



The Triangle



Auxiliary of the Fleet Reserve Association

March 2026

2025-2026

National President

Kelly M. Pena
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

JrPast National President

Veralyn Thomas
904-507-0345
Nplafra2023.24@aol.com

National Chaplain

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

National Parliamentarian

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

Website: www.la-fra.org

Contact NES Doris Fri if you need addresses of any National Officer.

For Membership and Auxiliary Supplies Contact.
NFS
PO Box 706
Goose Creek SC 29445



From the desk of the National President

Dear Auxiliary Members,

Welcome to a chilly and blustery March! This winter has presented us with exceptionally cold temperatures, so please remember to stay warm and take care of yourselves. We look forward to the arrival of warmer weather soon.

This month, we celebrate the Seabee Birthday and St. Patrick's Day, both of which bring a festive spirit to our community. Additionally, it is important to recognize March as SIAD Awareness Day, a global initiative dedicated to raising awareness about mental health within our communities.

As a reminder, Daylight Saving Time begins on March 8, 2026. Don't forget to set your clocks forward by one hour!

As many of you are aware, the official name amendment to the Auxiliary of the Fleet Reserve Association took effect on January 14, 2026. We are currently in the process of implementing the necessary changes, and we sincerely appreciate your patience during this transition period. It is important to note that we are now officially recognized as the Auxiliary of the Fleet Reserve Association, rather than the AFRA, for several significant reasons. All correspondence should reflect this name amendment. I encourage you to disseminate this information widely within your units and regions. Moving forward, it is our responsibility to embrace this change, whether by using the full name, the Auxiliary of the Fleet Reserve Association, or the approved abbreviation, Auxiliary of the FRA, as the Fleet Reserve Association recognizes FRA as a legitimate acronym.

Last month, I had the pleasure of attending the Past Presidents Luncheon in Placerville, graciously hosted by Branch and Unit 275. It was a delightful gathering, and I thoroughly enjoyed the experience. I am also looking forward to attending the Northeast/New England Mid-Year Business Meeting on March 28, as our regions continue their mid-year meetings. If you have not yet submitted your information regarding your mid-year or regional conventions, please do so promptly so that I can finalize my reservations. Additionally, if you have any upcoming events or functions, I would appreciate you sharing that information with me.

Mark your calendars for the Pilgrimage scheduled for April 24, 2026. Please refer to the attached flyer for details and make your reservations as soon as

possible. This year, we are excited to have our event coincide with the FRA Business Meeting and will have the opportunity to visit Capitol Hill—a thrilling prospect as we haven't done this in several years! Further information and schedules can be found in the attached memo.

Nominations for unit officer positions are currently open and will remain so for three consecutive months, closing after the elections. I encourage everyone to consider stepping up for a unit officer role; this is where true leadership begins. Show us what you can contribute!

Another important reminder: the deadline for all scholarship applications is April 15, 2026. Applications must be postmarked by midnight on that date. The Auxiliary offers four scholarships annually: the LA FRA Scholarship, the Sam Rose Memorial Fund Scholarship, the Allie Mae Oden Memorial Scholarship, and the NP Scholarship. Detailed information and applications are available on the National LA FRA website. Additionally, the FRA has its own scholarship fund; please visit their website at www.fra.org for more information on their offerings. These scholarship programs provide valuable opportunities for students seeking financial support for their education.

The minutes from the 2025 National Convention will be distributed soon. I urge you to share these with your unit members, especially those unable to attend, so they remain informed about our association's activities. Don't forget to highlight the enjoyable moments shared alongside our business discussions.

I would like to extend my heartfelt gratitude to all who have contributed to the National President Project, "Stop Soldier Suicide." This initiative envisions a future where veterans and service members face no greater risk of suicide than any other American citizen. I firmly believe that no individual who has served our country should have to navigate life's challenges alone. If you would like to support this vital cause, please send a check made out to the Auxiliary of the FRA to our National Financial Secretary at P.O. Box 706, Goose Creek, SC 29445, and include "2025-2026 NP Project" in the memo line. Your contribution can profoundly impact on the lives of those who have served our nation. It is with a heavy heart that I share the news of the passing of our beloved PNP Sandy Sweeney. Although I never had the opportunity to meet her in person, I have heard countless stories that speak to her remarkable leadership and unwavering dedication to the Auxiliary of the Fleet Reserve Association. My thoughts and prayers are with her family during this profoundly difficult time.

As I conclude, I send my thoughts and prayers to those members and families facing illness or mourning the loss of a loved one. Best wishes to all celebrating birthdays, anniversaries, or any special occasions—may you enjoy many more!

In Loyalty, Protection, & Service,

Kelly M. Pena
National President
Auxiliary of the FRA



In Loving Memory of PNP Sandy Sweeney, 1986-1987

Sandra "Sandy" Gynon Sweeney, 84, most recently of Fredericksburg, Virginia, passed away peacefully on February 12, 2026, after a long and courageous battle with dementia. She was born on March 7, 1941, in Burwell, Nebraska to Harry (1907-1991) and Elmo (1913-1971) Yocum.

