
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
 Shirley Bowen, Unit 126  Linda Boepple, Unit 346	 Loretta Seybert, Unit 289  Betty Stiffler, MAL	 Janice Upton, Unit 170

Upcoming Events

3/22/2025	West Coast Mid-Year Meeting	Placerville, CA
3/29/2025	Northeast/New England Mid-Year Meeting	Allentown, PA
4/23-25/2025	North Central Mid-Year Meeting	Blooming, MN
5/5/2025	Pilgrimage	Arlington, VA
6/9-13/2025	East Coast Regional Convention	Williamsburg, VA
8/18-21/2025	North Central/South 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.

Remember, pursuant to Section 608(a) of the C&BL, "all resolutions to be acted upon by the National Convention, shall be received by the National Executive Secretary in the proper format and content and not less than four months (120 days) before the convening date of the Annual Convention." 120 days before the convening of the National Convention is **July 7, 2025.**

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.

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 (lafranfsnat@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.

LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION

National President 2025-2026

Livermore Unit 287

Nominating Resolution

WHEREAS, it will be the responsibility and the privilege of the delegates assembled at the 92nd National Convention of the Ladies Auxiliary of the Fleet Reserve Association held in Springfield, Missouri on November 3- 9, 2025, to elect one of its outstanding members to the office of National President for the association year 2025-2026; and

WHEREAS, the duties of the office require that the person elected must possess leadership, integrity, executive and administrative abilities; and

WHEREAS, Livermore Unit 287 in Livermore, California has a member, **KELLY MARIE PENA**, who has demonstrated all the required qualifications, as well as dedication to the three cardinal principles of Loyalty, Protection, and Service of the Ladies Auxiliary of the Fleet Reserve Association; and

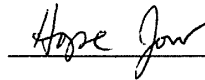
WHEREAS, she is currently serving as the LA FRA National President, has served as National Vice-President 2023-2024, West Coast Regional President 2016-2017, 2020-2021 and 2021-2022, 2022-2023 and WCR Vice President 2015-2016, and served on Regional Unit Report Committee and has served on various National Conventions as the Medic/Nurse. Was on the 2023 National Convention Committee that was held in Sparks, Nevada. On the Unit level, she has served as Unit President, Unit Vice President, Membership Chairperson. She has also served as Secretary and chaplain of other Veteran Organizations such as American Legion Unit and District level along with serving Le Femme Cabane. She has also served on the Branch 101 Marine Ball Committee and has assisted the Branch sponsored Bingo game as an Assistant Manager. Kelly has participated in many Veterans Day and July 4th parades, raised and lowered flags at local cemeteries during Memorial Day ceremonies and volunteered at the Menlo Park Rehabilitation Hospital at their events for their patients. She collects donations for other non-profit organizations such as Operation Gratitude and the local VA hospital and Fisher House in Palo Alto. Kelly has attended Mid-year, Regional and National Conventions for the past thirteen years. Kelly has had the honor to attend the annual Pilgrimage in Washington D.C. a few times. She also has a professional medical career for the past 35 years and is currently working at the Palo Alto VA Hospital as an Infusion nursing coordinator.

RESOLVE, that Livermore Unit 287, at a regularly scheduled business meeting held on March 08, 2025, with a quorum being present, by a majority vote did place in nomination the name of **Kelly Marie Pena** for the office of National President of the Ladies Auxiliary of the Fleet Reserve Association for the association year of 2025-2026.

RESOLVE, that the members of Livermore Unit 287 do earnestly solicit the endorsement and support of each Unit in the Ladies Auxiliary of the Fleet Reserve Association for candidacy of **Kelly Marie Pena** for National President of the Ladies Auxiliary of the Fleet Reserve Association for the association year 2025-2026.



