



TRIANGLE

Ladies Auxiliary of the Fleet Reserve Association
dba Auxiliary of the Fleet Reserve Association
December 2025



2025-2026

National President

Kelly M. Peña
408.642.7722
penakelly66@gmail.com

National Vice President

Laurie A. Starkey
856-294-1282
lafrastarkey@outlook.com

National Executive Secretary

Doris C. Fri PNP
816-878-1720
doriscfri@gmail.com

National Financial Secretary

Pat Suckow, PNP
843.452.4719
lafranspat@gmail.com

National Treasurer

Sharon Lippitt
908-507-0345
lafrasharonlippitt@gmail.com

Jr Past National President

Veralyn Thomas
904.495.4363
nplafra2023.24@aol.com

National Chaplain

Eimile Jorden
410-533-7848
eimilehasfuntimes@gmail.com

National Parliamentarian

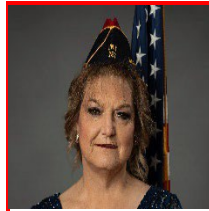
Helen A. Courneya
775-882-9201
vpc-hac-patches@att.net

Website: la-fra.org

Contact NES Doris Fri 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 Holidays Auxiliary Members,

I am deeply honored to have been re-elected as the National President of the Auxiliary of the Fleet Reserve Association for the 2025-2026 term. Your trust and support means the world to me, and I am committed to building on the initiatives I have undertaken to ensure a fruitful year for our Auxiliary.

I extend my heartfelt gratitude to the North Central Region committee for their tireless efforts in orchestrating such a successful event. It was truly inspiring to see both familiar faces and new attendees at the convention, a testament to our growing community. A special acknowledgement goes to those members who have embraced leadership roles and committee positions for the first time, your courage and dedication are commendable. I would also like to express my sincere appreciation to all the Past National Presidents for their invaluable guidance and expertise throughout my journey in the Auxiliary. I feel incredibly fortunate to have such a wealth of experience to draw upon.

Congratulations to the members who will serve as national Officers and appointees for the 2025-2026 term: National Vice President Laurie Starkey, National Financial Secretary PNP Pat Suckow, National Treasurer Sharon Lippitt, National Executive Secretary PNP Doris Fri, National Parliamentarian PNP Helen Courneya, National Chaplain Eimile Jorden, and Junior Past National President Veralyn Thomas.

Let us also warmly welcome this year's Regional Presidents: PNP Cindy Rodham Tuck (Northeast/New England), Virginia Jorden (East Coast), Ronalee Klase (southeast), Joseph Neal (Heartland), Cynthia Salisbury (Northwest), John Souza (West Coast), and Myrna Sales (Southwest).

I firmly believe that teamwork is essential for our success. Together, let us strive to enhance the Fleet Reserve Association and truly embody the spirit of a Dream Team. I encourage each of you, as national Board members, to set an exemplary standard for your regions and units by clearly defining roles and goals, fostering a culture of trust and open communication, and promoting collaboration, active listening, and mutual support. Above all, let us model the behaviors we wish to see in one another.

For my National President project for 2025-2026, I have chosen to champion "Stop Soldier Suicide." This initiative envisions a nation where veterans and service members face no greater risk of suicide than any other citizen. I firmly believe that no individual who has served our country should navigate life's challenges in isolation. This 501 (c) (3) organization has set an ambitious goal to reduce the suicide rate by 40% by 2030, and I am optimistic that we can achieve this objective together.

As we approach the holiday season, I wish each of you a Merry Christmas, a Happy Hanukkah, or a joyous Kwanzaa, depending on your celebration.

May you find peace and love during this special time. It is also an opportune moment for our unit to go back to the community, as many individuals may not have family to share the seasons with.

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Let us keep in our thoughts and prayers, our servicemen and servicewomen stationed away from their families and the widows and widowers who are missing their loved ones during the holidays.

"May your life be full of grace; may your mind be at peace; and may your heart be filled with love."

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

December 2025 Holidays

December 1 - Cyber Monday
December 4 - National Cookie Day
December 7 - Pearl Harbor Remembrance Day
December 8 National Chocolate Brownie Day
December 14 - Hanukkah begins
December 25 - Christmas
December 26 - Kwanzaa
December 31- New Year's Eve
January 1 – New Year's Day

Membership Stats as of 10/31/2025

Members as of 4/1/2025	REI	NEW	TI	TO	RES	NP	DEC	INE	Other	Active Members Total as of 10/30/25
4255	98	233	42	40	8	333	29	1	0	4213
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
 Alline Shaw Unit 161	 Gayle LeCompte Unit 126	 Bonnie Smith Unit 24
 Bobbie Karr Unit 210	 Shizuke Geschke Unit 999	

"Citizenship is the chance to make a difference to the place where you belong."
-- Charles Handy

National Convention Synopsis

Election Results:

National President – Kelly Peña, Unit 287
National Vice President – Laurie Starkey, Unit 31
National Executive Secretary – PNP Doris Fri, Unit 161

C&BL Changes:

1. Resolved that the Preamble be amended to state: "PREAMBLE TO THE AUXILIARY OF THE FLEET RESERVE ASSOCIATION: 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.

