



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association

dba Auxiliary of the Fleet Reserve Association

October 2025



2024-2025

National President

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Jr Past National President

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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

****Greetings and Happy Fall to All****

October has arrived, ushering in the crispness of cooler mornings and the anticipation of pleasantly mild days ahead. The delightful aroma of pumpkin spice fills the air, and vibrant shades of orange are beginning to dominate our surroundings. Isn't it a wonderful time of year?

This month also brings with it a couple of significant holidays: Columbus Day on October 13 and Halloween on October 31. For those of us still engaged in our professional endeavors, we are fortunate to enjoy another three-day weekend. As Halloween approaches, whether you're welcoming trick-or-treaters or donning a costume to attend a festive dance with friends and family, make the most of this spirited occasion.

Additionally, October is recognized as Breast Cancer Awareness Month, a cause the resonates deeply with many of us, as it has touched the lives of our loved ones and ourselves. This month is dedicated to raising awareness about breast cancer, promoting early detection and screening, and generating funds for research into its causes, prevention, diagnosis, treatment, and potential cures. The month is characterized by a vibrant pink theme, so be sure to wear your pink ribbon and consider participating in a breast cancer walk. Even a small donation to a nonprofit organization dedicated to finding a cure can make a significant difference.

For the Auxiliary, October serves as a crucial lead-up this year to our National Convention, which will take place in Springfield, Missouri, from November 3 to November 8. If you have not yet finalized your travel arrangement, hotel bookings, meals and Branson tour reservations, or journal entries for the convention, now is the time to act, as numerous deadlines are fast approaching. Furthermore, if your unit has not yet determined its voting strategies regarding candidates or the various resolutions outlined in the July Triangle, I encourage you to finalize those decisions promptly.

On a personal note, I have been quite busy traveling across the nation to attend various regional conventions. I extend my congratulations to the newly elected regional officers and look forward to collaborating with all of you in the future. I am proud to share that during my visit to the Northwest Regional Convention in Oak Harbor, Washington, I held a meeting with the previously suspended region and successfully lifted the suspension. They now have a full slate of officers and are back in good standing with their bylaws.

I would like to take this opportunity to remind everyone that the dress code for memorial services and opening ceremonies requires female members to wear all white, while male members should don black or navy slacks paired with white shirts. Additionally, white gloves and caps are also part of the attire. I emphasize this point as I have observed some inconsistencies in adherence to the dress code during recent conventions.

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Furthermore, I extend my heartfelt gratitude to all the regional officers who served this year. Many of you were new to your roles, and your efforts are commendable. To past regional and national officers, I urge you to support and guide these new leaders positively, ensuring they remain encouraged and empowered to help the Auxiliary thrive. Let's embrace this season of change and collaboration as we move forward together.

Finally, I would like to express my heartfelt appreciation to everyone who has generously supported my initiative, "Paws for Purple Hearts," as part of my National President's Project. There is still an opportunity to contribute; your support would be greatly valued. If you are inclined to donate, please make your checks payable to LA FRA and send them to LA FRA NFS. P.O. Box 706, Goose Creek, SC 29445. Kindly note "NP Project" in the memo line. Thank you for your continued support!

In closing, my thoughts and prayers are with those members and families facing illness or mourning the loss of a loved one. Best wishes to all celebrating birthdays, anniversaries, or any special occasion- may you enjoy many more joyous celebrations in the future.