Unit President, Kelly Marie Pena



Unit Secretary, Hope Jow

**LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION
NATIONAL VICE PRESIDENT 2025-2026**

UNIT 31 NORTH SHORE

NOMINATING RESOLUTION

Whereas, it is the duty and responsibility of the delegates assembled at the 92nd National Convention of the Ladies Auxiliary of the Fleet Reserve Association to be held in Springfield, Missouri, to elect one of its outstanding members who is knowledgeable and dedicated to serve in the office of National Vice President for the Association Year 2025- 2026; 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 her fellow members, their families and to the Fleet Reserve Association; and

Whereas, Unit 31 North Shore has within its membership a member, Laurie A. Starkey, 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 was an active member of Unit 57 since she joined on April 1, 1999, until the Charter was turned in by serving as Unit Secretary/Treasurer, Unit Vice President, Unit President and on the Unit Board of Directors; and

Whereas, after Unit 57 disbanded, she transferred her membership to Unit 124 and Unit 181. She then transferred her membership to Unit 42 which was disbanded in the beginning of 2021. After Unit 42 disbanded, she transferred her membership to Unit 31 North Shore and is one of the charter members. She served as Unit Secretary for the Association Years 2021-2024; and

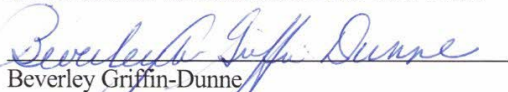
Whereas, on the Regional Level, she served as Northeast/New England Regional President for the Association Year 2021-2022, served as Northeast Regional President from 2001- 2004 and attended numerous Spring Meets and Regional Conventions of the Northeast Region since April 1, 1999, she served as Northeast/New England Regional Vice President several times during Association Years 2014-2021 and as Secretary pro tem of the 2021 Regional Convention; and

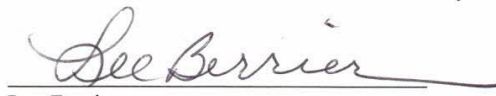
Whereas, on the National Level, she is serving as National Executive Secretary for the Association Years 2022-2025, served as Honorary Membership Chairman for the Association Years 2019-2020 and 2020-2021. She aids and assists at the National Conventions in any way she can and has attended numerous National Conventions since joining the Auxiliary on April 1, 1999; and

Whereas, she has been a paralegal and office manager for 25 years and whose duties includes following the directives of the attorneys, meeting strict and specific deadlines with the Court, maintaining a caseload of more than 500 files, maintaining the inventory of office supplies and ensuring that these supplies are available to all members of the staff, maintaining the law firm's website, preparing and finalizing all correspondence and monthly newsletters, preparing an annual report to the attorneys on the files in her caseload and other duties performed, maintaining and updating the CB&Ls of the corporate clients of the law firm, maintaining and updating the law firm's contact list, maintaining the financial records and bank accounts within the confines of the strict guidelines of the New Jersey State Judiciary, and maintaining attorney trust fund account for audits as scheduled by the Office of Attorney Ethics; and be it

Resolved, that Unit 31 North Shore, at a regular scheduled meeting held on February 19, 2025, a quorum being present, by unanimous vote to place in nomination the name of Laurie A. Starkey for the office of National Vice President of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2025-2026; and be it further

Resolved, that the members of Unit 31 North Shore do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Laurie A. Starkey for the office of National Vice President of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2025-2026.