Results: Rejected by Delegates – No action taken by FRA

The C&BL Articles and Standing Rules have been Passed and Ratified by the FRA NBOD at Post Board Meeting:

2. Article 4 Section 402©	14. Article 8 Section 815 subsection 815(b)	25. SR5©
3. Article 6 Section 603(a)	15. Article 8 Section 815 subsection 815(b)	26. SR-5(d)
4. Article 6 Section 603(d)	16. Article 8 Section 817(d)	27. SR-5(d)
5. Article 6 Section 604(b)	17. Article 8 Section 820	28. SR-6(a)
6. Article 6 Section 604©	18. Section 829(a)	29. SR-6(a)
7. Section 610(d)	19. Section 829(a)	30. SR-10(i)
	Result: Duplicate, No Action Taken	
8. Article 6 Section 614 Sub-section 614(b)	20. Article 9 Section 902(a)	31. SR23
9. Article 8 Section 802 subsection 802(1)	21. Section 904©	32. SR24(a)
10. Article 8 Section 803 subsection 803(d)	22. SR-5(b)	33. SR27(a)
11. Section 807(b)	23 SR-5(b)	34. SR42(a)
	24. SR-5©	

DID YOU KNOW?

On the 21st day of March 1930, the first meeting of the Brooklyn Auxiliary was held, and the pro-tern officers were duly elected to permanent status. Many hours of work and deliberation went into the writing of the Constitution and By-laws for the Auxiliary. A preamble to the Constitution was written and presented to the ladies by Shipmate Martin Herrity of Brooklyn, as follows:

"Having a keen sense of responsibility, being true American citizens and bearing in mind the preamble of the Constitution of the Fleet Reserve Association, we the wives, mothers, sisters and daughters of members of the Fleet Reserve Association, do band ourselves 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 Constitution of the Fleet Reserve Auxiliary." Source: LA FRA History Book

LA FRA History Books may be purchased from the inventory of the NFS, use the LA FRA Price List Order Form page 1, found on the LAFRA Website www.la-fra.org. The cost is \$60.00 for the Book and \$30.00 for the Insert, which is update every 5 years.

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National President's Project

My National President Project for 2025-2026 is "Stop Soldier Suicide💎." This initiative envisions a nation where veterans and service members face no greater risk of suicide than any other American citizen. I share the belief that no individual who has served our country should navigate life's challenges in isolation.

All services provided by this organization are completely free of charge for veterans and service members, regardless of their branch of service, discharge status, or era of service. Through their "Roger" program, which focuses on wellness services, they offer complimentary, confidential mental health and wellness care for veterans and service members. The dedicated team comprises trusted clinicians who work closely with clients to mitigate their suicide risk and enhance their overall well-being.

As an employee at the VA Palo Alto Veterans Affairs Hospital and a member of the suicide prevention program team, I have relied on this nonprofit organization to support our patients in need on numerous occasions. These 501 (c) (3) organizations have set an ambitious goal to reduce the suicide rate by 40% by 2030, and I genuinely believe that this objective is achievable.

If you are interested in contributing to this vital cause, please send a check to the LA FRA National Financial Secretary at PO Box 706, Goose Creek, South Carolina 29445, and kindly indicate "2025-2026 NP Project" in the memo line. Your support can make a significant difference in the lives of those who serve our nation.

"STOP SOLDIER SUICIDE-GIVE HOPE TO OUR HEROES"

National Vice President's Membership Project

"To grow our organization, we need to Recruit members. One of the best ways to do this is ask, explain the membership requirements and ask if they meet those requirements. If they do, ask if they would like to join. Each person who recruits at least one member will receive a pin, To maintain our organization we need to retain our membership. Current members are our lifeblood. One of the best ways to do this is to communicate and reach out to your fellow members. My goal this year is to contact each MAL, introduce myself and make sure that each member renews their membership. This can be done on the Unit level. Start with contacting members that have not been coming to meetings, find out why and see if something can be done to help them attend a meeting. If every member does something to help recruit or retain a member, the Ladies Auxiliary of the Fleet Reserve Association d/b/a Auxiliary of the Fleet Reserve Association will be stronger."

Always carry Applications with you, learn who is eligible to join, and be prepared to tell others about the Auxiliary of the FRA.



Happy Hanukkah
from
Kelly M. Peña, NP



Merry Christmas
from
Kelly M. Peña, NP

MEMBERSHIP

Payments, Applications, PCT A or B - Membership Changes (Status-Address- Phone)

Send to

LAFRA
NATIONAL FINANCIAL SECRETARY
PO BOX 706
Goose Creek SC 29445

NOTIFICATION OF DEATH OF MEMBER form is available on LA FRA website at www.la-fra.org (LA FRA FORMS)

NATIONAL FINANCIAL SECRETARY

Pat Suckow PNP
PO Box 706
Goose Creek SC 29445
Lafranfspace@gmail.com

NATIONAL CHAPLAIN

Eimile Jorden
1633 Underwood Road
Gambrells MD21054
410-533-7848
eimilehasfuntimes@gmail.com

NOTIFY REGIONAL CHAPLAIN & KEEP A COPY ON FILE

SUPPLIES AND DONATIONS

Make checks payable to LA FRA and designate on the memo line where the money should be posted.