Sandy was a strong, independent woman who was known by all as funny, loving, feisty, loyal, and creative. She attended Kearney State Teachers College and taught in a one-room country school near Brewster, Nebraska, before her marriage. She spent her amazing life supporting her husband – first in his Naval career, and later when they bought a business together – and raising her children, while also working in many occupations, including teacher, business owner, seamstress, banking, and more! She was passionate about creating, and many of her family and friends were often gifted some of her beautiful projects made from crocheting, knitting, cross-stitch, embroidery, decoupage, and painting.

Sandy was a long-time member and Past National President of the Ladies Auxiliary of the Fleet Reserve Association – where she made a lasting impact and life-long friends. In her later years, she and her husband were full-time RVers and made many new friends throughout the country in both the places they visited and as members of the RV associations they enjoyed so much. Sandy even served a term as Secretary/Treasurer of the Elk International Chapter of the Family Motor Coach Association (FMCA).

Sandy is survived by her loving husband and best friend of 65+ years, Jerry; her children and their spouses Gynon (Matt); Daylon (Patty); Tamara; Tonja (John); her grandchildren Thomas (Chelsea); Christa; Katelyn; Beck; Raine; Shane; and John; and her great-grandchildren Justice, Mason; Brayden; and Wiley. She was predeceased by her parents who she loved dearly.

Sandy will be inurned at Arlington National Cemetery at a future date. In lieu of flowers, Jerry and the family request that donations be made in honor of Sandra Sweeney to the Alzheimer's Association.

For condolences to her husband Jerry, email them to TamaraRSchultz@gmail.com or send cards to the following address:

Jerry Sweeney
c/o Tamara Schultz
1901 Briar Rose Ln., #303
Woodbridge, VA 22192

Donations

Pilgrimage

Unit 31

NP Project 2024-2025

NP Project 2025-2026

Unit 137 & Unit 40

NP Scholarship

PNP Club for Arlene Hemmingham PNP

Auxiliary Scholarship

Welfare

ALL donations **SHALL** be sent to the NFS, PO Box 706, Goose Creek SC 29445. Checks/Money Orders made payable to the **Auxiliary of the FRA**, and mark in the "memo section" what the donation is for.



YOU ARE CORDIALLY INVITED TO THE

President's Tea

TO CELEBRATE OUR NATIONAL PRESIDENT

Kelly Pena

FRIDAY, APRIL 24, 2026 @ 10 AM

DOUBLE TREE BY HILTON WASHINGTON DC - CRYSTAL
CITY, LOCATED AT

300 ARMY NAVY DRIVE, ARLINGTON, VA 22202.

ROOM RATE: \$229.00 PER NIGHT PLUS TAXES.

SELF-PARKING RATE OF \$29.00 PER NIGHT.

DEADLINE: MARCH 29, 2026.

CODE: FRA AND THE WEBSITE IS:

[HTTPS://BOOK.PASSKEY.COM/GO/LAFRAMEETING26](https://book.passkey.com/go/laframeeting26)

NATIONAL PRESIDENTS' TEA

- 10:00 AM – 11:45 AM
- VICTORY ROOM

ARLINGTON NATIONAL CEMETERY VISIT

- BUS DEPARTS HOTEL AT 12:00 PM
 - WREATH LAYING AT THE USS MAINE MAST
 - EULOGY BY THE NATIONAL PRESIDENT
 - NO PERSONAL VEHICLES — BUS TRANSPORTATION
REQUIRED
 - RETURN BUS DEPARTS ARLINGTON AT 3:45 PM
- 

Triangle by Email or by Mail

ANY member or who would like to receive the Triangle by email, just needs to send me a request by email, (so I know I have your correct email address) and I will put you in my list of email Contacts. This is a strictly volunteer option. Anyone who is eligible to receive a Triangle by mail, will continue to receive it by mail, until you send me a request to receive it by email or to discontinue receiving it. My email is listed above, doriscfri@gmail.com.

UNIT ELECTION OF OFFICER

1405(a). Nominations for Unit Officers shall be opened at a meeting in March, April, or May, as specified by the Bylaws of each Unit. They remain open until a meeting in the month following opening of nominations, then closed, and officers elected for a period of one year, except that Secretaries and Treasurers may be elected for a period of two years.

Section 1102. Unit Installations.

(a). Officers-elect shall be installed at a meeting in the month following an election. Installation should take place under new business.

(b). The Unit designates who shall be the Installing Officer.

Section 1101. **Installation of Officers** - The Installing Officer for all Auxiliary of the FRA installations shall be a member in good standing of the Auxiliary of the FRA or the FRA.