Beverley Griffin-Dunne
President


Lee Berrier
Secretary

YOU ARE
CORCORDIALLY
INVITED TO THE

President's Tea

TO CELEBRATE OUR NATIONAL
PRESIDENT KELLY PENA

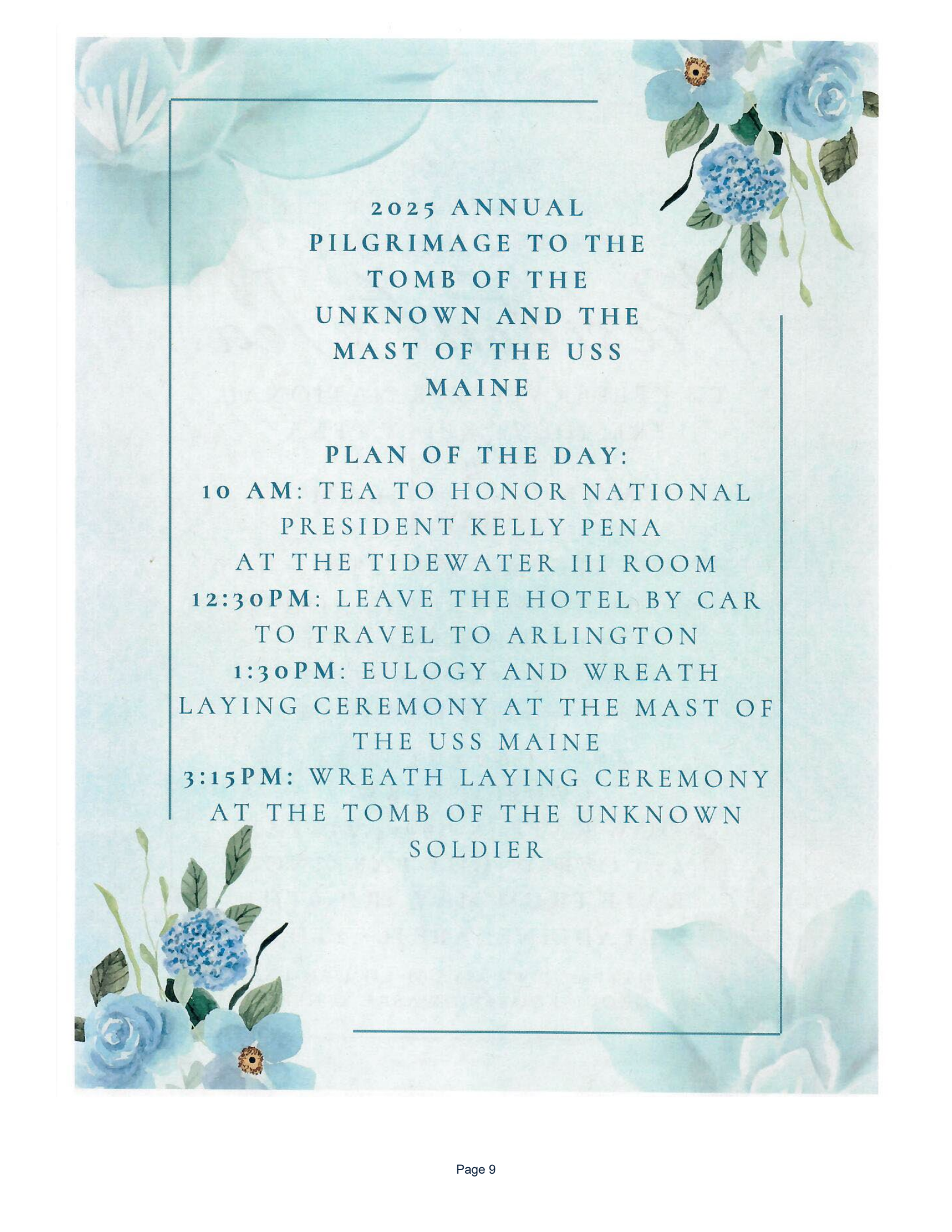
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2025 ANNUAL
PILGRIMAGE TO THE
TOMB OF THE
UNKNOWN AND THE
MAST OF THE USS
MAINE

PLAN OF THE DAY:

- 10 AM: TEA TO HONOR NATIONAL
PRESIDENT KELLY PENA
AT THE TIDEWATER III ROOM
- 12:30PM: LEAVE THE HOTEL BY CAR
TO TRAVEL TO ARLINGTON
- 1:30PM: EULOGY AND WREATH
LAYING CEREMONY AT THE MAST OF
THE USS MAINE
- 3:15PM: WREATH LAYING CEREMONY
AT THE TOMB OF THE UNKNOWN
SOLDIER

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

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ORGANIZATION
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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	