NATIONAL FINANCIAL SECRETARY

PO BOX 706

Goose Creek SC 29445

Resale Items (be sure to include order form)

Triangle Subscription (use subscription form)

Convention Minutes (use order form)

DONATIONS

NP Project NP Scholarship fund, Welfare & Rehab, Pilgrimage, LA FRA Scholarship Fund

NOTE:

ALL REPORTS FOR JUDGING SHOULD BE SENT TO YOUR REGIONAL CHAIRMAN WITH A COPY TO YOUR REGIONAL PRESIDENT.
UNIT CHAPLAIN'S REPORT SHOULD BE SENT TO YOUR REGIONAL CHAPLAIN & REGIONAL PRESIDENT. THIS REPORT IS NOT JUDGED, BUT INFORMATION IS COMPILED AND SENT TO THE NATIONAL CHAPLAIN FOR HER REPORT
ONLY THE 1ST PLACE WINNERS of the UNIT REPORT, IN EACH GROUP, WILL BE TAKEN TO NATIONAL CONVENTION FOR JUDGING.

As soon as officers have been elected the Unit Officer's Report should be sent to:

NATIONAL EXECUTIVE SECRETARY

Doris Fri

139 W Peoria St. Apt 202

Paola KS 66071-1443

doriscfri@gmail.com

NATIONAL FINANCIAL SECRETARY

Pat Suckow PNP

PO Box 706

Goose Creek SC 29445

Lafranfspace@gmail.com

NATIONAL TREASURER

Sharon L Lippitt

105 Buckingham Drive North

Manchester NJ 08759

lafrasharonlippitt@gmail.com

SEND (2) TWO COPIES TO REGIONAL PRESIDENT KEEP COPY FOR UNIT FILES.

NATIONAL DELEGATE SHEET
SEND TO ALL LISTED BELOW

NATIONAL PRESIDENT

Kelly Pena

PO Box 9572

San Jose CA 95157

penakelly66@gmail.com

NATIONAL VICE PRESIDENT

Laurie Starkey

39 Fairmount Drive

Glassboro NJ 08028

lafrastarkey@outlook.com

NATIONAL EXECUTIVE SECRETARY

Doris Fri

139 W Peoria St. Apt 202

Paola KS 66071-1443

lafrastarkey@outlook.com

NATIONAL CONVENTION CHAIRMAN

TBA

NATIONAL CREDENTIALS CHAIRMAN

Myrna Sales

1843 E 214th St

Carson CA 90745-1830

myrnasales88@gmail.com

NATIONAL REGISTRATION CHAIRMAN

TBA

SEND ONE TO REGIONAL PRESIDENT AND KEEP ONE FOR UNIT FILES.

ALL FORMS: Death Notice, Unit Officer Information, National Delegate Sheets and others are available on the LA FRA website www.la-fra.org (LA FRA FORMS)

Ladies Auxiliary of the Fleet Reserve Association
(Please type or print information)
NOTIFICATION OF A DEATH OF A UNIT MEMBER

YEAR 2024-2025

TO: National Financial Secretary: National Financial
Secretary PO Box 706
Goose Creek SC 29445
lafranfsnat@gmail.com

DEATH NOTIFICATION

Name of Deceased: _____ Membership# _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____ Unit# _____

Region: _____ (TITLE IF PAST NATIONAL OFFICER) _____

UNIT CHAPLAIN _____ Telephone: _____

Email: _____

TO: National Chaplain: Eimile Jorden
1633 Underwood Road
Gambrills MD 21054
eimilehasfuntimes@gmail.com

DEATH NOTIFICATION

Name of Deceased: _____ Membership# _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____ Unit# _____

Region: _____ (TITLE IF PAST NATIONAL OFFICER) _____

UNIT CHAPLAIN _____ Telephone: _____

Email: _____

TO: Regional Chaplain: _____ DEATH NOTIFICATION

Name of Deceased: _____ Membership# _____

Name of Next of Kin: _____ Relationship _____

Address: _____

Date of Death: _____ Unit# _____

Region: _____ (TITLE IF PAST NATIONAL OFFICER) _____

UNIT CHAPLAIN _____ Telephone: _____

Email: _____

Revised 11/23/2024

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"STOP SOLDIER SUICIDE-GIVE HOPE TO OUR HEROES"

TRIANGLE – December 2025
Ladies Auxiliary of the Fleet Reserve Association
1008 Foxtail Dr
Grain Valley MO 64029

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
PERMIT NO. 2942
KANSAS CITY MO

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 Doris Fri (139 West Peoria St., Apt. 202, Paola, KS 66071-1443) 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 doriscfri@gmail.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: NES Doris Fri, 139 West Peoria St., Apt. 202, Paola, KS 66071-1443	
Remember to also notify Pat Suckow, NFS, of any change of address: LA FRA, PO Box 706, Goose Creek, SC 29445	