



**2015 Fleet Reserve Association
Northwest Regional Convention
Hosted by Seattle FRA
Branch & Unit #18
September 11 - 12, 2015**



Seattle Branch and Unit #18 invites you to attend the 2015 NW Regional Convention to be held September 11 - 12, 2015 at the Lynnwood, WA Embassy Suites Hotel. Join us to elect our 2015-16 Regional Officers and to enjoy the company of your shipmates. For more information please visit either the NW Regional Website (<http://fra-nwregion.org/?p=72>) or the Branch 18 website (<http://frabranch18.org/2015convention>).

FRA Convention chair is PRPNW Jerry Jordan - Ph: 425-672-0871, Email: gvj62@aol.com

LAFRA Convention Chair is: Unit President Sara Hicks - Ph: 206-362-4835, Email: s.hicks@comcast.net

Hotel information:

Our host hotel, is the **Lynnwood Embassy Suites Hotel** located at:
20610 - 44th Avenue West, Lynnwood, WA 98036.

The reservation phone number is: 425-775-2500 or 1-800-628-0611.

Group reservation website is: <http://goo.gl/gFJSI2>

The group name is: FRANWR2015 Block. The reservation code is: XWR. Reservation Deadline is August 22nd.

Room rates are good two days prior and two days post convention for our guests that need it.

Room Rates are \$129 per night for either a King suite or a Double/double suite. Handicap access rooms are available as well.

Hotel features include:

- Daily hot buffet breakfast including a made to order omelet station
- Complimentary two hour evening cocktail reception featuring unlimited beer, wine, cocktails, soda, & lite appetizers
- **All rooms are large two room suites**

Credentials Information Send your FRA/LAFRA NW Regional credentials to the following by Sept 1st:

FRA Credentials

RPNW Mike Archer, 942 Sun Valley Drive, Cheyenne, WY 82001-6851 (mikearcher@bresnan.net)

RVPNW JJ Wynn, C/o FRA Branch #46, 891 Valkenburgh Street, Honolulu, HI 96818 (hawaiiwynn@att.net)

S/M CR Johnson, Regional Credentials Chair, 6103 102nd St. SW, Mukilteo, WA 92875-4673 (portengrcr@juno.com)

Seattle Branch #18 Convention Chair, PO Box 146, Mountlake Terrace, WA 98043-0146 (gvj62@aol.com)

LAFRA Credentials:

LAFRA RPNW Lauren Wynn, C/o FRA Branch #46, 891 Valkenburgh Street, Honolulu, HI 96818 (lauren_a_wynn@yahoo.com)

LAFRA RVPNW DyAnne Tryon, 5122 NE 187th Street, LFP, WA 98155 (tryonlafraunit18@aol.com)

LAFRA RS/TNW Mary Archer, 942 Sun Valley Drive, Cheyenne, WY 82001-6851 (maryarcher@bresnan.net)

Seattle Unit #18 Convention Chair, PO Box 146, Mountlake Terrace, WA 98043-0146 (s.hicks@comcast.net)

Meals:

Saturday Lunch Sandwich Board Buffet, "Go ahead and make yourself a Dagwood" - \$30.00

Deli sliced roast beef, turkey breast, baked ham, salami, and pepperoni
Sliced Havarti, Swiss, and cheddar cheeses
Cilantro-onion tuna salad and fresh made egg salad
Crisp lettuce, ripe tomatoes, zesty dill pickles, and sliced red onions
Chicken Caesar, Turkey-cranberry, and our signature veggie wraps
Lots of sides - baby red potato salad, pasta salad of the day, coleslaw, fresh fruit salad, and potato chips
Assorted fresh-baked rolls and breads, mustard mayo, pesto mayo, and chipotle mayo on the side.
Coffee, teas, and sodas

Saturday Evening Installation Banquet - \$45

Choice of:

Grilled Polenta

An incredibly tasty vegetarian entrée featuring a fresh made grilled sun-dried tomato polenta cake, topped with sautéed spinach, mushrooms, and feta cheese. Served with a lightly roasted red pepper coulis and fragrant onion chutney.

Chicken Wellington

Chicken breast stuffed with sautéed peppers, root vegetables and chicken mousse, wrapped in a puff pastry crust. Baked to a golden brown and served with a chive butter sauce, a jasmine rice pilaf with slivered almonds and sautéed fresh vegetables.

Mesquite Grilled Salmon

Grilled Mesquite seasoned Salmon drizzled with a roasted red pepper aioli, and served with the Chef's wild rice and sautéed vegetables.

Classic Prime Rib

Seasoned and slow roasted succulent Prime Rib with a creamy horseradish sauce served with Garlic Mashed Potatoes and a fresh vegetable sauté.

Name: _____ Branch/Unit: _____

Lunch Buffet: _____ @ \$30.00 = \$ _____

Dinner Banquet:

Vegetarian: _____ Chicken: _____ Salmon: _____ Beef: _____ @ \$45.00= \$ _____

TOTAL = \$ _____

Please Make all Checks out to Seattle FRA Branch #18. Deadline for Meal Reservations is **September 1st**

Payments can either be mailed to: Seattle Branch/Unit #18, PO Box 146, Mountlake Terrace, WA 98043-0146, or credit cards can be taken on the NW Regional Webpage at <http://fra-nwregion.org/?p=72>