UNIT OFFICER INFORMATION FORM

The "Unit Officer Information Form" is available on the Website www.la-fra.org, open the website, click on Forms, then click on the Unit Officer Information Form. The forms are pdf fillable, and **MUST** be download to your computer before you fill them out. If you fill it out on the website, it will not save the information and when you print it, it will be blank. Fill out the form and make sure the information is correct and legible, this is the information used in the Roster each year. **Be sure you send to the names listed on the bottom of the form immediately after the election. DO NOT! wait till after the Installation of Officers.**

NATIONAL PRESIDENT’S PROJECT

Just a reminder of the NP Project "Stop Soldier Suicide". To donate, just send a check or money order, made out to the Auxiliary of the Fleet Reserve Association. (mark in the memo section "NP Project 2025-2026"). Send the check or money order to the NFS Pat Suckow, PO Box 706, Goose Creek SC 29445. Every Unit and/or member may make donations to **NP Project 2025-26, NP Project 2024-25, NP Scholarship, Welfare, Pilgrimage, Auxiliary Scholarship.**

"Through the generosity of our members, all things are possible".

Remembering our Departed Members



National Presidents



All other National Officers/Regional Presidents



Members



PNP Sandy Sweeney



Peggy German Unit 126



Linda Endicott Unit 31



Regina Arnold Unit 210

PICTURES TELL THE STORY



Branch and Unit 275, PNP Luncheon.
PNP Helen Courneya, Susan D Young, PNP Virgil Courneya, PNP Larry Boudreaux, Bud Sweet, PNP Pat Boudreaux, PRPWC Mary Ann Frank, Vicki Janek, Auxiliary NP Kelly Pena, picture taken by Shipmate Marcus Pena.



At a regular meeting of Unit 24, Annapolis
What a meeting! We had not 1, not 2, but 6 new members to initiate. Welcome Auxiliary Members!!!



East Coast Regional Mid-Year in Virginia Beach, VA. Hosted by Branch and Unit 40, Chesapeake. RPEC Virginia Jorden presiding.



East Coast Regional Mid-Year in Virginia Beach PNP Christina Murray, unknown, PNP Diane Hoover, Melodie McKenna, PRP Loretta Jorden "Crazy 8's"?

SAVE THAT DATE

The ORLEANS
HOTEL & CASINO • LAS VEGAS

FLEET RESERVE ASSN
LOYALTY
PROTECTION
SERVICE

U.S.N.
U.S.C.G.

**98th FRA &
93rd AUX FRA
NATIONAL CONVENTION**
September 29th - October 2nd

DATES TO REMEMBER in MARCH 2026

March 8 – Daylight Savings Time Begins



March 17 – St Patrick's Day



March 20 – First Day of Spring



March 29 – Palm Sunday



From the desk of RPSW Myrna Sales.

Mabuhay! Warm greetings Auxiliary Members, from the Southwest Region. Hope everyone had a wonderful and productive 2025 and wishing you all for a Healthy and Prosperous 2026 year! As of this date, I have not made Unit visitations within the Region. Units 61, 70, and 289 hold their meetings during the week, which has unfortunately prevented me from attending. I remain hopeful that I will be able to complete my Unit visits prior to the Regional Convention. In the meantime, I am confident that each Unit continues their remarkable social activities and ongoing support of members and other nonprofit organizations. The Southwest Region will be very busy this year having back-to-back events. **SAVE THE DATES!**

[1] **Southwest Regional Convention** to be held on August 17-18, 2026 – at the Gold Coast Hotel & Casino – Las Vegas, NV

[2] The Southwest Region will be hosting the **98th FRA/93rd Auxiliary of the FRA National Convention** to be held on Sept. 29 – Oct 2, 2026 – at The Orleans Hotel & Casino – Las Vegas, NV Stay Safe and Healthy everyone. HOPE TO SEE YOU IN VEGAS!

Yours In Loyalty, Protection & Service,

Myrna (Polig) Sales

Regional President, Southwest 2024-25 | 2025-26

A LOOK BACK IN TIME

63rd National Convention LA FRA, September 19-24, 1995, Oconomowoc WI
NP Carolyn Combs presiding

THE TRIANGLE became the official title of the LA FRA National Bulletin. A Contest open to all members was announced by NP Carolyn. The award for submitting the winning title, donated by NP Carolyn, was five years free dues. The National Board of Directors chose the winning title. The winner who submitted the title **THE TRIANGLE** was Joyce Klaus PRPNC, Unit 180. Sister-in-Law of PNP Betty DeCleene.

Membership: July 1, 1995: 21,461

March 8, 2026

Daylight Savings Time Starts



NES DORIS FRI
139 W PEORIA ST APT 202
PAOLA KS 66071-1443

AUXILIARY OF THE FRA
TRIANGLE

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

RETURN SERVICE REQUESTED



REPORT OF CHANGE OF ADDRESS AND/OR E-MAIL ADDRESS FOR THE TRIANGLE

Everyone is invited to transfer their paper Triangle to an email Triangle. Please return the form below, with your email address to NES Doris Fri, 139 West Peoria St Apt 202, Paola KS 66071-1443, or send an email to doriscfri@gmail.com.

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: NES Doris Fri, 139 W Peoria St. Apt 202, Paola, KS 66071-1443. Remember to also notify NFS Pat Suckow, of any change of address: Auxiliary of the FRA, PO Box 706, Goose Creek SC 29445