In Loyalty, Protection, & Service,

Kelly M. Pena

LA FRA National President













October 2025 Holidays

October 1	Yom Kippur
October 5	National Do Something Nice Day
October 13	Navy Birthday
October 13	Columbus Day
October 21	National Pets for Veterans Day
October 25	National Make a Difference Day
October 31	Halloween

Donations

<u>National President Scholarship:</u>	Unit 126
<u>National Presidents Project:</u>	Unit 61, Southwest FRA Shipmates
<u>Welfare:</u>	Helen Courneya PNP (memory of Shipmate Paul March)

In Loving Memory of Our Departed Members

 National Presidents	 Other National/Regional Officers	 Members
 Hiroko Lewless, PRPSW Unit 302	 Gladys Holomb, Unit 274	 Elizabeth Deleo, Unit 162
 Sondra Dickey, Unit 183	 Irene Chenard, Unit 70	 Barbara Drecsler, Unit 67
 Kateri Kashuba, Unit 24	 Rose Marie Davis, Unit 289	 Frances Rugeley, Unit 94

Membership Stats as of 8/31/2025

Members as of 4/1/2025	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 8/31/25
4255	76	169	4	3	6	233	19	1	0	4242
REI - Reinstated			TO - .Transfer Out			NP - Non-Payment			INE - Ineligible	
TI - Transfer In			RES - Resigned			DEC - Deceased				

LADIES AUXILIARY OF THE FLEET RESERVE ASSOCIATION NATIONAL
EXECUTIVE SECRETARY 2025-2028

UNIT 99 KEMPSVILLE

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 Executive Secretary for the Association Years 2025-2028; 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 99 Kempsville has within its membership a member, Candiss Cox, 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 is an active member of Unit 99 since she joined on June 1, 2021, and has served as the Unit Secretary since becoming a part of the organization.

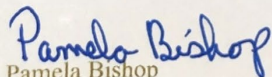
Whereas, on the Regional Level, she is currently serving as the East Coast Regional Secretary. Also she has assisted in planning the past few Mid-year and Regional conventions; and

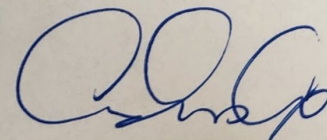
Whereas, on the National Level, she was on the planning committee for the 2024 National Convention: and

Whereas, she has served in several capacities to include Treasurer and Troop Leader for Girl Scout Troop 550; Membership Chair, Vice President, Foundation Chair, and Lead Teen Advisor for the Portsmouth Chapter of Jack & Jill of America; President, Vice President, Secretary, Treasurer, Membership Facilitator for Order of Eastern Star; Fundraiser Chair, and Membership Engagement for Portsmouth Service League; President, Vice President, Secretary, and Treasurer for several PTA councils. She's also hands on with running her own catering company.

Resolved, that Unit 99 Kempsville, at a regular scheduled meeting held on July 16, 2025, a quorum being present, by unanimous vote to place in nomination the name of Candiss Cox for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2025-2028; and be it further

Resolved, that the members of Unit 99 Kempsville do earnestly solicit the endorsement and support of each Unit in the Auxiliary for the candidacy of Candiss Cox for the office of National Executive Secretary of the Ladies Auxiliary of the Fleet Reserve Association for the Association Year 2025-2028.


Pamela Bishop
President


Candiss Cox
Secretary

Upcoming Events

10/08/2025
11/4-7/2025

Northeast/New England Regional Convention
FRA & LA FRA National Convention

Pleasantville, NJ
Springfield, MO

Nominating Resolutions Received for National Office

National President:	Kelly Peña, Unit 287 Gini Larson, PNP, Unit 94
National Vice President:	Laurie Starkey, Unit 31
National Executive Secretary:	Doris Fri, Unit 161 Candiss Cox, Unit 99

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".



Unit 269 Low County, Goose Creek donated a 100-cup coffee cup to the VA Clinic. Pictured: Gale Nathan PNC, Samuel Matthews Voluntary Specialist for the VA Clinic. and Pat Suckow NFS/PNP



Members in attendance at the Northwest Meeting on September 6, 2025



Congratulations to the 2025-2026 Southwest Regional President, Myrna Sales, Unit 302 Carson



Congratulations to the 2025-2026 Southwest Regional Vice President, Jinise Rostrata, Unit 289 Imperial Beach



Congratulations to Gail Doloway, PNP, Unit 289 for her 60-year service. Pin presented by Kelly Pena, National President.

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.

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 (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.

TRIANGLE – October 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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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	